



**Advances
in hand and wrist
arthroscopy**

**12th Basic & Advanced
Wrist Arthroscopy Course**

**2025
MADRID
WRIST
COURSE
12-14 th
FEBRUARY**





GENERAL INFORMATION



12th Basic & Advanced Wrist Arthroscopy Course



COURSE ORGANIZATION

Hand Surgery and Microsurgery Unit.
Orthopedic Surgery and Traumatology Department.
Hospital Universitario HM Montepríncipe, Hospital Universitario HM Madrid Río.
CEU San Pablo University, Madrid, Spain.

DATE & VENUE

FEBRUARY 12th-14th, 2025.

February 12th and 14th: LECTURES & CAD-LAB.
Surgical Training Lab (C/ Labradores 7, 28660 Boadilla del Monte, Madrid).

February 13th: THEORY LECTURES.
School of Medicine, CEU San Pablo University (Campus of Boadilla del Monte, Madrid).

OBJECTIVE

Course of wrist arthroscopy and reconstructive surgery techniques with two levels: **basic and advanced**.
Designed for orthopedic surgery or plastic surgery specialist, residents, physiotherapists and occupational therapists with special interest in hand and wrist surgery, especially arthroscopy-assisted techniques.

COURSE OPTIONS

BASIC COURSE (February, 12th, 2025):

- Lectures and practical sessions in the laboratory on basic techniques.
- 17 topics & 9 practical sessions in the cad-lab.

ADVANCED COURSE (February, 13h & 14th, 2025):

- Lectures and practical sessions in the laboratory on intermediate and advanced techniques of wrist arthroscopy and reconstructive surgery.
- 33 topics distributed in 7 sessions.
- 9 practical sessions in cad-lab.
- 6 live surgeries & masterclasses by faculty in the wetlab.

COURSE DATA

- Course of theory and practice in cad-lab of 3 days: theory session, laboratory practices. For practical part, it could be distributed by groups.
- Private area: on the course website and gives access to the recording of the lectures, video techniques and additional material. Personal access code is needed.

The official language of the course will be English.

TECHNICAL SECRETARY



inscripciones@atenta.es

madridwristcourse.com



COURSE TYPES AND INSCRIPTION



M W C
MADRID
Wrist Course



Basic course / 2 days

Includes attendance to the first day's course on February 12th (theoretical and practical part) and the lectures of the advanced course (February 13th).

Certificate of attendance, access to the private area website and work coffee & lunches on the first and second day.

Basic course plus / 3 days

Includes the complete basic course and the possibility of attending the practice advanced course in the cad-lab (on February 14th) as an observer. Certificate of attendance, access to the private area website and work coffee & lunches on the three days.

Advanced course / 2 days

Includes attendance at the theory and practice sessions on February 13th and 14th. Certificate of attendance, access to the private area website and work coffee & lunches on the two days.

Full course / 3 days

Includes attendance at the theory and practice sessions of the three days (February 12th-16th). Certificate of attendance, access to the private area website and work coffee & lunches on the three days.

Theoretical course / 1 day

Allows to attend the lectures of the advanced course on February 13th, without the possibility of access to the practical sessions. Certificate of attendance, access to the private area website and work coffee & lunch on 13th.

Theoretical course + basic practice (Observer)

Includes the lectures of the advanced course on February 13th and the possibility of attending the basic course practice in the cad-lab (on February 12th) as an observer. Certificate of attendance, access to the private area website and work coffee & lunches on the two days.

Basic course
1.500 € + VAT (limited places)

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC		ADVANCED

Basic course plus
1.800 € + VAT (limited places)

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab*
COURSE	BASIC		ADVANCED

Advanced course
2.000 € + VAT (limited places)

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC		ADVANCED

Full course
2.600 € + VAT (limited places)

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC		ADVANCED

Theoretical course
120 € + VAT

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Lectures & Cad-Lab	Lectures	Cad-Lab
COURSE	BASIC		ADVANCED

Theoretical course + Observer
600 € + VAT (limited places)

DAY	Wed 12th	Thu 13th	Fri 14th
Session	Cad-Lab*	Lectures	Cad-Lab
COURSE	BASIC		ADVANCED

2025 MADRID WRIST COURSE 12-14 th FEBRUARY



COURSE DIRECTOR

Pedro J. Delgado, MD

Head of the Orthopedic Surgery and Traumatology Department.
Head of the Hand Surgery and Microsurgery Unit.
Hospital Universitario HM Montepríncipe, Hospital Universitario HM Madrid Río.
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ORGANIZATION COMMITTEE

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Eudaldo Gallo

Diego A. Junqueras

Gonzalo Pintado

Alfonso C. Prada

Víctor Triviño

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F A C U L T Y

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Ahlam Arnaout FRA

Andrea Atzei ITA

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Eva M^a. Baur GER

Martín Caloia ARG

Vicente Carratalá ESP

Joaquim Casañas ESP

Fernando Corella ESP

Jaime de la Torre ESP

Jean-Baptiste de Villeneuve FRA

Francisco del Piñal ESP

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Eudaldo Gallo ESP

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Christophe Mathoulin FRA

Francisco Mellibosky CHL

Lorenzo Merlini FRA

Jane Messina ITA

Monsterrat Ocampos ESP

Gonzalo Pintado ESP

Fernando Polo ESP

Alfonso Prada ESP

Víctor Triviño ESP

Ezequiel Zaidenberg ARG





BASIC COURSE

WED 12 th



12th Basic & Advanced Wrist Arthroscopy Course



- 08:00-08:15 Registration
08:15-08:30 Welcome address and course presentation

LECTURES AND HANDS-ON COURSE (Cad-Lab)

- 08:30-08:45 **Arthroscopy anatomy and radiocarpal/midcarpal portals.** Belén García-Medrano
08:45-09:00 **Complications in wrist arthroscopy.** Francisco Melibosky

09:00-09:30 PRACTICE 1: Portal placement and diagnostic wrist arthroscopy

- 09:30-09:45 **Scapholunate instability. Classification and treatment.** Ezequiel Zaidenberg
09:45-10:00 **Capsuloligamentous repair of the scapholunate tears.** Lorenzo Merlini

10:00-10:30 PRACTICE 2: Scapholunate capsulodesis (single suture)

- 10:30-10:45 **Arthroscopic treatment of volar & dorsal cysts of the wrist.** Jaime de la Torre
10:45-11:00 **Lunotriquetal instability.** Ahlam Arnaout

11:00-11:30 Coffee break

11:30-12:00 PRACTICE 3: Dorsal and volar cyst arthroscopic resection

- 12:00-12:15 **Peripheral TFCC injuries.** Víctor Triviño
12:15-12:30 **Foveal TFCC injuries.** Alfonso Prada

12:30-13:00 PRACTICE 4: TFCC peripheral & foveal repair

- 13:00-13:15 **SLAC wrist: arthroscopic treatment.** Francisco Melibosky
13:15-13:30 **Arthroscopic distal ulna resection (wafer).** Fernando Polo

13:30-14:00 PRACTICE 5: Wafer procedure, radial styloidectomy

14:00-14:45 Group photo & lunch

- 14:45-15:00 **Arthroscopic management of midcarpal instability.** Jean-Baptiste de Villeneuve
15:00-15:15 **Arthroscopic treatment of distal radius fractures.** Montserrat Ocampos
15:15-15:30 **Scaphoid fracture & non-union.** Gustavo Gómez

15:30-16:30 PRACTICE 6: Arthroscopic assisted scaphoid fixation

PRACTICE 7:: Arthroscopic DRF fixation

- 16:30-16:45 **Wrist arthroscopy in Kienböck disease.** Eva M^a, Baur
16:45-17:00 **Arthroscopic lunate excision for Kienböck disease treatment.** Ahlam Arnaout

17:00-17:15 Coffee break

- 17:15-17:30 **CMC osteoarthritis. Arthroscopic treatment.** Jean-Baptiste de Villeneuve
17:30-17:45 **Arthroscopic management of STT osteoarthritis.** Francisco J. Lucas

17:45-18:15 PRACTICE 8: Distal scaphoid pole resection

18:15-18:45 PRACTICE 9: Trapezium hemiresection & suspension

18:45-19:00 End of basic course. Closing remarks



ADVANCED COURSE

THU 13 th



12th Basic & Advanced Wrist Arthroscopy Course



07:30-08:00 Registration

08:00-08:15 Welcome address and course presentation

DAY ONE - LECTURES

SESSION 1: Update on the basics of SL

Moderators: Jane Messina and Alfonso Prada

- 08:15-08:30 **Update in scapholunate anatomy and biomechanics.** Ezequiel Zaidenberg
- 08:30-08:45 **Concepts of carpal biomechanics, pathomechanics and proprioception.** Mireia Esplugas
- 08:45-09:00 **New labral-like concept.** Martín Caloia
- 09:00-09:15 **Arthroscopic assessment of eadial-sided disorders of the wrist.** Riccardo Luchetti
- 09:15-09:30 **What arthroscopic anatomy has taught us about the reality of scapholunate dissociations and how our treatments have evolved.** Christophe Mathoulin
- 09:30-09:45 Discussion

SESSION 2: What's new in SL reconstruction ("holers" vs "non-holers")

Moderators: Lorenzo Merlini and Pedro J. Delgado

- 09:45-10:00 **Arthroscopic techniques of SL capsulodesis: indications & limits.** Jane Messina
- 10:00-10:15 **Volar SL and MIRLIN repair for SL instability.** Sanjeev Kakar
- 10:15-10:30 **All dorsal and arthroscopic SL reconstruction.** Lorenzo Merlini
- 10:30-10:45 **Arthroscopic scapholunoradial technique for SL reconstruction.** Gustavo Gómez
- 10:45-11:00 Discussion

11:00-11:30 Coffee break

SESSION 3: Technical reflections. Quo vadis SL?

Moderators: Riccardo Luchetti and Cristóbal Martínez

- 11:30-11:45 **Dudas y certezas de la patología SL.** Fernando Corella
- 11:45-12:00 **How should we evaluate our results in scapholunate reconstruction?** Mireia Esplugas
- 12:00-12:15 **Complications in SL arthroscopic ligament reconstruction.** Pedro J. Delgado
- 12:15-12:30 **When is necessary to open SL injuries?** Alejandro Badia
- 12:30-12:45 Discussion

SESSION 4: LTL, DRUJ, TFCC: The ulnar dark side of the wrist

Moderators: Martín Caloia and Víctor Triviño

- 12:45-13:00 **Over the top tfcc repair. What is this?** Sanjeev Kakar
- 13:00-13:15 **Arthroscopic assisted tendon reconstruction for DRUJ instability.** Andrea Atzei
- 13:15-13:30 **DRUJ arthroscopic reconstrucion: anatomical vs non-anatomical ligamentoplasty.**
Vicente Carratalá
- 13:30-13:45 **Arthroscopic treatment of LT instability.** Ahlam Arnaout
- 13:45-14:00 **Piso-triquetral arthroscopy.** Vicente Carratalá
- 14:00-14:15 Discussion
- 14:15-15:00 Photo group & Lunch

SESSION 5: CMC1 arthroscopy: update of techniques

Moderators: Sanjeev Kakar and Gonzalo Pintado

- 15:00-15:15 **Arthroscopic classification of CMC1 OA.** Alejandro Badia
- 15:15-15:30 **Different CMC-1 Indications/treatments.** Eva M^a. Baur
- 15:30-15:45 **Arthroscopic treatment of CMC with growth factors.** Lucian Marcovici
- 15:45-16:00 **Arthroscopic distraction arthroplasty of the CMC 1.** Marco Guidi
- 16:00-16:15 Discussion

SESSION 6: Innovations on distal radius & scaphoid

Moderators: Gustavo Gómez and Joaquim Casañas

- 16:15-16:30 **14 reasons for arthroscopic assistance in scaphoid fractures and delayed union**
Martín Caloia
- 16:30-16:45 **Scaphoid non union: vascularized bone graft vs arthroscopic bone grafting?**
Ezequiel Zaidenberg
- 16:45-17:00 **Arthroscopic intra-articular osteotomy of DRF: indications & limits.** Francisco del Piñal
- 17:00-17:15 **CT scan planning & PSI guides for distal radius fractures.** Francisco Melibosky
- 17:15-17:30 Discussion

SESSION 7: Arthroscopic management of wrist OA

Moderators: Ezquiel Zaidenberg and Ahlam Arnaout

- 17:30-17:45 **Evolution of wrist osteoarthritis and carpal collapse.** Riccardo Luchetti
- 17:45-18:00 **Arthroscopic fusion: how to simplify and do real.** Gustavo Gómez
- 18:00-18:15 **Arthroscopic two corner fusion in SNAC wrist.** Marco Guidi
- 18:15-18:30 **STT osteoarthritis.** Joaquim Casañas
- 18:30-18:45 **STT and the Copernico´s concept for treatment.** Andrea Atzei
- 18:45-19:00 **SOAC wrist: indications for specific treatment.** Ricardo Kaempf
- 19:00-19:15 **Arthroscopic interposition for SLAC & OA wrist.** Pedro J. Delgado
- 19:15-19:30 Discussion

19:35 Day 1 closing session





ADVANCED COURSE

FRY 14 th



12th Basic & Advanced Wrist Arthroscopy Course



08:00-08:15 Welcome address and course presentation

DAY TWO - HANDS-ON COURSE (Cad-Lab)

08:30-09:15 **Video-technique & practice 1: Dorsal supercapsulodesis**, Martín Caloia

09:15-10:00 **Video-technique & practice 2: Volar capsulodesis**, Sanjeev Kakar

10:00-10:45 **Video-technique & practice 3: Dorsal capsulodesis (anchors fixation)**, Alfonso Prada

10:45-11:15 **LIVE SURGERY 1: 360° internal-brace SL reconstruction (without tendon)**

Pedro J. Delgado

11:15-12:15 **Video-technique & practice 4: Arthroscopic SL ligamentoplasty (Corella´s technique)**

Monsterrat Ocampos

12:15-12:45 **Video-technique & practice 5: Double-band TFCC repair**, Gustavo Gómez

12:45-13:30 **Video-technique & practice 6: TFCC foveal repair (transosseous & suture anchors)**

Cristóbal Martínez

13:30-14:00 **LIVE SURGERY 2: All-arthroscopic TFCC ligamentoplasty for DRUJ Instability**

Vicente Carratalá

14:00-15:00 Lunch

15:00-15:30 **LIVE SURGERY 3: Volar radiocarpal ligaments reconstruction**, Fernando Corella

15:30-16:15 **Video-technique & practice 7: Scaphoid non-union**, Lucian Marcovici

16:15-16:45 **LIVE SURGERY 4: Arthroscopic ligament reconstruction for midcarpal instability**

Andrea Atzei

16:45-17:30 **Video-technique & practice 8: Lunotriquetal bone fusion**, Víctor Triviño

17:30-18:00 **LIVE SURGERY 5: Osteochondral injuries: matrix acellular treatment**, Pau López-Osornio

18:00-18:45 **Video-technique & practice 9: CMC arthroscopy + suspension vs interposition**

Marco Guidi

18:45-19:15 **LIVE SURGERY 6: Arthroscopic midcarpal interposition for lunocapitate arthritis**

Vicente Carratalá

19:30-19:40 Day 2 closing session



SCIENTIFIC SUPPORT



LOGISTICAL SUPPORT



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