

II Curso de Punho e Mão

Special Skills Cadaver Lab

04 | 05 fevereiro 2027

Faculdade Ciências da Saúde
Universidade Beira Interior
Covilhã

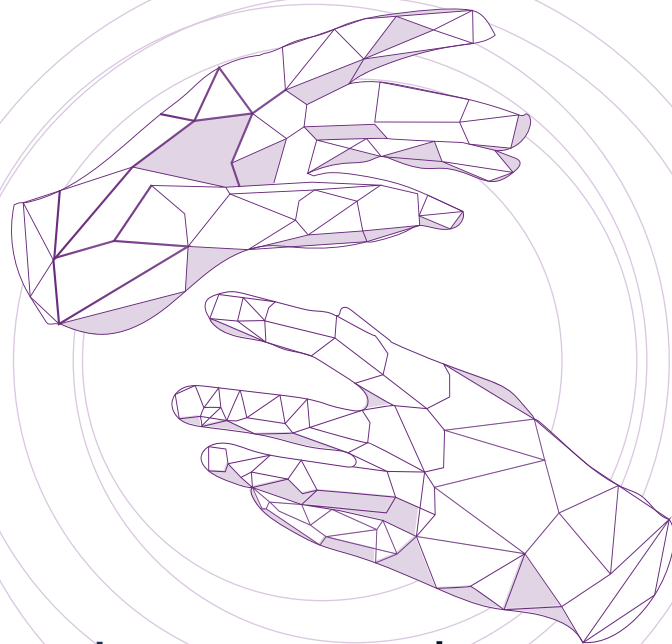
Organizadores do curso

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Coordenador Ortopedia da Luz Arrábida



Organização



UNIDADE LOCAL DE SAÚDE
COVA DA BEIRA



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BoneCare
The right solution for your bones



Programa

II Curso de Punho e Mão

Special Skills Cadaver Lab

Course overview

The II Hand and Wrist Special Skills Cadaver Lab is an advanced practical course dedicated to surgical training in hand and wrist surgery, with a strong focus on cadaveric dissection, surgical anatomy and operative technique.

The course is designed to provide participants with a highly practical learning experience, allowing them to review surgical indications, understand key anatomical landmarks and practise selected procedures in a cadaveric setting under direct faculty supervision.

Rather than being a theoretical course, the programme is centred on the practical execution of surgical techniques. Each topic will be introduced through a short, case based presentation, focused on clinical reasoning, surgical indications, operative planning and technical pearls. The main emphasis will be placed on hands on cadaveric practice.

Target audience

This course is designed for orthopaedic and plastic surgery specialists and residents with a special interest in hand surgery, aiming to further develop their practical skills in hand and wrist osteosynthesis, peripheral nerve surgery and tendon reconstruction of the upper limb.

Course objectives

The main objectives of this course are to:

- Provide advanced practical training in selected hand and wrist surgical procedures.
- Improve the understanding of surgical anatomy through cadaveric dissection.
- Develop technical skills in osteosynthesis techniques for fractures and reconstructive procedures of the wrist and hand.
- Review surgical approaches to the distal radius, metacarpals, phalanges and carpus.
- Discuss indications, decision making and technical details in complex wrist procedures.
- Provide practical exposure to peripheral nerve decompression, nerve transfer and nerve reconstruction techniques.
- Review tendon transfer principles and their application in hand reconstruction.
- Promote a case based approach to surgical decision making.
- Allow close interaction between participants and experienced faculty in a small group environment.

Course format

The course will be organised into two main modules:

- Module I – Osteosynthesis Techniques
- Module II – Peripheral Nerve and Tendon Reconstruction

Each topic will follow a practical and case based format.

Each presentation should last 10 to 15 minutes maximum and should preferably start with a clinical case. The presentation should focus on:

- Clinical presentation
- Diagnosis
- Surgical indications
- Surgical planning
- Surgical technique
- Tips and tricks
- Common pitfalls and how to avoid them

After each short presentation, participants will proceed to the cadaveric hands on session, where the surgical approach or procedure will be demonstrated and practised.

Cadaveric training model

- The course will follow a small group cadaveric training model.
- Each cadaveric specimen will be shared by two participants.
- Each faculty member will supervise two tables, with one cadaveric specimen per table.
- This model is intended to maximise hands on exposure, ensure close supervision and allow direct technical feedback during the practical sessions.

Faculty

The confirmed faculty includes nine members:

- | | |
|-------------------|-----------------|
| • Cláudia Santos | • Edgar Rebelo |
| • Manuel Teixeira | • Eva Pereira |
| • César Silva | • Tiago Costa |
| • Pedro Negrão | • Vítor Vidinha |
| • Carla Nunes | |

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PROGRAMME

Module I Osteosynthesis techniques

| Distal radius fractures

| Volar approach

- Fracture personality and decision making
- Plate selection according to fracture pattern
- Management of the volar ulnar fragment
- Dorsal approach and selected indications

| Dorsal spanning plate

| Indications in complex distal radius fractures

- Surgical technique
- Plate positioning
- Fixation principles
- Timing of plate removal
- Technical pearls and pitfalls

| Four corner fusion

| Indications

- Surgical approach
- Cartilage preparation
- Fixation options
- Carpal alignment
- Bone grafting
- Complications and technical details

| Ulnar shortening osteotomy

| Indications and patient selection

- Ulnar impaction syndrome
- DRUJ assessment
- Isolated ulnar shortening osteotomy
- When to consider radial osteotomy, ulnar osteotomy or combined procedures
- Fixation options
- Complication prevention

| Metacarpal and phalangeal fractures

| Intramedullary fixation

- Indications and fracture selection
- Reduction techniques
- Fluoroscopic control
- Implant choice
- Postoperative principles

Module II Peripheral nerve and tendon reconstruction

| Lacertus syndrome

| Clinical diagnosis

- Differential diagnosis
- Surgical anatomy
- Indications for release
- Surgical technique
- Technical pearls

| Cubital tunnel syndrome

| In situ decompression

- Anterior transposition
- Indications for each technique
- Protection of the medial antebrachial cutaneous nerve
- Decompression limits
- Technical considerations

| Radial tunnel and posterior interosseous nerve decompression

| Relevant anatomy

- Compression sites
- Clinical indications
- Anterior and posterior approaches
- Surgical technique
- Pitfalls and complications

| **Supercharged end to side AIN to ulnar motor nerve transfer**

| **Indications in severe ulnar neuropathy**

- Guyon canal approach
- Identification of the deep motor branch of the ulnar nerve
- Donor nerve selection
- Coaptation principles
- Microsurgical details

| **Ulnar nerve reconstruction using nerve graft**

| **Indications**

- Assessment of nerve defect
- Harvesting of nerve graft
- Graft preparation
- Nerve coaptation
- Postoperative considerations

| **Extensor indicis proprius to extensor pollicis longus transfer**

| **Indications**

- Tendon harvesting
- Route of transfer
- Tensioning
- Fixation technique
- Rehabilitation principles

| **Tendon transfers for radial nerve palsy**

| **Principles of tendon transfer**

- Donor selection
- Classical transfer combinations
- Tensioning
- Functional goals
- Postoperative rehabilitation

| **Tendon transfers for ulnar claw hand**

| **Indications**

- Intrinsic paralysis
- Dynamic correction
- Static correction
- Surgical planning
- Technical considerations

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DE EVENTOS

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