Anatohand 2025

Surgical Techniques and Anatomical Demonstrations for Hand Therapists

Duration

1.5 Days
- Day 1: Thursday 20.03.2025 from 08.00 to 17.00
- Day 2: Friday 21.03.2025 from 08.00 to 13.00

Course Program

Day 1

08:00 - 08:15 | Registration and Welcome

Introduction to the course objectives and schedule

08:15 - 09:15 | Ulnar Nerve Decompression (Cubital Tunnel Syndrome)

- Brief theoretical presentation
- Surgical demonstration of the classical procedure
- Anatomical demonstration of the medial elbow structures

09:15 - 10:15 | Carpal Tunnel Syndrome

- Brief theoretical presentation
- Surgical demonstration of carpal tunnel release
- Anatomical demonstration of the carpal tunnel and Guyon’s canal

10:15 - 10:30 | Coffee Break

10:30 - 11:10 | Trigger Finger

- Brief theoretical presentation
- Surgical demonstration of trigger finger release
- Anatomical demonstration of the flexor tendon canal

11:10 - 12:30 | Flexor Tendon Repair

- Theoretical overview of flexor tendon injuries and zones
- Surgical demonstration of FDP repair techniques
- Demonstration of tendon gliding under pulleys and splint effects
- Anatomical insights into pulley release effect on flexor tendons in finger flexion

12:30 - 13:30 | Lunch Break

13:30 - 15:00 | Extensor Mechanism

- Anatomical demonstration of extensor tendons zone
- Demonstration of mallet lesion and then of swan neck effect
- Demonstration of central slip and boutonniere
- Demonstration of extensor tendon repair techniques zone 4 and 6
- Demonstration of intrinsic tendons and effect
- I Cam Splinting

15:00 - 16:30 | 5th metacarpal Fractures

- Brief theoretical presentation on 5th metacarpal fractures
- Surgical demonstration of plate fixation on a 5th metacarpal
- Mc Brace vs Intrinsic plus

19.00 | Social Dinner

Day 2

08:00 – 08:30 | Coffee and question of Day 1

08:30 - 09:30 | De Quervain's Tenosynovitis

- Brief theoretical presentation
- Surgical demonstration of the procedure
- Anatomical demonstration of the radial nerve and surrounding structures

09:30 – 11-00 | The Stener Lesion

- Brief presentation on UCL
- Surgical exposure of the ligament
- Reinsertion of the ligament
- Splint demonstration

10:30 - 12:00 | Wrist Anatomy and Approach

- Surgical demonstration of the scaphoid and surrounding ligaments
- Anatomical overview of its relations with surrounding bones
- Insight into scapholunate articulation and scaphoid positioning
- TFCC

12:00 - 12:30 | Final Q&A and Certificate Distribution

12:30 | Course Closure

Learning Objectives

- Understand the anatomical basis of common hand conditions.
- Gain practical insights into basic surgical procedures.
- Improve clinical decision-making in splinting and hand rehabilitation through anatomical knowledge and surgical techniques.

Program Schedule

Please note that the schedule might be subject to minor changes.

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