

## **Day One: 3rd October**

0830 Registration, coffee and welcome

0900 Principles of hand surgery

Session A

0915 Palmar approach to the distal radius

0930 Principles of distal radius fracture fixation

0945 How to use a palmar distal radius plate

1000 Refreshments

**1015 Practical: palmar approach to the distal radius**

**1100 Practical: distal radius fracture fixation**

1200 Lunch

1245 Carpal injuries and dorsal approach to the wrist -

1300 Approaches to the digit -

1315 Soft tissue cover of the digits including the thumb -

**1330 Practical: dorsal approach to the wrist and scaphoid fixation**

**1400 Practical: approaches to the digit and flexor sheath washout**

**1500 Practical: soft tissue cover of the digits including the thumb**

**1615 Self directed dissection**

1700 Closing remarks - Course Dinner

Session B

0915 **Practical: Upper Limb Local Flaps**

PIA Flap / Lateral Arm Flap / Radial forearm flap

1000 Refreshments

**1015 Practical: Upper Limb Local Flaps**

**1100 Practical: Upper Limb Local Flaps**

## **Day Two: 4th October**

0900 Hand fracture overview

0915 Fracture fixation – metacarpals and phalanges

### **0945 Practical: Fracture fixation with wires**

1045 Refreshments

### **1100 Practical: open reduction internal fixation of metacarpal fractures**

### **1200 Practical: open reduction internal fixation of phalangeal fractures**

1300 Lunch

1400 Hand infections and compartment syndrome

1415 Flexor tendon repair

### **1430 Practical: flexor tendon repair**

### **1530 Self-directed dissection**

1615 Closing remarks and feedback