

Goal of the course

This course aims to create a learning environment where the principles and techniques of internal fixation of hand and wrist injuries can be understood, applied, and demonstrated appropriately to improve the quality of outcomes.

Target participants

The course is targeted at practicing hand surgeons (with orthopedic or plastic surgery background), and hand fellows (in US residents who are planning a hand fellowship).

Learning objectives

At the end of this course, participants will be able to:

- Differentiate and explain the rationale between nonoperative management of fractures and those who will benefit from operative stabilization
- Describe approaches and reduction techniques with attention to the importance of soft tissues
- Analyze standard case presentations and work out a plan for optimal management
- Identify alternative fixation methods and their role in fracture management
- Perform appropriate procedures to stabilize fractures and perform various arthrodeses

Small group discussions

- Management principles of extraarticular fractures
- Management principles of articular fractures of the thumb and lesser digits
- Scaphoid and perilunate injuries
- Wrist (distal radial and ulnar) fractures
- Small-joint arthrodesis and wrist fusion*

Anatomical specimen lab*

- Phalanges and metacarpals
- Approaches to the thumb
- Distal radius
- Distal ulna
- Scaphoid
- Flaps (number of flaps depends on date and location and availability of specimens)

Modules

- Extraarticular fractures of the hand
- Articular fractures of the hand
- Carpal injuries
- Wrist fractures
- Arthrodesis in the hand and wrist*

Practical exercises

- Lag screw fixation of a long spiral diaphyseal metacarpal shaft fracture
- Lag screw and neutralization plate fixation of a short oblique metacarpal fracture
- Fixation of transverse shaft metacarpal fracture with a compression plate
- Intramedullary splinting of a metacarpal V fracture with K-wires
- Fixation of a bicondylar fracture of the proximal phalangeal head
- Fixation of Bennett fracture by applying 2 mm lag screws
- Management of a Rolando fracture
- Fixation of a scaphoid wrist fracture with a headless compression screw
- Management of an intraarticular distal radius fracture using a two-column distal radius plate
- Management of an intraarticular distal radius fracture using the dorsal double plating technique
- Management of a subcapital fracture of the distal ulna, with diaphyseal comminution and styloid fracture
- Arthrodesis of the wrist using a wrist fusion plate*
- Arthrodesis of metacarpophalangeal (MCP) joint (thumb) using an LCP*

*Only in selected courses. Check your chosen date and location for the full program.

Scan the QR code or click on the link button below to find the nearest location and date for this course:



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