AO TRAUMA

AO Trauma Course
Introduction to Internal Fixation of Hand and Wrist Fractures

Goal of the course

This course aims to create a learning environment where the principles and techniques of internal fixation of hand and wrist injuries can be understood, applied, and demonstrated appropriately to improve the quality of outcomes.

Target participants

Residents (orthopedics or plastics) or practicing trauma surgeons with limited experience with modern internal fracture fixation principles.

Learning objectives

At the end of this course, participants will be able to:

- Discuss the concept of stability and its influence on bone healing
- Plan treatment based on assessment, imaging, classification, and soft-tissue injury
- Utilize available instruments and implants
- Perform fracture fixation techniques to achieve stability

Course description

This course is an interactive and multifaceted arena in which participants will be able to understand, discriminate, and consolidate the principles, skills, and techniques applicable to the use of internal fixation in the hand and wrist.

The course will concentrate on internal fixation of fractures and skeletal reconstruction procedures. At the conclusion of the course, participants will have a broader and better understanding of how, when, and where to apply their knowledge in clinical practice.

Short case and evidence-based lectures will cover the key information required. Interacting with peers and faculty in small group discussions of cases and with expert panelists will help prepare participants for decision-making and management skills.

Practical exercises

- Familiarization with the equipment
- 2.0 mm lag screw application for treatment of oblique diaphyseal metacarpal shaft fracture—tips, tricks, and pitfalls
- Lag screw and neutralization plate of a short oblique metacarpal fracture—tips, tricks, and pitfalls
- Fixation of transverse shaft metacarpal fracture with a compression plate Describe surgical approach to the second metacarpal

Lectures and plenary discussions

- Bone healing, absolute and relative stability
- Anatomy, imaging, and classification of hand fractures
- Case-based plenary discussion—when to operate on closed hand fractures: closed fracture, indications for ORIF, timing of surgery, stabilization techniques
- Biomechanics of internal fixation techniques
- Plenary discussion—open fractures: primary care, antibiotic protocol, debridement, stabilization techniques
- Surgical exposures of the hand
- Postoperative rehabilitation

Scan the QR code or click on the link button below to find the nearest location and date for this course:

We thank our major industry partner DePuy Synthes for providing an unrestricted educational grant and in-kind support for this event