

I INTERNATIONAL COURSE

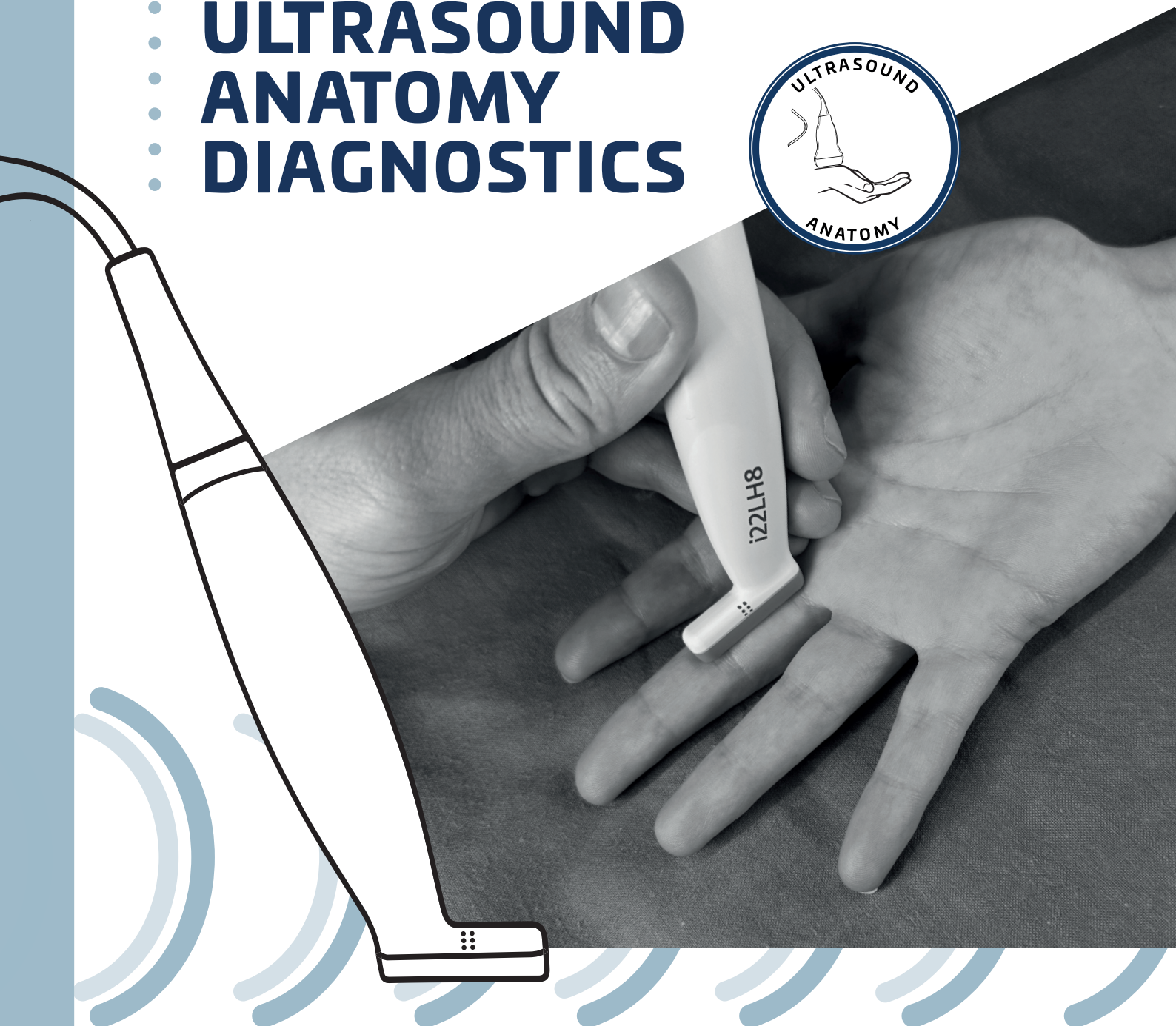
Hand to Elbow

Program

- **ULTRASOUND**
- **ANATOMY**
- **DIAGNOSTICS**

Course Director:
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Scientific Committee:
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MEDIKUNTZA
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Patronized by FESSH

BILBAO
18-19th JUNE
2026

This course is held under the Patronage of FESSH

Introduction to Ultrasound Anatomy Course

Welcome to a New Ultrasound Course

Get ready to take your sonoanatomy knowledge to the next level. This is not just another course on ultrasound — it's a **cross-specialty immersion** designed to redefine the way you explore, understand and apply ultrasound in the upper limb, from hand to elbow.

What makes it different?

We've brought together three distinct specialties — orthopedic surgeons, plastic surgeons, and hand therapists — to create a **truly integrated learning experience**. Each brings their **unique approach, clinical insights, and hands-on techniques**, and together they offer a 360° view of anatomy, pathology and decision-making in real clinical practice.

More than just sonoanatomy

Yes, we'll cover essential anatomy and classical landmarks — but we'll go far beyond:

- Histoarchitecture and tissue-level interpretation
- Dynamic maneuvers to assess function
- Innovative approaches for US-guided interventions
- Capsuloligamentous stabilizers, tendon gliding, septocutaneous perforators, ... and more

All of this taught **in hands-on sessions with specialists**, including cadaver dissection, live scanning and real clinical case discussions

Whether you're just starting with ultrasound or looking to elevate your skillset, this course is built to take you from foundational concepts to the most intricate details of upper limb anatomy — all while integrating diagnostic reasoning, intervention planning, and therapeutic follow-up.

Our goal?

To train today's and tomorrow's specialists in a tool that is no longer optional — but essential — for high-level clinical care in hand and wrist pathology.

Spaces are limited. The only question is: **are you coming with us?**

Academic information

Goals:

- Identify key anatomical structures and sonographic landmarks of the upper limb, from hand to elbow.
- Recognize and interpret the most frequent ultrasound findings in musculoskeletal and nerve pathologies
- Apply ultrasound principles to clinical problem-solving, diagnostic reasoning, and guided interventions.

Training methodology:

This course combines a structured online learning phase with immersive hands-on training, guiding participants from foundational knowledge to real-world clinical application.

Online Module – Pre-Course Access

Participants will have access to the online module one month before the course begins and for three months after it ends. This self-paced module includes core theoretical content in the following areas:

- Upper Limb Ultrasound Principles
- Hand to Elbow Ultrasound Anatomy
- Ultrasound Nerve Anatomy

The objective is to provide a solid theoretical foundation that will be reviewed, reinforced, and applied during the in-person practical sessions.

On-Site Module – Practical Training

Each anatomical region explored during the course will follow a four-step learning format:

Anatomy in Focus

In-depth anatomical review of each region, emphasizing structural relationships and clinical context.

Live Ultrasound Examination

Faculty demonstrate how to scan each structure, highlighting anatomical landmarks, probe positioning, and tips for optimal visualization.

Hands-On Session

Participants rotate through supervised scanning stations, practicing techniques with real-time expert feedback to build skill and confidence.

Meet the Expert / Expert Lab

Clinicians share how they apply ultrasound in daily practice. Sessions include live or simulated patient cases, diagnostic strategies, and interactive discussions.

Special Workshop – Integrated Anatomy and Ultrasound Imaging

On Day 2, a dedicated session will feature the workshop:

"Integrated Anatomy and Ultrasound Imaging: From the Dissection Table to Real Practice"

This unique experience combines guided cadaveric dissection with live ultrasound imaging, allowing participants to directly correlate anatomical structures with sonographic appearance, enhancing spatial understanding and practical confidence.

General information

Venue: Facultad de Medicina y Enfermería, UPV/EHU.
Barrio Sarriena, s/n, 48940 Leioa, Vizcaya, Spain

Dates: 18-19th JUNE 2026.

Official language: The lectures will be provided in English
Workshops can be held in English, Spanish, French, German or Portuguese.

Registration:

Online Module 450€ (VAT not included).

Full Course Online + Hands On 900€ (VAT not included).

Fee includes Online theoretical lectures, workshops participation, experts meetings, certificate of attendance, coffee breaks and lunch.

Modality	Content	Duration	Price
 Online Module	Theoretical content on MSK ultrasound, sonoanatomy, and US-guided procedures.	Self-paced	450€
 US Anatomy & Diagnostics	Regional ultrasound anatomy, hands on scanning, and expert sessions.	1.5 days	900€
 US Guided Surgery & Endoscopic Techniques	Ultrasound-guided and endoscopic surgical techniques	1.5 days	1390€
 Full Immersive US Experience	Complete program: Online module + both on-site modules (Anatomy & Surgery)	3 days on-site + online	1850€

Technical Secretary



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ULTRASOUND ANATOMY AND DIAGNOSTICS

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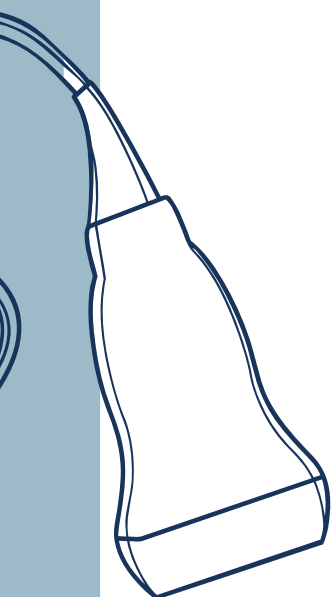
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THEORETICAL SESSIONS - ONLINE ACCESS

Upper Limb Ultrasound Principles

- Ultrasound imaging principles and machine set up.
- Introduction to Ultrasound Examination
- Principles of Doppler Mode and clinical applications in Upper Limb

Hand to Elbow Ultrasound Anatomy

- Ultrasound Anatomy of the Anterior Forearm
- Ultrasound Anatomy of the Posterior Forearm
- Sonoanatomy of the Lateral Aspect of the Elbow
- Sonoanatomy of the Anterior Aspect of the Elbow
- Sonoanatomy of the Medial Aspect of the Elbow
- Sonoanatomy of the Posterior Aspect of the Elbow
- Sonoanatomy of the Dorsal Aspect of the Wrist
- Sonoanatomy of the Volar Aspect of the Wrist
- Sonoanatomy of the Fingers
- Ultrasound Anatomy of the Thumb and Thenar Region

Ultrasound Nerve Anatomy

- Ultrasound Anatomy of the Radial Nerve and Its Branches (Spiral groove, arcade of Frohse, superficial and deep branches)
- Ultrasound Anatomy of the Median Nerve (Forearm course, pronator teres, carpal tunnel and palmar branches)
- Ultrasound Anatomy of the Ulnar Nerve (Cubital tunnel, between FCU heads, Guyon's canal and dorsal cutaneous Branch)
- Cutaneous Nerves of the Forearm: Identification and Clinical Relevance (Medial and lateral antebrachial cutaneous nerves)

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ULTRASOUND ANATOMY AND DIAGNOSTICS

Hand to Elbow

PRACTICAL SESSIONS

► THURSDAY 18th

Elbow workshop



07:50 - 08:15 *Registration, welcome and introduction.*

08:15 - 08:35 **Anatomy in Focus:** Mapping the Elbow:
A Beginner's Guide to Ultrasound Anatomy

08:35 - 08:50 **Live Ultrasound Examination: Mastering the Distal Biceps:**
US Anatomy and the Four Diagnostic Windows

08:50 - 09:30 **Hands-on Session: Ultrasound Elbow Examination**

- Lateral elbow: common extensor tendon
- Anterior elbow: brachialis, biceps
- Medial elbow: common flexor-pronator group

09:30 - 10:00 **Meet the Expert/Expert Lab**
US-Guided Decision Making to Treat Lateral Elbow Pain

10:00 - 10:30 **Coffee time**

10:30 - 10:50 **Anatomy in Focus:** Median, Ulnar and Radial Nerves
with Potential Compression Sites

10:50 - 11:30 **Hands-on Session:**

- Peripheral Nerves

11:30 - 11:50 **Meet the Expert:** Vascular Sonoanatomy of the Upper Limb:
Main Axis Variants and Key Perforators for Flap Planning

11:50 - 12:40 **Expert Lab:** Lateral elbow / Compressions nerve

12:40 - 13:15 **Lunch Break**

PRACTICAL SESSIONS► **THURSDAY 18th****Hand and Wrist**

- 13:15 - 13:35 **Anatomy in Focus:** Mapping the Wrist:
A Beginner's Guide to Ultrasound Anatomy
- 13:35 - 14:05 **Hands-on Session: Ultrasound Wrist Examination**
- Scapholunate ligament dorsal and volar
 - Lunotriquetal ligament
 - Extrinsic ligaments
 - STT joint
 - Midcarpal Joint
 - DRUJ
- 14:05 - 14:20 **Meet the Expert/Expert Lab**
Pathophysiology of wrist ganglions and US findings
- 14:20 - 14:40 **Anatomy in Focus:** Mapping the Fingers:
A Beginner's Guide to Ultrasound Anatomy
- 14:40 - 15:30 **Hands-On Session:**
- Extensor Compartments
 - Vincula Tendinae
 - Intrinsic Muscles
 - Flexor Tendons
 - Lumbrical and Interosseous Muscles
- 15:30 - 15:50 **Meet the Expert/Expert Lab** Finger Pulleys and Retinacula:
From Histology to Ultrasound — What and How Are We Measuring?
- 15:50 - 16:30 **Expert Lab:** Trigger finger and Dequervains
- 16:30 - 16:50 **Anatomy in Focus:** Carpal Tunnel and Guyon's Canal –
Median and Ulnar Nerve Variants, Arterial Arch.
- 16:50 - 17:10 **Live Ultrasound Examination:** Ultrasound Identification of
Terminal Median Nerve Branches:
What to Look For and How to Follow Them.
- 17:10 - 17:50 **Hands-on Session: Hand nerves and vessels**
- Carpal tunnel bony landmarks and content
 - Median nerve branches
 - Guyon canal
 - Ulnar nerve branches
 - Arterial arches
- 17:50 - 18:00 **Meet the Expert:** Sonography to diagnose and quantify CTS severity
- 18:00 - 18:20 **Expert Lab:** Ultrasound-Based Evaluation of Carpal Tunnel Syndrome
- 18:20 - 18:30 **Ask for a Scan:** Customized Ultrasound Examination
from Attendees' Requests

PRACTICAL SESSIONS**► FRIDAY 19th**

08:30 - 09:00 **Anatomy in Focus:**
The Thumb – From Bone to Skin

09:00 - 10:00 **Hands-on Session: The Thumb**

10:00 - 10:30 ***Coffee time***

10:00 - 10:30 **Cadaveric Dissection and Live Ultrasound Correlation**

The first experience begins with a live cadaveric dissection demo, during which key anatomical structures are exposed and simultaneously correlated with their ultrasound appearance. Throughout the session, essential topics such as spatial orientation, surgical planes, and anatomical variations are highlighted. Special emphasis is placed on regions relevant to nerve decompression, tendon evaluation, and flap planning, linking anatomy directly to practical ultrasound-guided interventions.





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