AnatoWrist 2026 (3rd Edition)

Masterclass for Professionals in Rehabilitation

Duration

2 Days

- Day 1 | 19 February 2026 (in Italian)
- Day2 | 20 February 2026 (in German)

Day 1

08:00 - 08:15 | Registration and Welcome

Registration and Welcome

08:15 - 09:15 | Wrist Anatomy & Distal Radius Fracture

- Brief theoretical overview of the wrist anatomy and distal radius fractures
- Surgical demonstration: Volar plating technique
- Best Splinting Strategies

09:15 - 10:15 | Scaphoid Fracture

- Brief theoretical presentation
- Surgical demonstrations:
  - Dorsal percutaneous screw fixation
  - Volar open screw fixation
- Live demonstration: Best splint selection and application

10:15 - 10:30 | Coffee Break

10:30 - 11:30 | TFCC Lesion

- Brief theoretical presentation
- Surgical demonstrations:
  - Creation of a TFCC lesion
  - Mini-open reattachment technique
- Anatomical demonstration: Best splint for TFCC injuries

11:30 - 13:00 | Scapholunate Ligament Lesion

- Theoretical overview
- Surgical demonstrations:
  - Biomechanical effect on the scaphoid after SLL injury
  - Repair and transfixation of the carpal bones
- Discussion: Optimal splinting strategy

13:00 - 14:00 | Lunch Break

14:00 - 15:00 | Carpal Tunnel & Guyon’s Canal

- Anatomical demonstration of all structures in the carpal tunnel
- Relationship to Guyon’s canal
- Demonstrations:
  - Median nerve gliding
  - Ulnar nerve gliding

15:00 - 16:30 | Extensor Tendon Compartments

- In-depth anatomical study of all compartments
- Pathologies:
  - De Quervain’s tenosynovitis
  - Intersection syndrome
  - ECU dislocation

Day 2

The program is the same as on Day One, but delivered in German.

Learning Objectives

- Understand the anatomical basis of common hand conditions.
- Gain practical insights into basic surgical procedures.
- Improve clinical decision-making in splinting and hand rehabilitation through anatomical knowledge and surgical techniques.

Program Schedule

Please note that the schedule might be subject to minor changes.

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