



**IBRA** International Bone  
Research Association

## Program



**IBRA Resident Course**

# Osteosynthesis of the Hand & Wrist

**January 30 – 31, 2025**  
**Irchel Campus**  
**University of Zurich**  
Institute of Anatomy



**University of  
Zurich** <sup>UZH</sup>

Chairperson:  
Prof. Dr. Maurizio Calcagni, Zurich, Switzerland

## Foreword

Dear friends,

the treatment of hand and wrist fractures greatly evolved in the last few years enlarging the spectrum, but also posing new challenges. The introduction of new fixation material together with better understanding of the wrist biomechanics allowed for new approaches and eventually enhanced results. The accurate diagnosis of the injury, the choice of the best possible treatment strategy (surgical or not), the use of the most adapted osteosynthesis and a personalized rehabilitation protocol are all necessary steps for an optimal functional recovery.

This course features theoretical demonstrations followed by practical workshops on anatomical specimens. This structure will give an in deep sight of the actual state of the art in the treatment of most common hand and wrist injuries. Four key-lectures will highlight specific topics in the hand and wrist fixation.

The small number of participants together with the large faculty local and international experts will allow for a constructive and in depth discussion. The experts will guide the participants through the different exercises and will stay at disposal for analysis of specific cases or problems.

We look forward to welcoming you in Zurich for a highly productive course.



Prof. Dr. Maurizio Calcagni  
Zurich, CH

## Faculty

### **Chairperson**

Prof. Dr. Maurizio Calcagni, Zurich, CH

### **Faculty**

(in alphabetical order)

PD Dr. Inga Besmens, Zurich, CH

Prof. Dr. Maurizio Calcagni, Zurich, CH

Prof. Dr. Kevin Chung, Michigan, USA

Dr. Alex Lluch, Barcelona, ESP

Dr. Zaf Naqui, Cheadle, UK

Nadine Schulz, Zurich, CH

Dr. Ivan Tami, Gravesano, CH

Matthias Walter, IBRA, Basel, CH

## Thursday – January 30, 2025

<b>8:00 – 8:30</b>	<b>Registration</b>	
8:30 – 8:40	Welcome	<i>M. Calcagni</i>
8:40 – 8:45	IBRA Introduction	<i>IBRA</i>
<b>8:45 – 12:35</b>	<b>Session I (Theory 60 min / Practice 150 min )</b>	
8:45 – 9:00	Material science from the implant industry point of view	<i>M. Walter</i>
9:00 – 9:25	Treatment of proximal phalanx fractures	<i>A. Lluch</i>
9:25 – 9:45	Endomedullary fixation of phalanges	<i>M. Calcagni</i>
<b>9:45 – 10:05</b>	<b>Coffee Break</b>	
10:05 – 11:05	Lab 1: Horizontal fracture of the proximal phalanx (plating)	<i>K. Chung</i>
11:05 – 12:35	Lab 2: Horizontal fracture of the proximal phalanx (cannulated screws)	<i>I. Besmens</i>
<b>12:35 – 13:35</b>	<b>Lunch</b>	

## Thursday – January 30, 2025

<b>13:35 – 17:00</b>	<b>Session II (Theory 80 min / Practice 100 min )</b>	
13:35 – 13:55	Strategies in the treatment of metacarpal fractures (first to fifth)	<i>Z. Naqui</i>
13:55 – 14:15	Complications in the treatment of finger fractures	<i>K. Chung</i>
14:15 – 15:05	Lab 3: Neck fracture of the second metacarpal	<i>M. Calcagni</i>
15:05 – 15:55	Lab 4: Winterstein fracture first metacarpal	<i>A. Lluch</i>
<b>15:55 – 16:15</b>	<b>Coffee Break</b>	
16:15 – 16:35	Rehabilitation of finger fractures	<i>N. Schulz</i>
16:35 – 16:55	Fractures involving PIP joints and PIP reconstruction (hemihamate to prosthetics)	<i>I. Tami</i>
16:55 – 17:00	Conclusion	<i>M. Calcagni</i>
<b>19:30</b>	<b>Networking Dinner</b>	

## Friday – January 31, 2025



<b>8:00 – 12:20</b>	<b>Session III (Theory 60 min / Practice 180 min )</b>	
8:00 – 9:00	Lab 5: Fractures of the scaphoid palmar approach	<i>Z. Naqui</i>
9:00 – 10:00	Lab 6: Fractures of the scaphoid dorsal approach	<i>A. Lluch</i>
<b>10:00 – 10:20</b>	<b>Coffee Break</b>	
10:20 – 10:50	Scaphoid reconstruction	<i>Z. Naqui</i>
10:50 – 11:20	Partial wrist fusion	<i>A. Lluch</i>
11:20 – 12:20	Lab 7: Four corner fusion	<i>I. Tami</i>
<b>12:20 – 13:20</b>	<b>Lunch</b>	

## Friday – January 31, 2025



<b>13:20 – 17:40</b>	<b>Session IV (Theory 60 min / Practice 180 min )</b>	
13:20 – 14:20	Lab 8: Fractures of the distal radius palmar approach	<i>I. Tami</i>
14:20 – 15:20	Lab 9: Ulna Shortening	<i>I. Besmens</i>
15:20 – 16:20	Lab 10: Fractures of the distal radius dorsal approach	<i>Z. Naqui</i>
<b>16:20 – 16:40</b>	<b>Coffee Break</b>	
16:40 – 17:10	Arthroscopy distal radius fixation	<i>I. Tami</i>
17:10 – 17:40	3D technology for hand and wrist fractures and their time and effort/costs	<i>M. Calcagni</i>
<b>17:40 – 17:45</b>	<b>Conclusion and adjourn</b>	<i>M. Calcagni</i>

## General Information

### **Chairperson**

Prof. Dr. Maurizio Calcagni, Zurich, CH

### **Organized by**

IBRA - International Bone Research Association, Basel, Switzerland

### **Registration & Information**

IBRA Administration Office  
Hochbergerstrasse 60E  
CH-4057 Basel  
Phone +41 61 319 05 05  
info@ibra.net  
www.ibra.net

### **Registration via [www.handflaps.org](http://www.handflaps.org)**

### **Course Fee incl. Tax**

IBRA Full Member	CHF 650
IBRA Basic- / Non-Member	CHF 1080

### **Course Fee includes**

January 30 + 31: Lunch and Coffee Breaks  
Registration for Workshop only: not possible!  
Networking Dinner: not included

### **Networking Dinner**

Costs: CHF 45 per person

### **Certification**

Accreditation will be applied for.



## General Information

### **Educational hours**

Theoretical Part on Thursday, January 30 - 145 min

Practical Part on Thursday, January 30 - 250 min

Theoretical Part on Friday, January 31 - 125 min

Practical Part on Friday, January 31 - 360 min

Total: 14,5h

### **Target audience**

Recommended for senior residents and physicians in sub-specialty training.

### **Main specialty of the event**

The course offers the basics in clinical diagnostics, treatment and follow-up. The focus is on state-of-the-art surgical techniques.

### **Expected total number of participants**

30

### **Educational needs**

Starts with clinical anatomy. Based on expressed needs by participants of previous courses and events (evaluations), residents and physicians in training request and appreciate „hands-on“ workshops, explanations of experts, the exchange with a variety of faculty as well as discussions with peers about clinical cases.

### **Expected educational outcomes**

Consolidate the knowledge of classifications and most useful approaches. increase the spectrum of skills dealing with standard surgeries. Learning tips and tricks (alternatively: handy hints) in applying techniques and conducting operations.

## General Information

### **Nature of the event**

Standard procedures and interesting cases are introduced in lectures and contain case studies and discussions. After that, a cad lab workshop follows the theoretical sessions. Each approach is usually explained by a corresponding educational video explained by a faculty member.

### **Methods to promote active learning**

Multimedia presentations; time for question & answer sessions and discussion; cadaver workshop with helpful hints shown by faculty members.

### **International audience**

Yes

### **Main language of the event**

The official language is English.

### **Simultaneous translation**

No simultaneous translation will be provided.

## General Information

### **Method of Payment**

Payment instructions will be provided upon registration.

### **Registration and Confirmation**

All registrations are confirmed by e-mail. If you have not received a confirmation prior to your departure for this course, please contact us.

### **Refund Policy**

Please see [www.handflaps.org](http://www.handflaps.org)

Please note: The course fee will be fully refunded in case of cancellations due to Corona-related regulations and restrictions imposed by regional or national authorities.

### **Sponsoring**

We thank our premium sponsor and master partner, Medartis, for contributing in-kind support (material and logistics) and, especially for providing financial support for this event.

Without all this generous support, this educational event would not be possible.

In the interest of full transparency, IBRA would like to inform course participants that there are various similar products available on the market in addition to those provided at this particular event.

## General Information

### Venue

Irchel Campus  
University of Zurich  
Institute of Anatomy  
Winterthurerstr. 190  
CH-8057 Zürich



University of  
Zurich<sup>UZH</sup>

### Networking Dinner

Thursday, January 30, 2024  
Time: 19:30h

## General Information

### **Disclaimer and Waiver**

I understand that the material presented in this educational program (the “Program”) has been made available under sponsorship of IBRA (International Bone Research Association) for educational purposes only. This material is not intended to represent the only, nor necessarily the best, method or procedure appropriate for the medical situations discussed, but rather is intended to present an approach, view, statement or opinion of the faculty that may be of interest to others.

As a condition of my participation in the Program, I hereby (i) waive any claim I may have against IBRA and its officers, directors, employees, sponsor, agents, or against the presenters or speakers, for reliance on any information presented in the Program; and (ii) release IBRA, its officers, directors, employees, sponsors and agents, as well as the presenters and speakers, from and against any and all liability for damage or injury that may arise from my participation or attendance at the Program.

I further understand and agree that no reproduction of any kind, including photographs, audiotapes and videotapes, may be made of the Program. All property rights in the material presented, including common law copyright, are expressly reserved to the presenter or speaker or to the IBRA.

IBRA is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available. Costs incurred by the registrant, such as airline or hotel fees or penalties, are the responsibility of the registrant.

I hereby certify that I am correctly vaccinated against the current diseases which could be transmitted during the dissection workshops. I also certify that my personal insurance company will take in charge the possible injuries and complications that may occur during the dissection workshops. I relieve the organizers from their responsibility concerning any injury and complication that may occur during the workshops.

By registering for the Program, I consent to the conditions of participation set forth above.



**IBRA** is an internationally oriented non-profit organization for specialized clinicians and research scientists. IBRA's core activity is the future-oriented advancement of bone-tissue research and management focusing particularly on:

- Bone biology, including osteointegration, bone generation and soft tissue reaction
- Maxillofacial and orthopaedic rehabilitation
- Materials research including hardware development
- Biomechanics
- Tissue engineering
- Surgical procedures & clinical management

IBRA encourages the development of innovative solutions in a friendly, loyal atmosphere. Future-oriented open-mindedness and international acceptance form the basis for first-rate assistance in realizing modern research projects and promoting individual careers. As an international forum reaching across geographic and cultural borders, IBRA offers an up-to-date network for the exchange of experience and knowledge in applied bone and tissue research.

### **History**

IBRA was founded in Zurich, Switzerland, on September 25, 2004 at the initiative of eighteen forward-looking clinicians. Its primary aims are the exchange of professional knowledge, promotion of new scientific developments, engineering of the musculoskeletal system, coordinated multi-centre research and highly specialized advanced training.

### **Research Support**

IBRA offers financial support for research projects dealing with bone biology and the improvement or development of internal fixation devices for maxillofacial and limbs surgery. With the emphasis on innovation and suitability for practical application, 95% of the research budget goes towards applied research and clinical studies and 5% towards basic research.

### **Education**

IBRA's education area offers clinicians special courses on the application of specific methods of treatment. IBRA's particular concern is to train tomorrow's highly qualified research scientists. IBRA enhances its members' qualifications through a scholarship program.

Empowering through excellence  
in medical education.



# Notes





# Notes





## IBRA – a unique international network in research and continuing education

Our aim is to promote the exchange of professional knowledge, provide highly specialized medical training and encourage research as well as new scientific developments.

### Core activities

- Global grid of IBRA Training Centers
- Courses, workshops and webinars
- International scholarship program
- Research grants

---

## IBRA Membership – Your future is in your hands!

Take advantage of our innovative hands-on training courses and connect with like-minded experts worldwide.

### Membership

#### IBRA Basic Membership

The gateway to the IBRA affiliation

- Worldwide networking (Members and Training Centers)
- Regular updates on events
- Access to our database of materials and recorded webinars
- Free of charge

#### IBRA Full Membership

Shaping our organization in various functions

All Basic Membership benefits plus:

- Prioritized access to IBRA research grants and scholarships
- Considerably reduced course fees (50%)
- Voting rights at the General Assembly
- Development opportunities within IBRA (e.g. speaker, course chair, Training Center)

***[www.ibra.net/Membership](http://www.ibra.net/Membership)***



**IBRA** International Bone  
Research Association

# IBRA Virtual Campus

Flexible, self-paced learning for busy healthcare professionals

## The IBRA Virtual Campus features:

- ✓ Recorded webinars
- ✓ Online courses
- ✓ Instructional videos
- ✓ Scientific articles
- ✓ Case discussions



Virtual Campus

All IBRA Members enjoy access to the Virtual Campus through the member area.

*Not part of our affiliation yet?*

**Join us today and take advantage of the benefits  
of the IBRA Basic Membership:**

- Worldwide networking
- Regular updates on events
- Access to the Virtual Campus
- Free of charge

**IBRA Virtual Campus:**



### **Headquarters**

IBRA  
International Bone Research Association  
Hochbergerstrasse 60E  
CH-4057 Basel  
Phone +41 61 319 05 05  
info@ibra.net  
www.ibra.net

### **North America**

IBRA North America, Inc.  
Four Tower Bridge  
200 Barr Harbor Drive, Suite 400  
PMB# 9097  
West Conshohocken, PA 19428  
Phone +1 610 357 7024  
info@ibra.net  
www.ibra.net

