

# **CANADIAN SOCIETY FOR SURGERY OF THE HAND (CSSH**

**Tuesday, June 18, 2024**



## **2024 Pre-meeting Courses**

**Tuesday, June 18, 2024**

- 10:30 am – 3:00 pm: **Wrist Arthroscopy**
- 12 noon – 2:00 pm: **Incorporating Ultrasound into your Hand and Wrist Surgery Practice**

## **PROGRAM**

**[Click for Registration](#)**

**CANADIAN SOCIETY FOR SURGERY OF THE HAND (CSSH)**  
**Tuesday, June 18, 2024**



<p>10:30 am - 3:00 pm</p>	<p><b>CSSH Wrist Arthroscopy Pre-Course</b></p> <p>This course is aimed at practicing plastic and orthopedic surgeons and residents who are interested in improving their wrist arthroscopy skills. Introductory and intermediate techniques will be demonstrated by a team of experts to help the learners feel more comfortable with incorporating arthroscopy into their practice. The course will be divided into a series of sequential didactic and hands-on lab sessions to practice instructed techniques. Two learners will share a cadaveric lab station while using the latest technology.</p> <p><b>Objectives: Following this session, the participant will be able to:</b></p> <ol style="list-style-type: none"> <li>1. Introduction to arthroscopy: portals and diagnostic evaluation.</li> <li>2. Evaluation and soft-tissue repair of peripheral TFCC injuries.</li> <li>3. Evaluation and ligament-to-bone repair of deep TFCC injuries through DRUJ arthroscopy.</li> <li>4. Wrist arthroscopy in trauma, including scaphoid fracture and perilunate injury.</li> <li>5. Thermal capsulorrhaphy: When and how.</li> </ol>
<p>10:30</p>	<p>Arthroscopy Portals and Diagnostic Evaluation (Volar and Dorsal Radiocarpal, Midcarpal, DRUJ portals)</p>
<p>10:37</p>	<p>Role of Arthroscopy for Dorsal and Volar Ganglion Excisions</p>
<p>10:44</p>	<p>Evaluation and soft-tissue repair of TFCC injuries</p>
<p>10:52</p>	<p>The DRUJ portal and its role in diagnostic and Treatment Algorithms</p>
<p>11:00</p>	<p>Ligament-To-Bone Repair of Deep TFCC Fibers with use of the DRUJ Portal</p>
<p>11:07</p>	<p>Lab Time</p>
<p>12:47</p>	<p>Lunch and discussion on the lab</p>
<p>13:02</p>	<p>Wrist Arthroscopy in Trauma - Utilization for Scapholunate Ligament Evaluation and Treatment</p>
<p>13:12</p>	<p>Wrist Arthroscopy in Trauma - Utilization for Scaphoid Fractures</p>

13:20	Wrist Arthroscopy in Trauma - Utilization for Distal Radius Fracture Reduction And Fixation
13:28	Lab Time

<p><b>CSSH Educational Workshop: Incorporating Ultrasound into your Hand and Wrist Surgery Practice</b></p>	
<p><b>Description:</b></p> <p>Musculoskeletal ultrasound is becoming more common in the practice of hand and wrist surgery. It is a valuable imaging modality that can enhance patient care, through timely and nuanced diagnosis, bedside therapy and assessment of post-operative complications.</p> <p>This workshop aims to help participants familiarize themselves with a basic approach to ultrasound for common hand and wrist pathologies. This year's course will focus on review of common tendon pathologies in the hand and wrist. A review of nerve assessment at the wrist will also be done. Further, information on ultrasound systems available on the market and how to best incorporate this new technology into practice will be reviewed.</p>	
<p><b>By the end of the course, participants will be able to:</b></p> <ul style="list-style-type: none"> <li>● Develop a basic approach to point of care ultrasound: understand how to use it, which probe to select, and how to adjust settings to optimize the image</li> <li>● Differentiate common hand and wrist structures including nerve, tendon, vessel and bone through hands-on, peer-on-peer practice</li> <li>● Learn how to assess for common tendon and nerve pathologies in the hand and wrist</li> <li>● Recognize the added value and specific techniques for therapeutic injections under ultrasound guidance</li> </ul>	
1200	Brief introduction of the course objectives and outline <i>Dr. Maleka Ramji</i>
1205	<ol style="list-style-type: none"> <li>1. Didactic lecture and review of cases – <i>Dr. Les LaPlante</i> <ol style="list-style-type: none"> <li>a. Basics of ultrasound</li> <li>b. Ultrasound of the Hand and Wrist               <ol style="list-style-type: none"> <li>i. Common tendon pathologies</li> <li>ii. Median nerve assessment in the carpal tunnel</li> </ol> </li> <li>c. Live demonstration of a wrist scan with demonstration of injection into first extensor compartment and carpal tunnel</li> </ol> </li> </ol>
1245	Hands-on practice - <i>Drs Maleka Ramji, Aaron Knox, Les LaPlante &amp; Ann-Sophie Lafreniere</i>
1355	Sponsors exhibition