

BSSH / SECMA Mallorca Hand 2025

23-25 April 2025, in Mallorca



BSSH THE BRITISH SOCIETY FOR
SURGERY OF THE HAND



SOCIEDAD ESPAÑOLA
DE CIRUGÍA DE MANO

PALAU DE CONGRESSOS DE PALMA
ORGANIZED BY PALMA CONGRESS MANAGEMENT



Instructional Course of Ultrasound. SECMA - BSSH Congress 2025

Coordinadora: Belén G^a Medrano

Instructores: Ignacio Esteban / Fernando Dávila / Xavier Gueffier / Gustavo Sosa

Duración: 4 horas y 30 minutos.

8:30 Presentation of ultrasound machines (SONOSITE Company).

How to adjust the
equipment?
Basic in Ultrasound.
Special tips for hand and wrist exploration.

9:00 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

10:00 Anatomy of the hand (Fernando Dávila) 60 min

Anatomy of extensor tendons structures
Anatomy of flexor tendons
Intrinsic muscles of the hand

10:30 Coffee

Capsuloligamentous structures
Practices on anatomical
specimens

11:15 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.

12:15 Introduction of interventional procedures (Gustavo Sosa) 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**

13:15 End of session