

# WIDE-AWAKE AND MINIMALLY INVASIVE HAND AND WRIST SURGERY CONFERENCE:

"An Arthroscopic, Endoscopic and  
Ultrasound-Guided Skills Lab"

**26<sup>th</sup> – 28<sup>th</sup> October 2023**

## AGENDA



### **Agenda**

**Wide-Awake and Minimally Invasive Hand and Wrist Surgery Conference:  
An Arthroscopic, Endoscopic and Ultrasound-Guided Skills Lab  
October 26<sup>th</sup> – 28<sup>th</sup>, 2023**

**Target Audience: Physicians, Nurses, Allied Health Practitioners (Radiographers, Podiatrists and Physiotherapists only), Others (Physical Coaches, Sports Scientists)**

**Activity code: HGI-03-P121**

**Venue: Aspetar Auditorium (lectures), Sports Surgery Training Center (SSTC)**

**Time:**

**Day1: October 26 – 13:30 – 18:30 (lectures – face to face or online via MS Teams),**

**Day 2: October 27 – 08:30 – 12:00 (lectures – face to face or online via MS Teams), 12:45 – 17:00 (skills lab – face to face or online via MS Teams Live Demonstration only)**

**Day 3: October 28 – 08:30 – 12:00 (lectures – face to face or online via MS Teams), 12:45 – 17:00 (skills lab – face to face or online via MS Teams Live Demonstration only)**

**Overall Learning Objectives:**

On completion of this activity, participants will be able to:

1. Demonstrate knowledge of the use of wide-awake and minimally invasive hand surgery for common hand and wrist pathologies.
2. Apply best evidence in the diagnosis and treatment of common hand and wrist injuries and musculoskeletal conditions.
3. Explain the use of ultrasound for diagnostics and injections in hand and wrist disorders.
4. Apply endoscopic and arthroscopic techniques in skills course.
5. Explain the importance of minimally invasive techniques for safety, efficiency and successful outcomes following surgery and therapy for common hand and wrist disorders and injuries.

**This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum 18.0 hours.**

## **CONFERENCE PROGRAM**

**Thursday, October 26**

*11:00 – 13:30 Registration, Aspetar 1<sup>st</sup> floor, main building*

**13:30 - 14:45**

### **Session 1: Introduction to Walant**

**Moderators: Elisabet Hagert, Don Lalonde**

#### **Learning objectives:**

*On completion of this session, participants will be able to:*

1. Discuss the history of epinephrine use in surgery
2. Explain the principles of walant
3. Explain how to implement walant in clinical practice

13:30 - 13:35	Welcome Note	Bashir Zikria
13:35 - 13:45	Introduction and Course Overview	Elisabet Hagert
13:45 - 14:00	Walant history and the adrenaline myth	Elisabet Hagert
14:00 - 14:15	Getting started with Walant in your practice	Don Lalonde
14:15 - 14:30	Creating an exceptional Walant experience for your patient	Jean Paul Brutus
14:30 - 14:45	Q/A - Discussion	Elisabet Hagert, Don Lalonde

14:45 - 15:45

## Session 2: Walant for hand trauma

Moderators: Amir Adham Ahmad, Fadi Bouri

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Describe the technique for walant injections in tendon, nerve and bone surgery
2. Discuss the use of walant for trauma cases in hand surgery

14:45 - 15:00	How to numb up fingers and do wide-awake tendon repair	Don Lalonde
15:00 - 15:15	How to numb up bones and do wide-awake fracture surgery	Amir Adham Ahmad
15:15 - 15:30	How to numb up nerves and do wide-awake nerve repair	Benjamin Ferembach
15:30 - 15:45	Q/A - Discussion	Amir Adham Ahmad, Fadi Bouri

15:45 - 16:15

*Coffee Break, Aspetar 1<sup>st</sup> floor*

16:15 - 17:30

## Session 3: Walant for elective surgery

Moderators: Thomas Apard, Benjamin Ferembach

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Describe common hand injuries in athletes
2. Construct a plan for organizing a walant surgery practice
3. Discuss the use of walant for tendon transfers
4. Explain the role of physiotherapy in walant surgery

16:15 - 16:30	Optimizing your surgical practice with Walant	Jean Paul Brutus
16:30 - 16:45	Common sports injuries in hand surgery	Conchi Romero
16:45 - 17:00	Tendon transfers - making the complex simple	Thomas Apard
17:00 - 17:15	The role of the hand therapist in walant surgery	Om Elkhir Ksantini
17:15 - 17:30	Q/A - Discussion	Thomas Apard, Benjamin Ferembach

17:30 - 18:30

## Session 4: The science of walant

Moderators: Ashraf Hantouly, Mohammed Muneer

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Explain the science of lidocaine and epinephrine anesthesia
2. Explain risks and complications with walant
3. Describe outcome measurements in clinical walant studies

17:30 - 17:45	The practical science of lidocaine and epinephrine tumescent local anesthesia	Don Lalonde
17:45 - 18:00	Walant: aspects on safety and complications	Ashraf Hantouly
18:00 - 18:15	How do we measure and report outcomes in Walant surgery?	Mohammed Muneer
18:15 - 18:30	Q/A - Discussion	Ashraf Hantouly, Mohammed Muneer

19:00 - 21:00

*Welcome reception*

## **Friday, October 27**

*Morning lectures, Aspetar Auditorium, 1st floor*

07:30 – 08:30

*Registration*

08:30 - 09:30

## **Session 5: Walant finger surgery**

**Moderators: Elisabet Hagert, Fadi Bouri**

### **Learning objectives:**

*On completion of this session, participants will be able to:*

1. Describe the use and advantages of endoscopic trigger finger surgery
2. Select surgical treatments for finger ligament repair
3. Justify the use of walant for flexor tendon surgery

08:30 - 08:45	A clearer view: endoscopic trigger finger release for improved results	Jean Paul Brutus
08:45 - 09:00	Walant for thumb and finger ligament repair	Amir Adham Ahmad
09:00 - 09:15	How to get better results in flexor tendon repair and reconstruction	Don Lalonde
09:15 - 09:30	Q/A - Discussion	Elisabet Hagert, Fadi Bouri

09:30 - 10:30

## Session 6: Walant Wrist Surgery

Moderators: Emmanouil Papakostas, Jean Paul Brutus

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Explain the use of walant in wrist surgery
2. Describe surgical techniques for wrist fracture and ligament repair
3. Explain treatments for cartilage injuries

09:30 – 09:45	Walant distal radius fracture surgery	Amir Adham Ahmad
09:45 - 10:00	Wide awake wrist and basal thumb arthroscopy	Elisabet Hagert
10:00 - 10:15	Walant scapholunate ligament repair	Thomas Apard
10:15 - 10:30	Cartilage repair in the wrist	Emmanouil Papakostas

*Discussion will follow after session 7*

10:30 - 11:00

*Coffee Break, Aspetar 1<sup>st</sup> floor*

11:00 - 12:00

## Session 7: Nerve Compressions

Moderators: Benjamin Ferembach, Don Lalonde

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Explain the use of walant in wrist surgery
2. Describe surgical techniques for wrist fracture and ligament repair
3. Explain treatments for cartilage injuries

11:00 - 11:15	Walant lacertus release	Elisabet Hagert
11:15 - 11:30	Walant radial tunnel release	Amir Adham Ahmad
11:30 – 12:00	Discussion sessions 6 + 7 <i>Friday Prayer Time for Muslim Participants</i>	Emmanouil Papakostas, Jean Paul Brutus

12:00 - 12:45                      *Lunch and prepare for Skills Lab*

*Afternoon Surgical Skills Lab*

12:45 - 17:00	<b>Session 8: Surgical Skills Lab (SSTC)</b> Endoscopy and Arthroscopy
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**Learning objectives:**

*On completion of this session, participants will be able to:*

1. Evaluate the use of endoscopic techniques in hand surgery
2. Choose solutions for ligament repair
3. Demonstrate the use of arthroscopy

12:45 - 13:00	Welcome Note\Discuss Learning objectives	Ahmad Al Mojaber
13:00 - 13:15	<b>Live Demonstration:</b> Endoscopic carpal tunnel and trigger finger release	Jean Paul Brutus
13:15 - 13:30	Discussion sessions 8	Elisabet Hagert, Jean Paul Brutus



## **GROUPS**

*13:30 - 15:00*

Groups 1-2: station 1-2

Groups 7-8: station 7-8

*13:30 - 14:15:*

Groups 3-4: station 3-4

Groups 5-6: station 5-6

*14:15-15:00*

Groups 3-4: station 5-6

Groups 5-6: station 3-4

*15:00 - 15:30*

*Coffee Break*

*15:30 - 17:00*

Groups 3-4: station 1-2

Groups 5-6: station 7-8

*15:30 - 16:15*

Groups 1-2: station 3-4

Groups 7-8: station 5-6

*16:15-17:00*

Groups 1-2: station 5-6

Groups 7-8: station 3-4

*Stations 1-2*

***Arthroscopy - Wrist and basal thumb***

2.4 mm scope and tfc kit	Thomas Apard, Elisabet Hagert
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*Stations 3-4*

***Endoscopy - trigger and carpal tunnel***

endoscopic trigger and CTS kits	Jean Paul Brutus, Benjamin Ferembach
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*Stations 5-6*

***Ligament repair techniques - thumb and SL***

internal brace for thumb and SL	Mohammed Muneer, Ashraf Hantouly, Donald Lalonde
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*Stations 7-8*

***Arthroscopy - Wrist and basal thumb***

2.4 mm scope and tfc kit	Amir Ahmad Adham, Fadi Bouri
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**19:00 - 23:00**

**COURSE DINNER**

**Saturday, October 28**

*Morning lectures, Aspetar Auditorium, 1st floor*

*07:30 – 08:30*

*Registration*

**08:30 - 09:30**

## **Session 9: Introduction to ultrasound**

**Moderators: Eduardo Yomashiro, Elisabet Hagert**

### **Learning objectives:**

*On completion of this session, participants will be able to:*

1. Explain the technical aspects of ultrasound
2. Discuss the technical aspects of ultrasound injection techniques
3. Analyze the use of ultrasound for diagnostics in hand and wrist disorders

08:30 - 08:45	Principles of ultrasound for hand and wrist	Eduardo Yomashiro
08:45 - 09:00	Ultrasound guided injection techniques	Markus Laupheimer
09:00 - 09:15	How doing your own diagnostic ultrasound will make you a better hand surgeon/therapist	Don Lalonde
09:15 - 09:30	Q/A - Discussion	Eduardo Yomashiro, Elisabet Hagert

09:30 – 10:30

## Session 10: Ultrasound Anatomy

Moderators: Maria Romero, Markus Laupheimer

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Propose the use of ultrasound for understanding anatomy
2. Interpret common ultrasound anatomy for finger, wrist and elbow

09:30 - 09:45	Pertinent finger ultrasound anatomy	Jean Paul Brutus
09:45 - 10:00	Ultrasound examination of the wrist	Elisabet Hagert
10:00 - 10:15	Common ultrasound findings in the elbow	Thomas Apard
10:15 – 10:30	Q/A - Discussion	Maria Romero, Markus Laupheimer

10:30 – 11:00

*Coffee Break, Aspeter 1<sup>st</sup> floor*

11:00 - 12:00

## Session 11: Ultrasound Surgery

Moderators: Don Lalonde, Jean Paul Brutus

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Explain the technical aspects of ultrasound surgery
2. Describe the use of ultrasound surgery in tendon sheaths
3. Elaborate on the use of ultrasound surgery for nerve decompressions

11:00 - 11:15	Principles of ultrasound guided surgery	Thomas Apard
11:15 - 11:30	Ultrasound guided carpal tunnel and trigger release	Benjamin Ferembach
11:30 - 11:45	Ultrasound guided lacertus and cubital tunnel release	Thomas Apard
11:45 - 12:00	Q/A - Discussion	Don Lalonde, Jean Paul Brutus

12:00 - 12:45

*Lunch and prepare for Skills Lab*

*Afternoon Surgical Skills Lab*

12:45 - 17:00

## Session 12: Surgical Skills Lab

Ultrasound - Injection Techniques and Surgery

### Learning objectives:

*On completion of this session, participants will be able to:*

1. Apply the technical aspects of ultrasound-guided injections
2. Demonstrate the use of ultrasound for injections and surgery
3. Compare ultrasound-guided trigger and carpal tunnel release to conventional techniques

12:45 - 13:00	Practical ultrasound guided injection tips	Markus Laupheimer
13:00 - 13:30	<b>Live demonstration:</b> ultrasound guided carpal tunnel and trigger finger release	Thomas Apard

*13:30 - 14:30 – Markus Laupheimer, Eduardo Yomashiro, Maria Romero, Donald Lalonde, Thomas Apard, Jean Paul Brutus, Benjamin Ferembach, Elisabet Hagert*

*Practice ultrasound anatomy*

- Finger
- Wrist, carpal tunnel
- Elbow

*Ultrasound-guided injection techniques*

- CMC 1
- Carpal tunnel
- Epicondyle

*14:30 - 14:45                      Coffee Break*

*14:45 - 16:45 - Donald Lalonde, Thomas Apard, Jean Paul Brutus, Benjamin Ferembach, Elisabet Hagert, Fadi Bouri, Mohammed Muneer*

*Practice ultrasound-guided surgery*

- Trigger finger
- Carpal tunnel
- Lacertus

16:45 - 17:00		
	<i>Close of course</i>	Elisabet Hagert

#### **Scientific Planning Committee:**

Dr Elisabet Hagert - Orthopedic Surgeon / SPC Chair, Dr. Emmanouil Papakostas - Orthopedic Surgeon, Ibrahim Al Hussein - Director of Nursing, Marco Cardinale - Executive Director of Research & Scientific Support, Markus Laupheimer - Sports Medicine Physician, Marcelo Bordalo - Chief of Radiology, Om El Khir Ksantini - Senior Physiotherapist, Maria Concepcion Romero - Sports Medicine Physician, Mariem Labidi - CME/CPD Coordinator, Ahmad Almojaber Surgery Training Center Coordinator/ CME/CPD Coordinator.

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

**Overall time: 1075 min: Lecture: 550 min  
Interactive: 525 min (49%)**