



ORGANIZED BY:

Department of Orthopaedics  
University of Thessaly - Larissa, Greece

MEETING VENUE:

Anatomy Lab of Medical School  
University of Thessaly - Larissa, Greece

IN COOPERATION WITH:



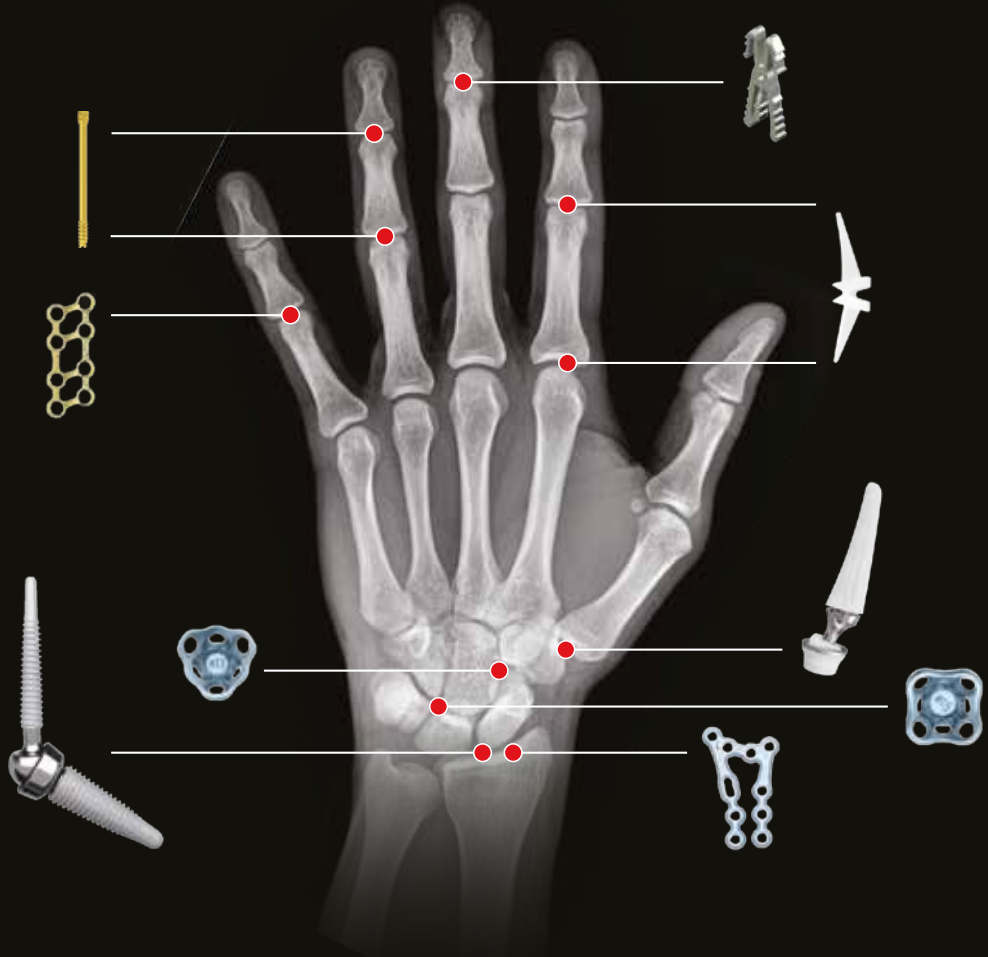
UNDER THE AUSPICES OF:

Medical School  
University of Thessaly

**COURSE** with International Participation

# Arthroplasties & Arthrodeses for Wrist & Hand Arthritis on fresh frozen cadaveric specimens

FEBRUARY  
**22 - 24**  
2024



# PROGRAM

**YOU make a difference for others everyday...**

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### **What is IBRA?**

**IBRA – a unique international network in research and continuing medical education**

- I** – International transdisciplinary cooperation
- B** – Bone and tissue management for the best benefit of patients
- R** – Research and continuing medical education
- A** – Association for scientific networking

### **Why IBRA?**

Our aim is to promote the exchange of professional knowledge, provide highly specialized medical training and encourage research as well as scientific developments.

For more information:



### **What IBRA offers YOU?**

✓ **IBRA Virtual Campus**

✓ **Courses:**

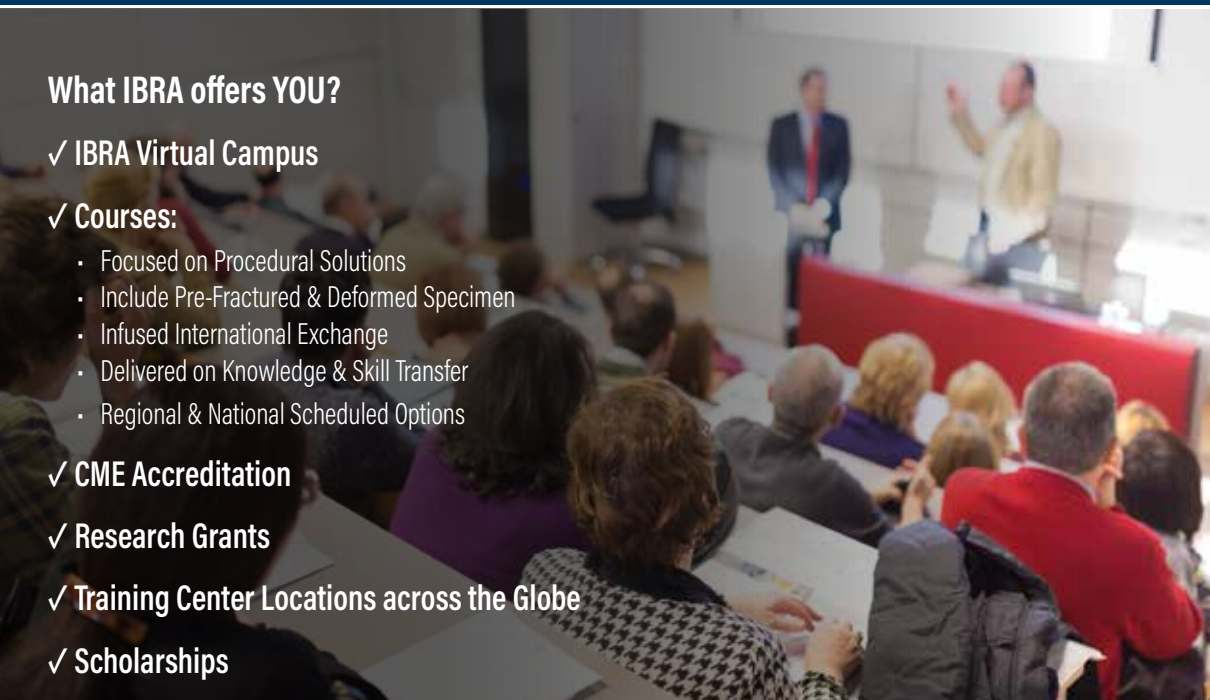
- Focused on Procedural Solutions
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✓ **Training Center Locations across the Globe**

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## WELCOME MESSAGE



**Sokratis E. Varitimidis, MD**  
Professor of Orthopaedics

Dear Friends and Colleagues

Osteoarthritis of the Hand and Wrist is a common and challenging entity in Hand Surgery. It can be the result of many causes and may render the Hand functionally deficient.

Non operative treatment does not always provide the desired pain relief and therefore operative treatment is many times indicated. The Hand Surgeon is frequently in front of the dilemmas: Should I perform an arthroplasty or an arthrodesis? How should I do it? What should I use?

The Seminar will focus on the operative management of Hand and Wrist osteoarthritis using the most modern operative techniques and the most appropriate and modern materials.

Participants will have the opportunity to apply these techniques and devices in every joint of the Wrist and Hand. They will also be able to present the result of their exercise as a group and discuss it with the experts. They will have plenty of time to complete each exercise in cadaveric parts which will be of excellent quality.

The Instructors of the Seminar are Surgeons very well-known Internationally, have long experience in the technique which they will present and will share their “tips and tricks” with the participants.

At the end of the Seminar they will be familiar with all techniques of arthrodeses and arthroplasties in the Wrist and Hand.

Larissa, where the Seminar is held, hosted Hippocrates, the father of modern Medicine during the last years of his life. He taught students, treated patients, died and was buried here. His grave is one of the many monuments and sites in the city that visitors can enjoy. The Department of Orthopaedics of the University of Thessaly in Larissa is a Recognized Center for Hand Surgery and Microsurgery training many Residents and Fellows in the Operative treatment of Hand Injuries and Disorders.

We are proud to host this Seminar and Workshop in Larissa, in cooperation with International Bone Research Association (IBRA).

We are looking forward to welcoming you.

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2024

## CHAIRMAN OF THE COURSE

**Prof. Sokratis Varitimidis**

## ORGANIZING COMMITTEE

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Amprazis V.  
Antoniou I.  
Arnaoutoglou C.  
Athanaselis E.  
Dailiana Z.  
Gkekas N.  
Kiorpelidis P.  
Komnos G.  
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Lamprou D.  
Mylonas T.  
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Stefanou N.  
Xantes M.  
Zibis A.  
Zigras F.

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Ditsios K.  
Duerinckx J.  
Hantes M.  
Homann H.H.  
Karachalios T.  
Packer G.  
Quadlbauer S.  
Rezzouk J.  
Stefanou N.

# APTUS

## Wrist Arthrodesis



# Arthroplasties & Arthrodeses for Wrist & Hand Arthritis on fresh frozen cadaveric specimens

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## INVITED SPEAKERS



**Joris Duerinckx MD, PhD**  
Genk, Belgium

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**Prof. Dr. med. Heinz-Herbert Homann**  
BG Klinikum, Duisburg (Germany)

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**Mr Gregory John Packer**  
Consultant Orthopaedic Surgeon FRCS (Ed), FRCS (Orth)  
Southend University Hospital, UK

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**OA Dr. Stefan Quadlbauer**  
AUVA Unfallkrankenhaus Lorenz Böhler, Wien (Austria)

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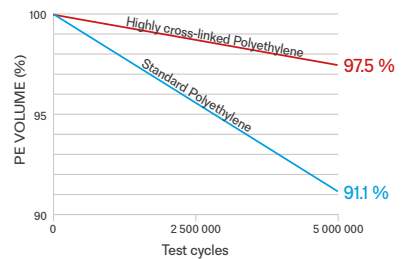


**Joel Rezzouk MD**  
Dax, France

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## MEETING VENUE



The **Faculty of Medicine** was founded in 1985, welcoming the first students in the academic year 1990-1991. Since its foundation it has earned a distinguished reputation, nationally and internationally, for its quality of teaching and research. It has been the first faculty established since the opening of the School of Health Sciences at the University of Thessalia, it has been autonomous since 1995 and operating in the city of Larissa.

The premises of the Faculty of Medicine include laboratories for pre-clinical study, teaching rooms, auditoria, and administrative services quarters, all of which are situated in the new building of the Faculty of Medicine in Biopolis, with the University Hospital of Larissa close by, in the refurbished former “Kat- sigra Clinic” at Tachydromiou Square.

The clinic units are located at the University Hospital of Larissa.

The application of modern technology and the recently constructed library, which holds extensive collections of current and historical materials on Medicine, add to the already developed educational activities of the Faculty of Medicine new research and diagnostic potentials.

*For any further information don't hesitate to contact with the Seminar's Secreteriat*

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## PROGRAM

Thursday, February 22, 2024

- 14.00 Registrations
- 14.30 - 16.15 **SESSION I: IP, MCP** (105min)  
Chairmen: **Joel Rezzouk, Zoe Dailiana**
- 14.30 - 14.40 Anatomy and biomechanics of fingers  
**Aristeidis Zibis**
- 14.40 - 14.50 MCP and IP fractures-dislocations  
**Aaron Venouziou**
- 14.50 - 15.00 MCP and IP fusions  
**Filippos Giannoulis**
- 15.00 - 15.15 Benefits of emergency interphalangeal, proximal and metacarpal phalangeal prosthesis  
**Joel Rezzouk**
- 15.15 - 15.30 Revision of proximal interphalangeal arthrodesis using a prosthesis  
**Joel Rezzouk**
- 15.30 - 15.40 Hand rehabilitation  
**Dimitrios Deligeorgis**
- 15.40 - 15.50 Anesthesia in wrist and hand surgery  
**Metaxia Bareka**
- 15.50 - 16.15 Discussion
- 16.15 - 16.45 Coffee Break
- 16.45 - 20.00 **LABS** (195min)
- 16.45 - 17.10 Hardware supporter's introduction
- 17.10 - 18.10 Lab 1 + 2: PIP / MCP Arthroplasty  
**Joel Rezzouk**
- 18.10 - 19.10 Lab 3: IP Fusion with plate  
**Efstratios Athanaselis**
- 19.10 - 20.00 Lab 4: IP Fusion with screw and optional with intramedullary implant  
**Nikolaos Stefanou**
- 20.00 Welcome Reception

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## PROGRAM

**Friday, February 23, 2024**

**08.30 - 10.15 SESSION II CMC1** (105min)

Chairmen: **Sokratis Varitimidis, Joris Duerinckx**

08.30 - 08.40 CMC1 arthroscopy

**Konstantinos Ditsios**

08.40 - 08.50 Trapeziectomy and interposition arthroplasty

**Panagiotis Givissis**

08.50 - 09.00 CMC1 arthritis. Resection arthroplasty with hammock suture suspension.

**Ioannis Sarris**

09.00 - 09.15 CMC1 Total joint replacement indications, contra-indications and radiographic evaluation

**Joris Duerinckx**

09.15 - 09.25 CMC1 implant arthroplasty

**Efstratios Athanaselis**

09.25 - 09.40 Lessons learned after TOUCH CMC1 prosthesis.

**Joris Duerinckx**

09.40 - 10.15 Discussion

10.15 - 10.45 Coffee Break

10.45 - 13.15 **LABS** (150min)

10.45 - 10.55 Hardware introduction

10.55 - 12.15 Lab 5: CMC1 Arthroplasty

**Joris Duerinckx**

12.15 - 13.15 Each group presents its case

13.15 - 14.15 Lunch Break

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## PROGRAM

Friday, February 23, 2024

- 14.15 - 16.15** **SESSION III: Wrist Arthrodesis** (120min)  
Chairmen: **Stefan Quadlbauer, Heinz-Herbert Homann**
- 14.15 - 14.25 Anatomy and biomechanics of the wrist  
**Ioannis Kostas - Agnantis**
- 14.25 - 14.35 Carpal instability  
**Sokratis Varitimidis**
- 14.35 - 14.45 Lunate and peri-lunate dislocations. Diagnosis and treatment.  
**Charalampos Dinopoulos**
- 14.45 - 14.55 SL rupture. Diagnosis and treatment.  
**Panagiotis Kanellos**
- 14.55 - 15.05 SNAC and SLAC lesion  
**Nikolaos Stefanou**
- 15.05 - 15.15 Nonunion of scaphoid fractures  
**Zoe Dailiana**
- 15.15 - 15.30 Radio-scapholunate fusion  
**Stefan Quadlbauer**
- 15.30 - 15.45 Four corner fusion  
**Heinz-Herbert Homann**
- 15.45 - 16.15 Discussion
- 16.15 - 16.45 Coffee break
- 16.45 - 20.00 LABS** (195min)
- 16.45 - 17.00 Hardware introduction
- 17.00 - 18.00 Lab 6: Radius Scaphoid Lunate (RSL) fusion  
**Stefan Quadlbauer**  
Best group case presentation
- 18.00 - 19.00 Lab 7: STT fusion  
**Sokratis Varitimidis**  
Best group case presentation
- 19.00 - 20.00 Lab 8: Four Corner Fusion (4CF)  
**Heinz-Herbert Homann**  
Best group case presentation

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## PROGRAM

**Saturday, February 24, 2024**

- 09.00 - 10.10** **SESSION IV: Wrist Arthroplasty** (70min)  
Chairmen: **Gregory Packer, Efstratios Athanaselis**
- 09.00 - 09.10 The arthritic hand: rheumatologists' perspective  
**Theodora Simopoulou**
- 09.10 - 09.20 Proximal row carpectomy  
**Panagiotis Giannakopoloulos**
- 09.20 - 09.30 Wrist Osteoarthritis. Arthrodesis or Arthroplasty?  
**Chrysanthos Chrysanthou**
- 09.30 - 09.45 Wrist arthroplasty: Indications and results  
**Gregory Packer**
- 09.45 - 10.10 Discussion
- 10.10 - 10.30 Coffee break
- 10.30 - 14.00** **LABS** (210min)
- 10.30 - 11.15 Lab 9: Proximal Row Carpectomy  
**Panagiotis Giannakopoloulos**
- 11.15 - 11.25 Hardware introduction
- 11.25 - 13.00 Lab 10: Total Wrist Arthroplasty  
**Gregory Packer**
- 13.00 - 14.00 Each group presents its case
- 14.00 Summary - Closure

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## ACKNOWLEDGEMENTS

The Chairman and the Organizing Committee of the course would like to thank the following companies for their kind contribution.

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## ACCREDITATION

The course will be accredited by the European Accreditation Council for Continuing Medical Education (EACCME®)



## REGISTRATION

<b>PARTICIPANT CATEGORIES</b>	<b>Theoretical and Practical part</b>	<b>Theoretical part</b>
Specialists	900,00 €	300,00 €
Residents	700,00 €	300,00 €

Registration fee does not include VAT 24% due to intracommunity transaction

Registration fee includes:

- Attendance to all scientific sessions of the Course
- Electronic Certificate of Attendance
- Accreditation CME
- Coffee Breaks, light lunch, welcome reception

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## GENERAL INFORMATION

### International audience

Yes

### Main language of the event

The official event language is English, and no simultaneous translation will be provided.

### Educational hours

Theoretical Part on Thursday, February 22 – 105 min

Practical Part on Thursday, February 22 – 195 min

Theoretical Part on Friday, February 23 – 225 min

Practical Part on Friday, February 23 – 345 min

Theoretical Part on Saturday, February 24 – 70 min

Practical Part on Saturday, February 24 – 210 min

Total: 19h, 10min

### Target audience

Recommended for senior surgeons and heads of departments.

### Expected total number of participants

30

### Organization



Department of Orthopaedics  
University of Thessaly - Larissa, Greece

### Congress Secretariat



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EXTREMITIES  
**Upper**



EXTREMITIES  
**Lower**