

III INTERNATIONAL COURSE

Hand to Elbow

Program

- **ULTRASOUND-GUIDED**
- **SURGERY AND**
- **ENDOSCOPY**
- **PROCEDURES**

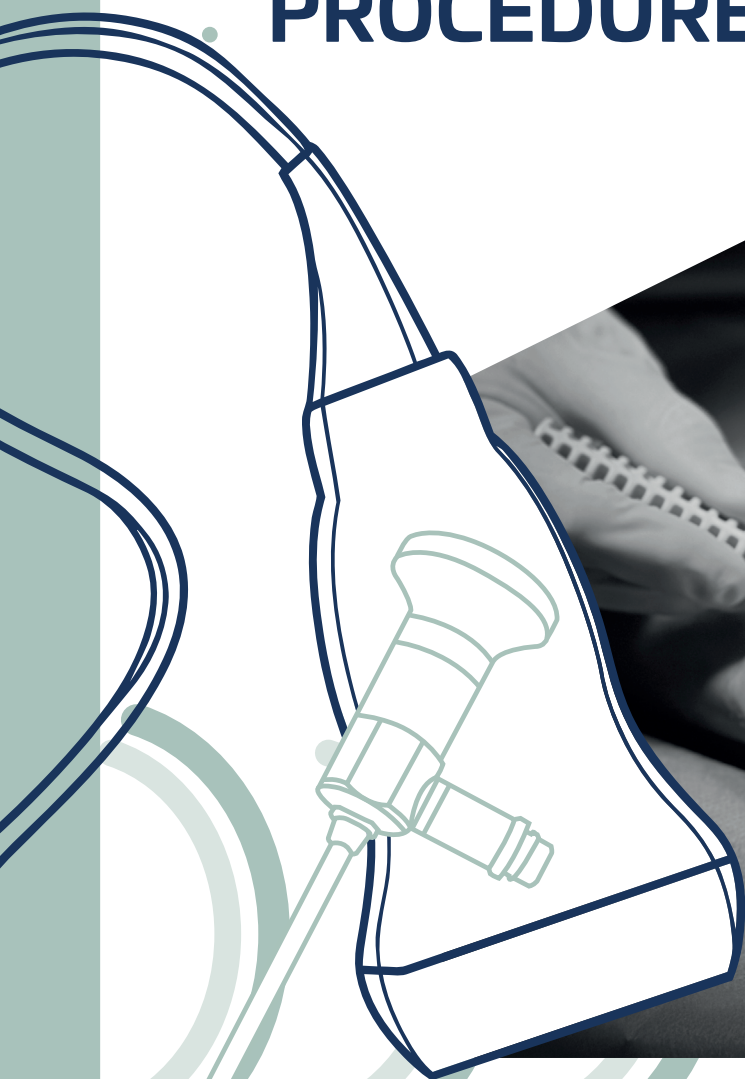
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Scientific Committee:

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MEDIKUNTZA
ETA ERIZAINZA
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Y ENFERMERÍA



Patronized by FESSH

BILBAO
19-20th JUNE
2026

This course is held under the Patronage of FESSH

Introduction to sonosurgery course

Over the last decade, the development of new ultrasound-guided procedures and endoscopic techniques has enhanced the diagnosis and outcomes of common upper limb pathologies. This course is dedicated to surgeons interested in learning and acquiring the skills to perform these minimally invasive procedures effectively, using high-resolution ultrasound machines, the latest ultrasound instruments, and guided by leading European sonosurgeons.

Academic information

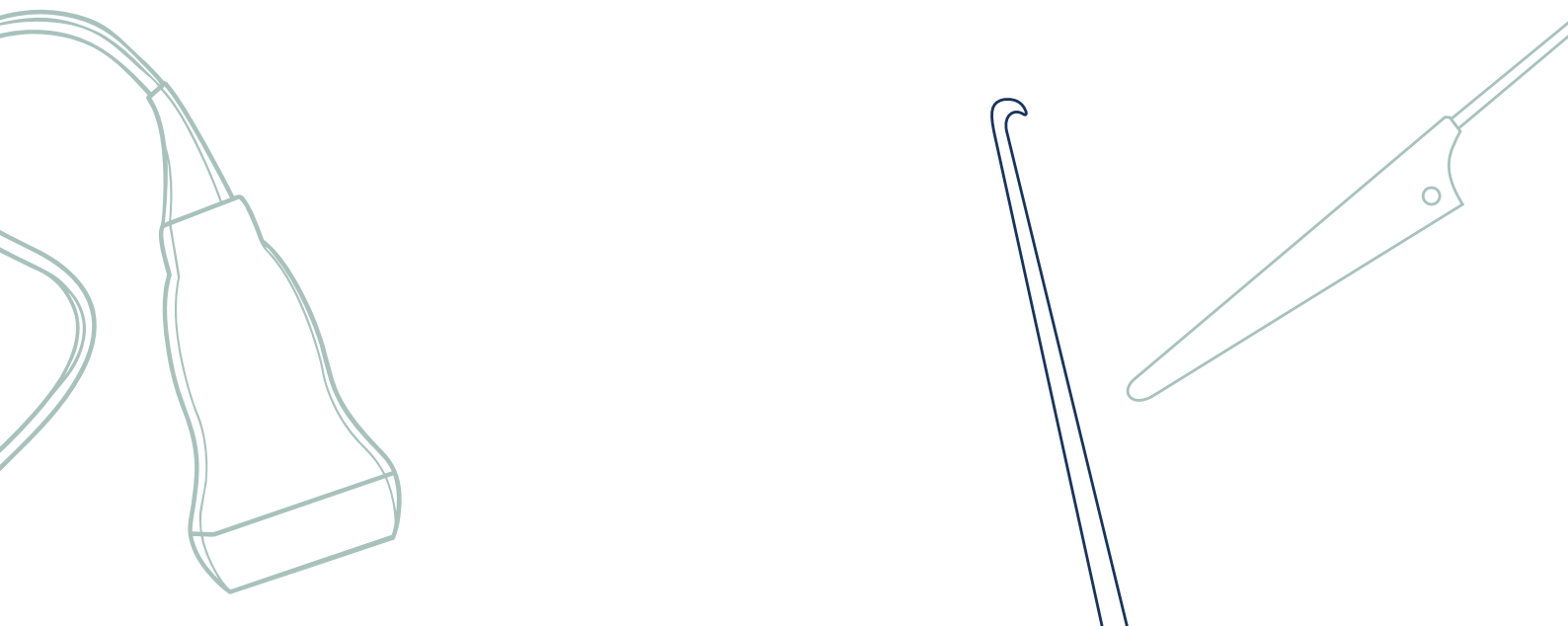
Goals:

- Review the principles for ultrasound imaging and endoscopic approach of the upper limb.
- Identify and correlate the anatomical structures with ultrasound images.
- Learn and perform minimally invasive procedures for upper limb pathology.

Training methodology:

Before the practical course, participants will have access to a comprehensive online theoretical module covering the fundamentals of ultrasound imaging, detailed ultrasound anatomy, and the principles of minimally invasive ultrasound-guided and endoscopic procedures. This preparatory stage ensures that all attendees arrive with the solid theoretical foundation needed to make the most of the hands-on training.

The on-site course offers an immersive, skills-focused experience. Short, expert-led demonstrations are followed by guided practice on cadaveric specimens, providing participants with the opportunity to apply and refine their techniques in a realistic surgical environment. Each procedure is confirmed through post-surgical dissection, enabling critical analysis, optimisation of technique, and comparison of different approaches. Active dialogue between faculty and participants fosters the exchange of experience, preferences, and evidence-based practices—ensuring that, by the end of the course, attendees will be confident and competent in performing these procedures.



General information

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

Dates: **19-20th JUNE 2026.**

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

Registration: 1.390€ (VAT not included).

Fee includes online theoretical module, workshops participation, expert panel discussions, 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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ultrasoundguidedsurgery.org

ULTRASOUND-GUIDED SURGERY AND ENDOSCOPIC PROCEDURES

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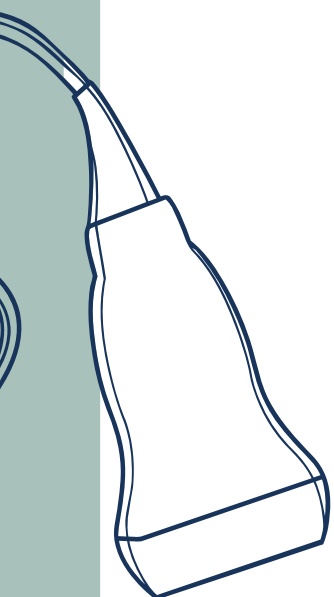
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ULTRASOUND-GUIDED SURGERY AND ENDOSCOPIC PROCEDURES

THEORETICAL SESSIONS - ONLINE ACCESS

Upper limb ultrasound principles

- Ultrasound imaging principles and machine set up.
- Introduction to Ultrasound-Guided Interventionism.
- Principles of Ultrasound-Guided Surgery.
- Principles of Endoscopic Surgery.

Elbow, wrist and hand anatomy

- 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 dorsal aspect of the wrist.
- Sonoanatomy of the volar aspect of the wrist.
- Sonoanatomy of the fingers.

Elbow, wrist and hand injections

- US guided injections for lateral elbow pain.
- Wrist and hand intrarticular injections.
- Carpal tunnel injections.
- Trigger finger injections.
- First extensor compartment injections.

Top ten upper limb ultrasound. Guided surgical techniques.

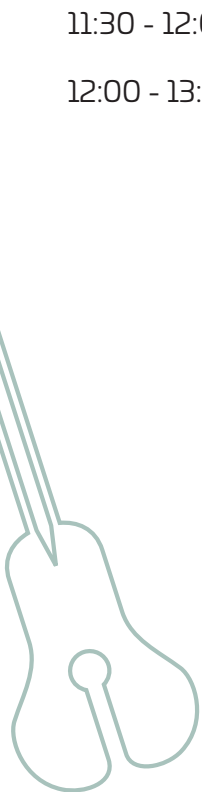
ULTRASOUND-GUIDED SURGERY AND ENDOSCOPIC PROCEDURES

PRACTICAL SESSIONS

► FRIDAY 19th

Elbow workshop

- 07:50 - 08:30 *Registration, welcome and introduction.*
- 08:30 - 09:00 **Key Sonographic Landmarks for**
Ultrasound-Guided Procedures at the Elbow
- 09:00 - 09:30 **Live ultrasound** elbow injections
- 09:30 - 10:00 **Focus on:** Preoperative Ultrasound-Assisted Planning.
Portals, Approaches and Graft Selection
- 10:00 - 11:00 **Hands-on Ultrasound Injections**
- Common extensor tendon.
 - Elbow joints.
 - Radial tunnel.
 - Cubital tunnel.
 - Perineural injections at lacertus fibrosus and pronator teres.
 - Bicipital Bursa.
- 11:00 - 11:30 **Coffee time**
- 11:30 - 12:00 **Live ultrasound guided surgery:** elbow procedures
- 12:00 - 13:30 **Hands-on elbow endoscopic and ultrasound-guided procedures**
- **Lateral epicondylitis**
 - Common extensor tendon release at the footprint.
 - Extensor digitorum aponeurosis release.
 - **Lacertus Fibrosus release**
 - **Cubital tunnel release.**
 - Endoscopic assistance
 - Ultrasound guided
 - **Radial tunnel release**
 - Endoscopic assistance
 - Ultrasound guided
 - **Proximal Median Nerve release.**
 - Endoscopic assistance
 - Ultrasound guided
 - **Forearm fasciotomies for Chronic exertional compartment syndrome.**
 - Endoscopic assistance
 - Ultrasound guided
- 13:30 - 14:30 **Lunch Break**





PRACTICAL SESSIONS

► FRIDAY 19th

Hand and wrist workshop

14:30 - 15:00 **Safe Zones and Sonographic Landmarks for**
Ultrasound-Guided Procedures at the Wrist and Hand

15:00 - 15:30 **Live ultrasound** hand and wrist injections.

15:30 - 16:30 **Hands-on Ultrasound Injections**

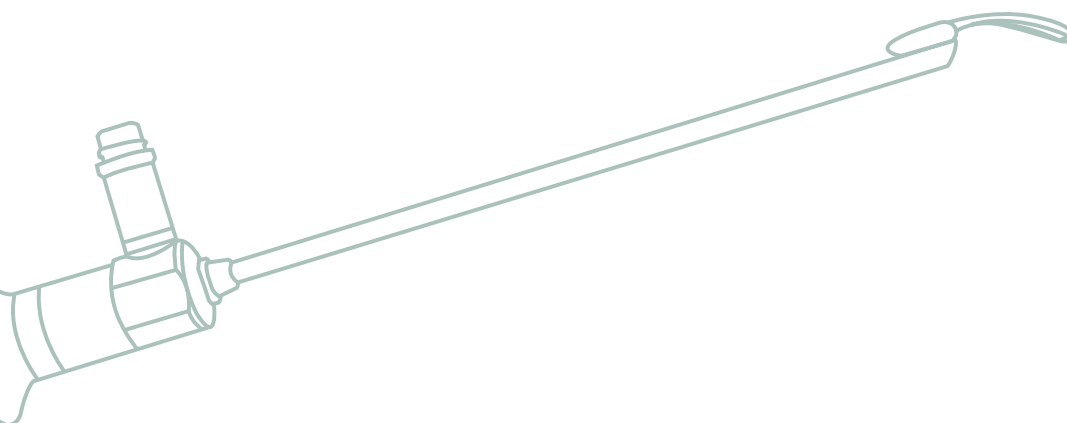
- **First Carpometacarpal Joint**
 - Dorsal Approach
 - Volar Approach
- **Carpal tunnel Hydrodissection**
- **First extensor compartment.**
 - Dorsal Approach
 - Volar Approach
- **Radiocarpal Joint**
- **Midcarpal Joint**
- **MCP and PIP Joints**
- **Peritendinous injections**
- **Neural Blocks**
- **Median, Radial, Ulnar PIN and AIN**

16:30 - 17:00 **Focus On:** Ultrasound-Guided Workflow
for Trigger Finger Treatment

17:00 - 18:00 **Coffee with the expert**

How do I perform it at my office?

Ultrasound contribution at my daily practice.
Ultrasound guided injections.





PRACTICAL SESSIONS

► SATURDAY 20th | Hand and wrist workshop

08:00 - 09:00 **Live ultrasound guided procedures:** hand and wrist.

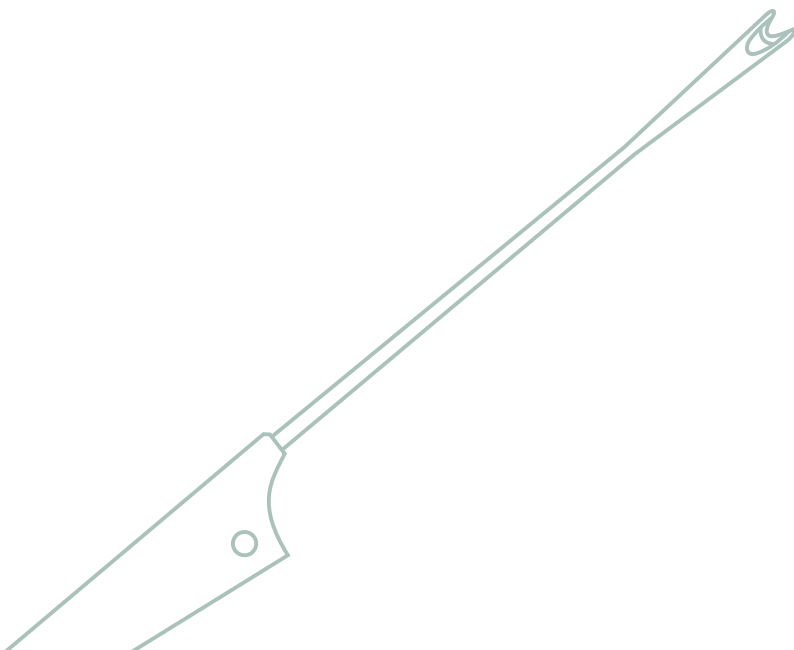
09:00 - 12:00 **Hands-on wrist and hand endoscopic and ultrasound guided procedures.**

- **Carpal tunnel ultrasound-guided release.**
 - Anterograde technique with U-shaped surgical probe.
 - Anterograde technique with commercial devices.
 - Retrograde technique with hook blade.
- **First extensor compartment release**
 - Anterograde technique.
 - Retrograde technique.
- **Finger and thumb A1 Pulley percutaneous release**
 - Anterograde technique.
 - Retrograde technique.
 - Scratch-cut needle technique (Eastwood).

12:00 - 13:00 ***Coffee with the expert***

How do I perform it at my office?

Ultrasound contribution at my daily office surgery with WALANT technique.





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