



**Final program**

September 17–20, 2006  
Oberdorf  
Switzerland

**2006**

**AO International Hand and  
Wrist Course 2006**



## A Word of Welcome

Dear colleagues

We would like to extend a warm welcome to all participants at this year's AO International Hand and Wrist Course in Oberdorf, near Basel.

Having held 23 courses in "peripheral osteosynthesis in the upper extremities" since 1979, first of all in Waldenburg and from 1995 onwards in Oberdorf, we decided in 2004 to organize the first English-speaking course.

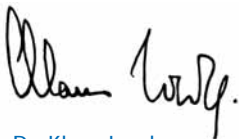
The 2004 course was fully booked and proved to be very successful. The feedback we received from the delegates was extremely positive.

Both the delegates and the Faculty particularly valued the opportunity to practice operative approaches using corpse dissection and to "investigate" anatomical situations.

For years now, the "family atmosphere" of the Oberdorf courses has become well-known, and many delegates come back time and again to attend. Participants spend the whole of the course with the Faculty and there is always the opportunity to speak to members of the Faculty and to other delegates to enrich the course content.

Once again this year, we have tried to put together an attractive course program and to make your stay interesting and enjoyable throughout.

We welcome you to Oberdorf and hope you have a successful course.



**Dr. Klaus Lowka**

Chairman of the AO Hand-  
and Wrist Course

# Mission Statement of AO Education

Our mission is to continuously set standards in postgraduate medical education and to foster the sharing of medically guided expertise in a worldwide network of healthcare professionals to improve patient care in trauma or disorders of the musculoskeletal system.

AO Course Objectives in general:

- to broaden the knowledge and comprehension of operative fracture treatment according to the level of education or speciality
- to assist in decision making as to the optimal treatment modality according to the AO Principles
- to learn about the latest developments in research and clinical investigation
- to become acquainted with new techniques and technologies as well as alternative approaches in fracture treatment
- to improve the manual skills by practicing on different bone models
- to understand the evolution of AO Philosophy and Education – what is new and what is still valid as well as the rationale behind any changes.

# Course Faculty

The faculty for this course is composed of international and local surgeons distinguished in the field of operative fracture care.

## **Course Chairpersons**

Lowka Klaus, MD, D-Freiburg

Steiger Regula, MD, CH-Liestal

Fricker Renato, MD, CH-Bruderholz

## **International Faculty**

Germann Günter, MD, D-Ludwigshafen

Herren Daniel, MD, CH-Zürich

Koebke Jürgen, MD, D-Köln

Nagy Ladislav, MD, CH-Zürich

Nunez Fiesky, MD, VE-Venezuela

Seif el Nasr Mahmoud, MD, D-Andernach

# Course Objectives

## **Part I:**

Anatomical preparations on hand and forearm cadaver specimens:

- Surgical approaches to the hand and wrist
- Other surgical techniques in handsurgery

## **Part II:**

- Open reduction and internal fixation of hand and wrist fractures and joint fusions on artificial bone models with anatomical soft tissue structures.

# Professional Requirements

Advanced training and experience in orthopedic, reconstructive trauma or hand surgery and previous attendance at a basic AO course. Participants should possess an appropriate AO certificate or be able to provide evidence of appropriate professional experience. Participants are encouraged to present documented problem situations in order to stimulate discussion (please bring x-rays).

# Course Information

## Course Venue

Synthes Course Center  
Eimattstrasse 3  
CH-4436 Oberdorf  
(distance to Basle: 30 km)

## Course Organization

AO International  
Clavadelerstrasse  
7270 Davos Platz  
Switzerland

## Course Logistics

Synthes GmbH  
Ms. Lilian Rubin  
Glutz-Blotzheim-Strasse 3  
4500 Solothurn  
Switzerland  
Tel. +41 32 720 46 70  
Fax +41 32 720 46 89  
rubin.lilian@ao-courses.com

## Registration Fee

CHF 1800.–

The fee includes lunches, coffee breaks, course dinner, conference bag with documentation and course certificate.

## Number of participants

The course is limited to 60 participants.

## Insurance

There is no insurance effected by the course organizers to cover participants against accidents or other risks. Personal belongings left in the hotel are the responsibility of the individual participant.

## Course Language

English

**Transport**

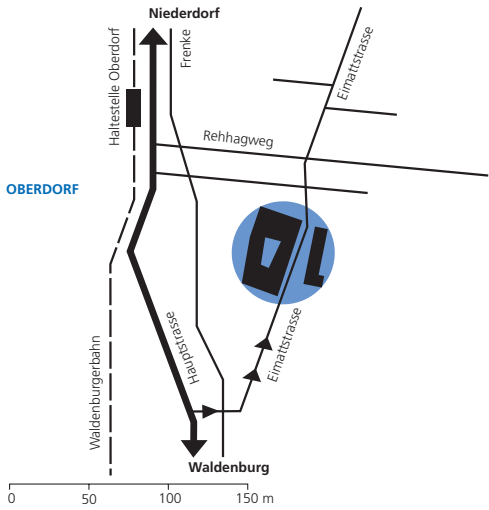
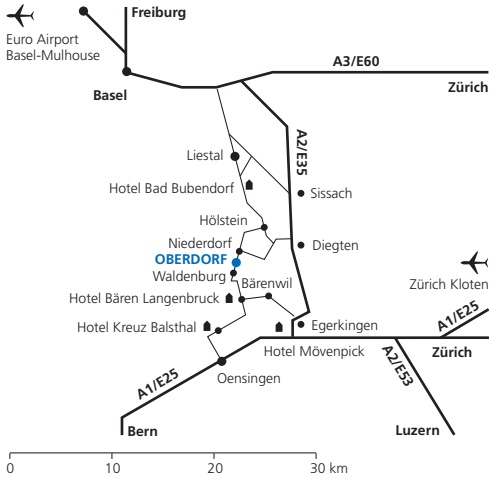
A bus transfer will be organized in the morning and after the course to and from the course centre to the mentioned hotels.

**Accommodation**

We have booked an allotment at a special rate in various hotels in the region. Accommodation and extras have to be paid directly to the hotel upon departure. Please note the deadline of September 1, 2006 for hotel bookings. After this date room reservations cannot be guaranteed.

# Travel

See map – for public transportation/train info please check [www.sbb.ch](http://www.sbb.ch)





## Sunday, September 17, 2006

### Course Program

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15:30	Registration	
16:00	Welcome and introduction	K. Lowka, R. Steiger, R. Fricker
16:15	Infection of the Hand	J. Koebke
	Spaces and barriers, anatomical essentials	
16:45	Preoperative evaluation of hand injuries	K. Lowka
17:05	General principles of ORIF in small bones	R. Fricker
17:30	Soft tissue defects	G. Germann
	Discussion	Participants/Faculty
18:00	Drinks in the lobby	

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## Monday, September 18, 2006

### Course Program

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08:00	<b>Anatomical exercise I</b>	K. Lowka, J. Koebke
	Approaches to the metacarpal bones	Faculty
10:00	Coffee break	
10:30	<b>Anatomical exercise II</b>	R. Fricker, J. Koebke
	Approaches to the thumb and fingers	Faculty
	Transposition of the extensor indicis tendon (EI) to the extensor pollicis longus tendon (EPL)	
12:30	Lunch	
13:30	<b>Anatomical exercise III</b>	R. Steiger, J. Koebke
	Approaches to the distal radius and wrist joint	Faculty
	Trapezectomy and suspension plasty of the thumb	
15:30	Coffee break	
16:00	<b>Anatomical exercise IV</b>	G. Germann, M. Seif el Nasr, J. Koebke
	Various anatomical preparations on hand-wrist-forearm	Faculty
	Suture of extensor tendons	
	Suture of flexor tendons	
18:00	Get-together in the foyer	Participants Faculty

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## Tuesday, September 19, 2006

### Course Program

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08:00	Metacarpal fractures	R. Fricker
08:20	<b>Practical exercise I</b>	M. Seif el Nasr
	– Torsional fracture MC IV	
	– Short oblique fracture MC III	
	– Transverse fracture MC II	
09:50	Coffee	
10:20	Fractures of the base of the thumb	L. Nagy
10:40	<b>Practical exercise II</b>	L. Nagy
	– Rolando's fracture MC I	
	– Intramedullary nailing MC V (Boxer's fracture)	
11:40	Phalangeal fractures	R. Steiger
12:00	Discussion in small groups	Faculty
12:45	Lunch	
13:45	Bone defect, non-union, malunion	F. Nunez
14:05	<b>Practical exercise III</b>	R. Steiger
	– Torsional fracture DII P2	
	– Bone defect DIV P1	
	– Transverse fracture DII P1	
	– Transverse fracture DI P1	
16:10	Fusion of thumb and finger joints	D. Herren
16:30	Coffee break	
17:00	<b>Practical exercise IV</b>	D. Herren
	– Fusion of DIP III (lag screw)	
	– Fusion of PIP IV (lag screw)	
	– Fusion of PIP III (tension band wiring)	
18:00	Scaphoid fractures and scaphoid non-unions	R. Steiger
19:00	Course banquet	

## Wednesday, September 20, 2006

### Course Program

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08:00	Carpal instabilities and limited carpal fusions	D. Herren
08:25	Distal radius fractures, conservative treatment	M. Seif el Nasr
08:50	Distal radius fractures, operative treatment	F. Nunez
09:15	<b>Practical exercise V</b>	F. Nunez
	– Dorsal distal radius plate	
	– Palmar distal radius plate	
10:30	Coffee break	
11:00	Corrective osteotomies of the distal radius, ulna shortening osteotomy	L. Nagy
11:20	<b>Practical exercise VI</b>	R. Fricker
	– Corrective osteotomy, distal radius	
	– Ulna shortening osteotomy	
12:30	Discussion in small groups	Faculty
13:15	Lunch	
14:15	Total wrist fusion	G. Germann
14:35	<b>Practical exercise VII</b>	R. Fricker
	– Fusion of the wrist	
15:20	Implant removal?	K. Lowka
15:30	Final discussion	
16:00	End of the course	

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