



**FESSH**  
Federation of  
European Societies for  
Surgery of the Hand

## **FESSH ACADEMY**

**13-16<sup>th</sup> February 2019. Budapest, Hungary**

You are very welcome on behalf of Maurizio Calcagni, Secretary General and David Shewring, Chair of Training and Education Committee of FESSH to the inaugural **Academy of the Federation of European Societies for Surgery of the Hand** to be held in Budapest in February 2019.

This is a 4 day residential course to cover all of the main topics in hand surgery with some time for case based discussion and practical sessions. The lectures will be delivered by a large faculty comprising of some of the best known names in European Hand Surgery.

The Academy is aimed at all those in Hand Surgery training in Europe.

### **FACULTY**

Dean Boyce, Swansea, UK

Maurizio Calcagni, Zürich,  
Switzerland

Phillippe Cuenod, Geneva,  
Switzerland

Tim Davis, Nottingham,  
UK

Nick Downing,  
Nottingham, UK

Christian Dumontier,  
Guadeloupe/Paris, France

Grey Giddins, Bath, UK

Jonathan Hobby,  
Basingstoke, UK

Steven Hovius,  
Rotterdam, Netherlands

Caroline Leclercq, Paris,  
France

Alex Lluch, Barcelona,  
Spain

Dai Newington, Swansea,  
UK

Martin Richter, Bonn,  
Germany

David Shewring, Cardiff,  
UK

Gill Smith, London, UK

Pierluigi Tos, Turin, Italy

Erik Walbeehm,  
Nijmegen, Netherlands

David Warwick,  
Southampton, UK

#### **FESSH HEADQUARTERS / BILLING ADDRESS**

FESSH c/o Otschweizerische Revisionsgesellschaft AG  
Spisergasse 9A  
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#### **FESSH SECRETARIAT**

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**PROGRAM (the program is subject to change)**

**13<sup>th</sup> February 2019, Wednesday**

|                    |                                 |                                                                                                         |
|--------------------|---------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>08.30</b>       | <b>Registration and welcome</b> |                                                                                                         |
| <b>09.00-10.30</b> | <b>SESSION 1</b>                | <b>BASIC SCIENCE OF WOUNDS AND SKIN COVER</b>                                                           |
|                    | <b>1.1</b>                      | Wound healing skin grafts: Basic science (15 min)                                                       |
|                    | <b>1.2</b>                      | Surgical management of fingertip injuries including nailbed (15)                                        |
|                    | <b>1.3</b>                      | Management of complications including secondary deformity and nailbed (10)                              |
|                    | <b>1.4</b>                      | Flaps forearm and hand (20)                                                                             |
|                    | <b>1.5</b>                      | Principles of microsurgery: Replantation (15)                                                           |
|                    | <b>1.6</b>                      | Options for thumb reconstruction, principles (15)                                                       |
| <b>10.30-11.00</b> | <b>Coffee break</b>             |                                                                                                         |
| <b>11.00-12.30</b> | <b>SESSION 2</b>                | <b>COMPARTMENT SYNDROME AND INFECTION</b>                                                               |
|                    | <b>2.1</b>                      | Compartment syndrome: Hand and forearm (15)                                                             |
|                    | <b>2.2</b>                      | Injection and extravasation injuries (15)                                                               |
|                    | <b>2.3</b>                      | Principles of management of thermal, chemical and electrical burns (15)                                 |
|                    | <b>2.4</b>                      | The anatomical basis and surgical management of acute infections of the hand (15)                       |
|                    | <b>2.5</b>                      | Necrotising Fasciitis (15)                                                                              |
|                    | <b>2.6</b>                      | Group discussion (15)                                                                                   |
| <b>12.30-13.30</b> | <b>Lunch break</b>              |                                                                                                         |
| <b>13.30-15.30</b> | <b>SESSION 3</b>                | <b>NERVE</b>                                                                                            |
|                    | <b>3.1</b>                      | Organisation of the peripheral nervous system and structure and ultrastructure of peripheral nerve (15) |
|                    | <b>3.2</b>                      | Neurophysiology testing in trauma and compression (15)                                                  |
|                    | <b>3.3</b>                      | Nerve repair: Surgical technique and results (15)                                                       |
|                    | <b>3.4</b>                      | Nerve compression: Carpal tunnel syndrome (15)                                                          |
|                    | <b>3.5</b>                      | Nerve compression: Ulnar nerve (15)                                                                     |
|                    | <b>3.6</b>                      | Occupational factors: Hand arm vibration syndrome (15)                                                  |
|                    | <b>3.7</b>                      | RSI does it exist? (15)                                                                                 |
|                    | <b>3.8</b>                      | CRPS (15)                                                                                               |

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**15.30-16.00**

**Coffee break**

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## 13<sup>th</sup> February 2019, Wednesday (cont.)

| 16.00-17.00 | SESSION 4 | TUMOURS                                     |
|-------------|-----------|---------------------------------------------|
|             | 4.1       | Benign Tumours (15)                         |
|             | 4.2       | Malignant bone and soft tissue tumours (15) |
|             | 4.3       | Skin tumours (15)                           |
|             | 4.4       | Imaging of tumours (15)                     |

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**14th February 2019, Thursday**

|                    |                     |                                                                                   |
|--------------------|---------------------|-----------------------------------------------------------------------------------|
| <b>08.30</b>       | <b>Registration</b> |                                                                                   |
| <b>09.00-10.30</b> | <b>SESSION 5</b>    | <b>FLEXOR TENDON 1</b>                                                            |
|                    | <b>5.1</b>          | Flexor tendon and Sheath, Anatomy and Biomechanics (15)                           |
|                    | <b>5.2</b>          | Zone 1 Flexor Tendon Injuries and FDP Avulsions (15)                              |
|                    | <b>5.3</b>          | Zone 2: Flexor Tendon Repair Techniques - Suture Techniques (15)                  |
|                    | <b>5.4</b>          | Flexor Tendon Attrition Ruptures with OA and RA (15)                              |
|                    | <b>5.5</b>          | Rehabilitation Techniques (15)                                                    |
|                    | <b>5.6</b>          | Group discussion (15)                                                             |
| <b>10.30-11.00</b> | <b>Coffee break</b> |                                                                                   |
| <b>11.00-12.30</b> | <b>SESSION 6</b>    | <b>FLEXOR TENDON 2</b>                                                            |
|                    | <b>6.1</b>          | Flexor Tenolysis (15)                                                             |
|                    | <b>6.2</b>          | Primary and Delayed Flexor Tendon Grafting (15)                                   |
|                    | <b>6.3</b>          | Tendon repair workshop (60 min)                                                   |
| <b>12.30-13.30</b> | <b>Lunch break</b>  |                                                                                   |
| <b>13.30-15.10</b> | <b>SESSION 7</b>    | <b>EXTENSOR TENDON</b>                                                            |
|                    | <b>7.1</b>          | Anatomy and Biomechanics of the Extensor System (15)                              |
|                    | <b>7.2</b>          | Mallet Deformity Extensor Tendon Repair and Rehabilitation – Zones 5-8 (15)       |
|                    | <b>7.3</b>          | Extensor tendon attrition rupture (15)                                            |
|                    | <b>7.4</b>          | Swan Neck Deformity (15)                                                          |
|                    | <b>7.5</b>          | Central Slip Failure (15)                                                         |
|                    | <b>7.6</b>          | Intrinsic Tightness (15)                                                          |
|                    | <b>7.7</b>          | Extensor tendon adhesions and tenolysis (10)                                      |
| <b>15.10-15.40</b> | <b>Coffee break</b> |                                                                                   |
| <b>15.40-17.55</b> | <b>SESSION 8</b>    | <b>TENDON TRANSFERS</b>                                                           |
|                    | <b>8.1</b>          | Principles of Tendon Transfer, Lengthening, Shortening, Weaving and Fixation (15) |
|                    | <b>8.2</b>          | Transfers for Radial Nerve Lesions (15)                                           |
|                    | <b>8.3</b>          | Transfers for Ulnar Nerve Lesions (15)                                            |
|                    | <b>8.4</b>          | Transfers for Median Nerve Lesions (15)                                           |
|                    | <b>8.5</b>          | Cerebral Palsy/Stroke (15)                                                        |
|                    | <b>8.6</b>          | Tetraplegia (15)                                                                  |
|                    | <b>8.7</b>          | Case discussions (45)                                                             |

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| 17.55-18.25 | SESSION 9 | TRAUMA: FRACTURES                             |
|-------------|-----------|-----------------------------------------------|
|             |           | Bone healing, principles of plates and screws |
|             |           | Non-operative treatment of hand fractures     |

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## 15th February 2019, Friday

|                    |                     |                                                                                          |
|--------------------|---------------------|------------------------------------------------------------------------------------------|
| <b>08.30</b>       | <b>Registration</b> |                                                                                          |
| <b>09.00-10.45</b> | <b>SESSION 10</b>   | <b>TRAUMA: FRACTURES – WRIST</b>                                                         |
|                    | <b>10.1</b>         | Distal radius fractures (15)                                                             |
|                    | <b>10.2</b>         | Scaphoid – acute fractures (15)                                                          |
|                    | <b>10.3</b>         | Complex injuries, Perilunate dislocations (15)                                           |
|                    | <b>10.4</b>         | Salvage: distal radius osteotomy (15)                                                    |
|                    | <b>10.5</b>         | Salvage: Scaphoid non-union (15)                                                         |
|                    | <b>10.6</b>         | Case discussion (30 min)                                                                 |
| <b>10.45-11.15</b> | <b>Coffee break</b> |                                                                                          |
| <b>11.15-13.15</b> | <b>SESSION 11</b>   | <b>TRAUMA: FRACTURES – HAND</b>                                                          |
|                    | <b>11.1</b>         | Phalangeal fractures (15)                                                                |
|                    | <b>11.2</b>         | PIPJ fractures and dislocations (15)                                                     |
|                    | <b>11.3</b>         | Metacarpal & Carpometacarpal injuries (10)                                               |
|                    | <b>11.4</b>         | The thumb base - Bennett's and Rolando fractures (10)                                    |
|                    | <b>11.5</b>         | The thumb MCPJ - UCL injuries (10)                                                       |
|                    | <b>11.6</b>         | Bone fixation exercise (60 min)                                                          |
| <b>13.15-14.15</b> | <b>Lunch break</b>  |                                                                                          |
| <b>14.15-15.30</b> | <b>SESSION 12</b>   | <b>DUPUYTREN'S DISEASE I</b>                                                             |
|                    | <b>12.1</b>         | Anatomy of the fibrous tissues of the hand and its relevance to Dupuytren's disease (15) |
|                    | <b>12.2</b>         | Epidemiology, pathophysiology and genetics of Dupuytren's disease (15)                   |
|                    | <b>12.3</b>         | Non-operative approaches: Radiotherapy: The evidence (15)                                |
|                    | <b>12.4</b>         | Collagenase: technique, results & evidence (15)                                          |
|                    | <b>12.5</b>         | Needle Fasciotomy (15)                                                                   |
| <b>15.40-16.10</b> | <b>Coffee break</b> |                                                                                          |
| <b>16.10-17.25</b> | <b>SESSION 13</b>   | <b>DUPUYTREN'S DISEASE II</b>                                                            |
|                    | <b>13.1</b>         | Surgery in Dupuytren's – principles (15)                                                 |
|                    | <b>13.2</b>         | Regional fasciectomy (15)                                                                |
|                    | <b>13.3</b>         | Dermofasciectomy (15)                                                                    |
|                    | <b>13.4</b>         | Post-operative management: Management of wounds, hand therapy & splinting (15)           |
|                    | <b>13.5</b>         | Management of recurrent disease and salvage options (15)                                 |

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**16th February 2019, Saturday**

|                    |                     |                                                                                                                               |
|--------------------|---------------------|-------------------------------------------------------------------------------------------------------------------------------|
| <b>08.30</b>       | <b>Registration</b> |                                                                                                                               |
| <b>09.00-10.30</b> | <b>SESSION 14</b>   | <b>CONGENITAL I.</b>                                                                                                          |
|                    | <b>14.1</b>         | Upper limb development and Sonic hedgehog (15)                                                                                |
|                    | <b>14.2</b>         | Classification of upper limb developmental anomalies -Talking with Children and Parents, Planning treatment, and Consent (15) |
|                    | <b>14.3</b>         | Trigger Digits, Camptodactyly, clinodactyly (15)                                                                              |
|                    | <b>14.4</b>         | Radial, Central and Ulnar Polydactyly – overview (15)                                                                         |
|                    | <b>14.5</b>         | Surgical treatment of thumb hypoplasia (15)                                                                                   |
|                    | <b>14.6</b>         | Cleft Hand and Syndactaly (15)                                                                                                |
| <b>10.30-11.00</b> | <b>Coffee break</b> |                                                                                                                               |
| <b>11.00-12.15</b> |                     | <b>CONGENITAL II.</b>                                                                                                         |
|                    | <b>14.7</b>         | Radial and ulnar dyplasia (excluding thumb hypoplasia), phocomelia (15)                                                       |
|                    | <b>14.8</b>         | Symbrachydactyly and Transverse Absence, Toe to Hand Transfers (15)                                                           |
|                    | <b>14.9</b>         | Radioulnar Synostosis and Radial Head Dislocation, Madelungs (15)                                                             |
|                    | <b>14.10</b>        | Unfeasibly large digits, including Macroductyly and Proteus Syndrome (15)                                                     |
|                    | <b>14.11</b>        | Vascular Tumours (15)                                                                                                         |
| <b>12.15-13.15</b> | <b>Lunch break</b>  |                                                                                                                               |
| <b>13.15-15.05</b> | <b>SESSION 15</b>   | <b>WRIST INSTABILITY AND DEGENERATIVE DISEASE</b>                                                                             |
|                    | <b>15.1</b>         | Wrist ligament anatomy and kinematics (10)                                                                                    |
|                    | <b>15.2</b>         | Scapho-lunate instability: Symptoms and signs, classification, natural history and treatment of pre- arthritic stages (10)    |
|                    | <b>15.3</b>         | Ulnar sided wrist problems: TFCC, DRUJ, ulnar-sided instability: Ulnar shortening techniques (15)                             |
|                    | <b>15.4</b>         | Wrist arthroscopy (10)                                                                                                        |
|                    | <b>15.5</b>         | Osteoarthritis of the basal joint of the thumb: Treatment options (10)                                                        |
|                    | <b>15.6</b>         | Trapeziumectomy (10)                                                                                                          |
|                    | <b>15.7</b>         | Fusion (10)                                                                                                                   |

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|                    |                     |                                                                     |
|--------------------|---------------------|---------------------------------------------------------------------|
|                    | <b>15.8</b>         | Arthroplasty (10)                                                   |
|                    | <b>15.9</b>         | Osteoarthritis of the wrist: Denervation / partial fusion /PRC (15) |
|                    | <b>15.11</b>        | Total fusion v arthroplasty (10)                                    |
| <b>15.05-15.35</b> | <b>Coffee break</b> |                                                                     |

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## 16th February 2019, Saturday (cont.)

| 16.35-17.25 | SESSION 16  | RHEUMATOID                                                   |
|-------------|-------------|--------------------------------------------------------------|
|             | <b>16.1</b> | Background and drug strategy (10)                            |
|             | <b>16.2</b> | The rheumatoid wrist (15)                                    |
|             | <b>16.3</b> | DRUJ and Extensor Tendons                                    |
|             | <b>16.4</b> | MCP/PIP finger and thumb including Swan-neck and Boutonnière |

### REGISTRATION FEES:

#### Standard registration fee: 650 €/person

You can apply after 26 November at [www.fessh.com](http://www.fessh.com)

#### Special registration fee with the support of FESSH: 300 €/person

You can apply for the special registration fee through your National Hand Society contacting the FESSH delegate of your country: <http://fessh.com/national-delegates/>

The number of special registrations is limited.

The registration fee includes the followings:

- ◆ Costs of the 4 day hand surgery programme
- ◆ Accommodation for 4 nights (12-16 February) in the Hotel Benczur\*
- ◆ Coffee breaks and lunches during the FESSH Academy
- ◆ Social program and dinner on Wednesday (13 February)
- ◆ Dinner on Friday (15 February)
- ◆ Free evening on Thursday (14 February)

\*Please note that registration fee includes double room accommodation shared by participants. Single room upgrade will be available at €30 per night based on availability only.

The registration fee does NOT include: the travel costs from your country to Budapest, Hungary.

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### Deadlines:

**25 November 2018** Registration with special FESSH price closes – via National Delegates of FESSH (see above)

26 November 2018 Standard registration opens via [www.fessh.com](http://www.fessh.com) – in case of doubts contact us at [office@fessh.com](mailto:office@fessh.com)

**15 January 2019** Standard registration closes (unless it fills up earlier)

### ABOUT THE VENUE:

Hotel Benczur, Budapest, Hungary - <http://www.hotelbenczur.hu/en>



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