

# BSSH / SECMA Mallorca Hand 2025

23-25 April 2025, in Mallorca



## Curso Instruccional de Ultrasonido. Congreso SECMA - BSSH 2025

**Coordinadora:** Belén G<sup>a</sup> Medrano

**Instructores:** Ignacio Esteban / Fernando Dávila / Xavier Gueffier / Nick Riley

**Participantes:** 24 cirujanos de mano divididos en 6 grupos.

**Equipos de ultrasonido:** 6 máquinas de ultrasonido.

**Muestras anatómicas:** 6 muestras (antebrazo-muñeca-mano).

**Duración:** 4 horas y 30 minutos.

**Idioma:** Español.

Presentation of ultrasound machines (SONOSITE Company).

How to adjust the equipment?

Basic in Ultrasound.

Special tips for hand and wrist exploration.

Anatomy of the wrist by US (Ignacio Esteban) 60 min

Extensor and flexor compartments.

Anatomy of Carpal tunnel and Guyon's canal

Capsuloligamentous structures

- Practices on anatomical specimens

Anatomy of the hand (Fernando Dávila) 60 min

Anatomy of extensor tendons structures

Anatomy of flexor tendons

Intrinsic muscles of the hand

Capsuloligamentous structures

Practices on anatomical specimens

Basic pathology in hand and wrist (Xavier Gueffier) 60 min

De Quervain's disease and another extensor tendons injuries

Carpal tunnel syndrome and others neuropathies

Tumors: ganglia and other lesions

Flexor tenosynovitis: trigger finger

Dupuytren's disease

- Practices on anatomical specimens.

Introduction of interventional procedures (Nick Riley) 60 min

Ultrasound-guided injections: Concepts, instrumental and performance.

PRACTICE 1: Technique and tricks with the needle.

PRACTICE 2: Ultrasound-guided injections in extensor and flexor tendons.

PRACTICE 3: Carpal tunnel injection and hydrodissection.

PRACTICE 4: Intra articular injections: CMC-1, MCP, PIP.

PRACTICE 5: Ultrasound-guided trigger finger release in long fingers.

PRACTICE 6: Ultrasound-guided trigger finger release in the thumb.

Demonstration on anatomical specimen with special instruments:

Carpal Tunnel Syndrome and Trigger finger