

The treatment of hand and wrist disorders in athletes requires special attention. This is because they need to go back to competing quickly respecting the physiological recovery timing of anatomical structures. The first treatment they undergo will affect both their performance and their future life.

The goal of the 1st International Symposium of the World Research Institute for Sport Traumatology of the Hand is to gather internationally respected professionals experienced in hand and wrist sports injury management.

During the sessions surgeons, doctors specialized in sports medicine, therapists, managers, athletes and those involved in the world of sports will have a chance to exchange opinions and experience.

Some of the athletes treated at our Institute will join us during the lunch break, giving the participants the chance to discuss with them the athlete's point of view on treatment.

The meeting will be held in Milan, a vibrant city, full of ancient and modern history as well as great cuisine, fashion and culture.

Looking forward to having you with us.



**The WRISTH President**  
**Loris Pegoli**

with the Patronage of



**SICM**  
SOCIETÀ ITALIANA DI CHIRURGIA  
DELLA MANO



## GENERAL INFORMATION

**WHERE:** the Symposium will be held in the Conference Centre of the Policlinico MultiMedica IRCCS Hospital, in via Milanese 300 in Sesto San Giovanni (Milano). Indications on how to reach the Hospital can be found at the address <http://www.multimedica.it>

**REGISTRATION:** registration fee is 100€ (tax included) for medical doctors and 80€ (tax included) for therapists and can be finalized:

1. on line from <http://www.wristh.com> The registration form includes the possibility to pay directly on line by Credit Card through the Banca Sella banking system.
2. downloading the registration form from <http://www.wristh.com> and sending it to the Organizing Secretariat StudioProgress by fax (+39(0)30.40164). Please remember to include a copy of the bank transfer made to StudioProgress c/o Unicredit Banca Spa using the following details:

**Iban** IT4000200811221000001761589

**Swift code** UNCRITBIP91

and writing in the notes of the bank transfer "WRIST 2011" and the name of the participant.

**HOTEL:** If you require hotel accommodation please contact the Organizing Secretariat StudioProgress Snc.

### Scientific Secretariat

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### Organizing Secretariat

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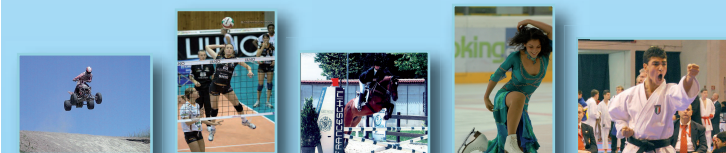
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## FIRST INTERNATIONAL SYMPOSIUM OF THE WORLD RESEARCH INSTITUTE FOR SPORT TRAUMATOLOGY OF THE HAND

## WRIST AND HAND DISORDERS

Milan, March 18<sup>th</sup> 2011



# WRISTH

# SCIENTIFIC PROGRAMME

08.30 Registration desk opening

09.00 Symposium opening

## 09.15 – 10.30 WRIST SESSION

**Chairmen**

**R. Luchetti (Italy), T. Nakamura (Japan)**

09.15 – 09.35 Management of scapholunate ligament tear in sportmen C. MATHOULIN (France)

09.35 – 09.43 Bleuler's operation: a reliable dynamic tenodesis technique for scapholunate dissociation A. SETTJE (Germany)

09.43 – 09.51 The stability of the distal radioulnar joint J. HAUGSTVED (Norway)

09.51 – 09.59 Wrist high energy trauma in motorbikers I. ROSSELLO (Italy)

09.59 – 10.07 Ulnar sided wrist pain in tennis players and golfers A. BADIA (USA)

10.07 – 10.15 Post surgical rehabilitation of the athletic wrist T. FAIRPLAY (Italy)

10.15 – 10.30 Discussion

10.30 – 11.00 COFFEE BREAK

## 11.00 – 12.30 MINIMALLY INVASIVE SESSION

**Chairmen:**

**G. Pajardi (Italy), C. Mathoulin (France)**

11.00 – 11.20 Concept and practice of minimally invasive and endoscopic surgery of hand and forearm R. HOFFMAN (Germany)

11.20 – 11.26 Endoscopic trigger finger release in athletes L. PEGOLI (Italy)

11.26 – 11.32 Endoscopic forearm decompression in motorbikers A. GHEZZI (Italy)

11.32 – 11.40 Endoscopic release for outlet syndrome A. MANTOVANI (Brasil)

11.40 – 11.48 Percutaneous scaphoid fixation in athletes J. MOTA DA COSTA (Portugal)

11.48 – 11.56 Arthroscopic treatment of scaphoid non union in athletes PC HO (Hong Kong)

11.56 – 12.04 Arthroscopic operation on high-level sports athletes T. NAKAMURA (Japan)

12.04 – 12.30 Discussion

12.30 – 12.45 ATHLETES PRESENTATION

12.45 – 14.00 LUNCH

## 14.00 – 15.10 INNOVATION SESSION

**Chairmen:**

**A. Atzei (Italy), A. Badia (USA)**

14.00 – 14.08 Current methods for articular cartilage repair G. PERETTI (Italy)

14.08 – 14.16 Intracarpal ligament repair with robot: experimental study P. LIVERNEAUX (France)

14.16 – 14.24 Isolated dorso capsular ligament tears: arthroscopic management and treatment in sportsmen C. MATHOULIN (France)

14.24 – 14.34 The role of tecar therapy in conservative and postsurgical treatment C. TRANQUILLI (Italy)

14.34 – 14.40 Neuromuscular taping: an innovative approach to athlete's overuse disorders F. BRAIDOTTI (Italy)

14.40 – 14.55 Discussion

14.55 – 15.15 Coffee break

## 15.15 – 17.00 MISCELLANEOUS SESSION

**Chairmen:**

**P. Livernaux (France) A. Mantovani (Brasil)**

15.15 – 15.31 Most frequent hand disorders in athletes: an overview  
S. FRASSINE (Italy)

15.31 – 15.37 Hand injuries on Brazilian jiu jitsu fighters A. MANTOVANI (Brasil)

15.37 – 15.43 Hand injuries in rock climbers  
M. DE RUVO (Italy)

15.43 – 15.49 Median nerve compression at the wrist in bikers: importance of functional EMG and ultrasonography  
G. ADAMCZYK (Poland)

15.49 – 15.55 Management of Bennett's fractures in young athletes  
D. FONTES (France)

15.55 – 16.01 Metacarpophalangeal arthroscopy for athletic acute and chronic injuries  
BADIA A. (USA)

16.01 – 16.07 Fractures dislocations of the 4<sup>th</sup> and 5<sup>th</sup> metacarpal base in motorbikers  
J. MESSINA (Italy)

16.07 – 16.13 The problem of metacarpal fracture in high level athletes  
N. DELLA ROSA (Italy)

16.13 – 16.19 Splinting the athlete's injured hand to provide immediate improved performance and ensure proper rehabilitation  
S. TOCCO (Italy)

16.19 – 16.25 Hand rehabilitation after acute ulnar collateral ligament injury in the athlete  
C. COTRONEO (Italy)

16.25 – 17.00 Discussion

17.00 – 17.30 **WRISTH board meeting**