

# Postgraduate Diploma

## Wrist and Hand Fractures





## Postgraduate Diploma Wrist and Hand Fractures

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-wrist-hand-fractures](http://www.techtitute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-wrist-hand-fractures)

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# 01

# Introduction

Recent scientific advances have led to the improvement of surgical methods to treat wrist and hand injuries with maximum efficiency. In this line, the latest minimally invasive techniques have been developed to optimize the arthroscopic approach of the same, favoring a more agile and comfortable recovery for the patient. Therefore, those specialists who wish to keep up to date in their field are obliged to have a thorough knowledge of these methods. Consequently, TECH has created this program, which allows the student to identify the updated treatments of scaphoid fracture or ligamentous injuries in metacarpophalangeal and interphalangeal joints. All this, in a 100% online mode and without giving up their daily personal and professional obligations.





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*Through this Postgraduate Diploma, you will learn the latest techniques to treat scaphoid fractures in a less invasive and more comfortable way for the patient"*

Ligament injuries and fractures in different areas of the wrist and hand have usually required long and painful recovery times for the patient undergoing surgery. For this reason, in recent years, innovative, minimally invasive arthroscopic techniques have been developed that allow these pathologies to be treated with the utmost precision and with minimal impact. This not only speeds up the postoperative process, but also contributes positively to alleviating the pain of individuals. As a result, specialists must incorporate these advances into their daily practice to optimize their professional update.

Faced with this situation, TECH has opted to create this program, which enables the doctor to learn the most updated techniques in the approach to Wrist and Hand Fractures. During 6 intensive months of study, you will be able to delve into the recent scientific evidence regarding the conservative and surgical treatment of scaphoid fractures or carpal dislocations. You will also delve into the latest methods for managing metacarpal and thumb phalangeal fractures.

Thanks to the fact that this program is developed by means of a revolutionary 100% online methodology, the student will have the possibility to manage his own study time at will in order to achieve an effective update. In the same way, you will have at your disposal complete didactic resources elaborated by specialists in Orthopedic Surgery and Traumatology, who actively exercise their functions in first level hospital centers, being experts in the treatment of hand injuries. Therefore, all the knowledge that you will assimilate will be in tune with the evolution of the sector.

This **Postgraduate Diploma in Wrist and Hand Fractures** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Orthopedic Surgery and Traumatology
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*This Postgraduate Diploma will allow you to delve into the latest treatments for the management of metacarpal and thumb phalangeal fractures"*

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*The Relearning method of this program is a guarantee to learn from your own home and at your own pace of study”*

*Be at the forefront of Hand Surgery in just 6 months of intensive updating.*

*Delve into the updated surgical treatments of carpal dislocations thanks to this TECH program.*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02 Objectives

The design of this Postgraduate Diploma has been carried out with the intention of providing the specialist with a complete update on the approach to Wrist and Hand Fractures in only 6 months. Through this academic experience, you will identify the up-to-date treatments to manage injuries of various kinds produced in the wrist and finger area. This learning will be preserved through the achievement of the following general and specific objectives.







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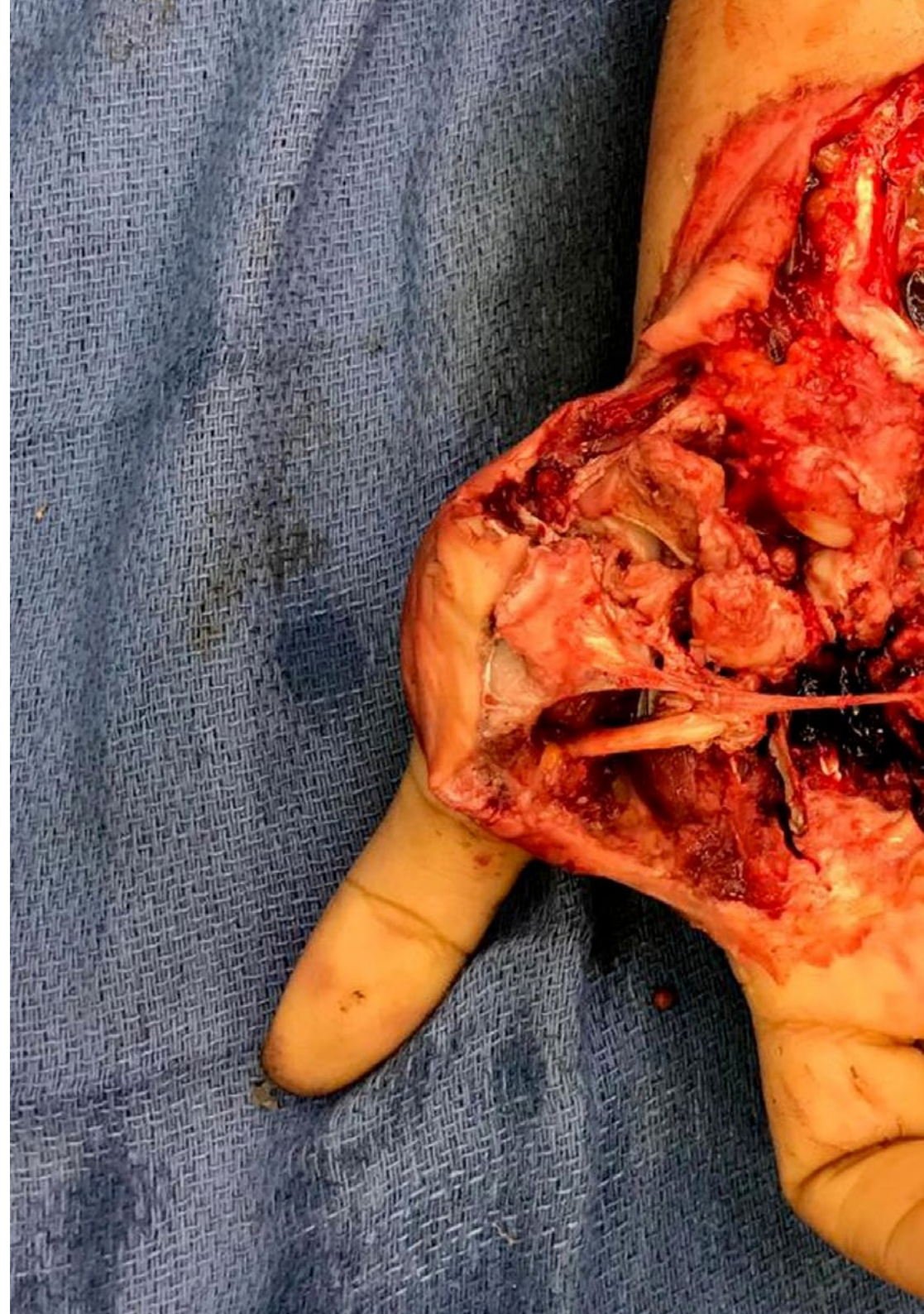
*Adopt in your medical practice the recent advances in the approach to Wrist and Hand Fractures”*

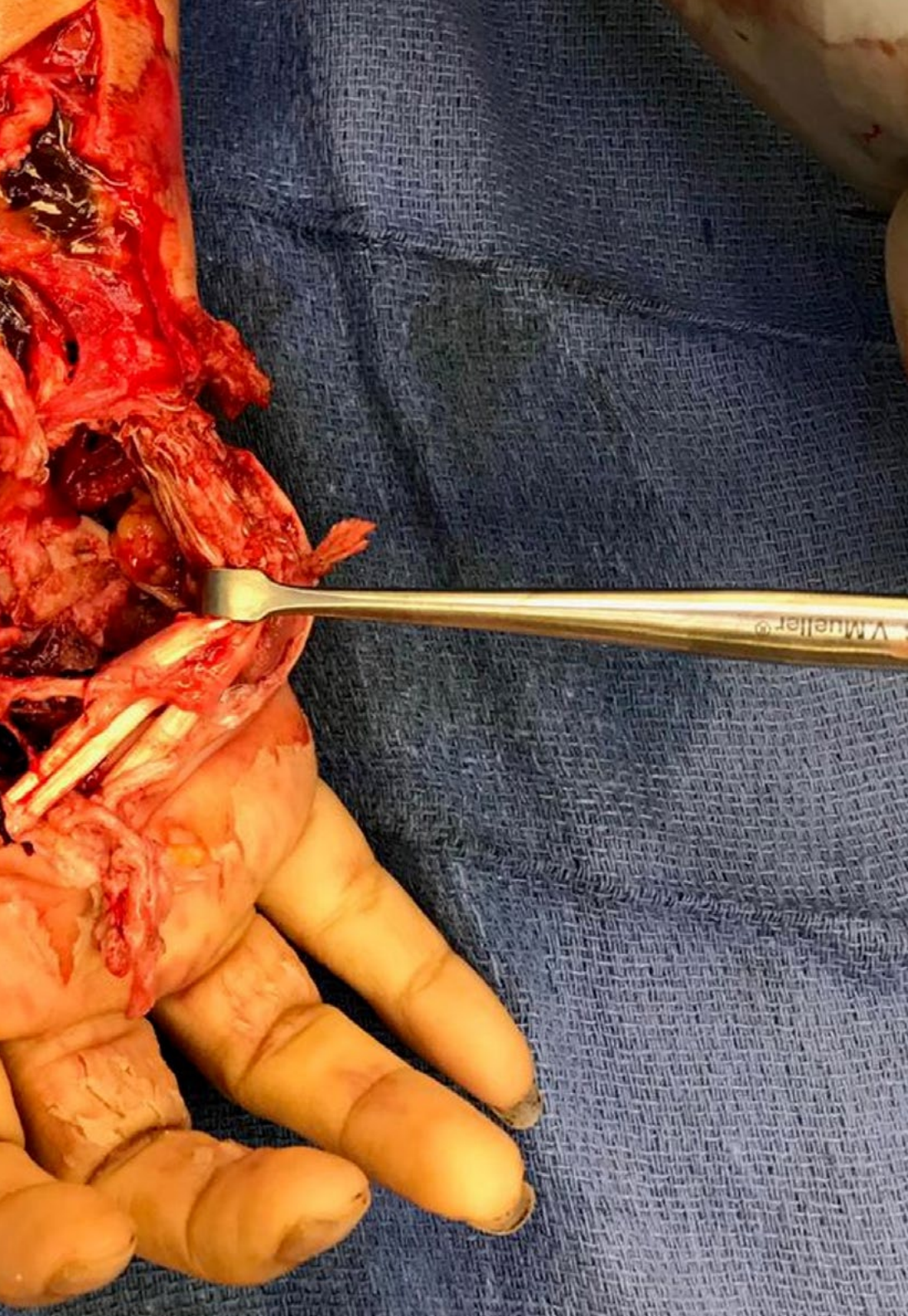


## General Objectives

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- ♦ Update knowledge in the different medical and basic specialties surrounding hand pathology
- ♦ Determine the types of wound healing, sutures and skin grafts to specify the treatment of less complex wounds; escalating to the management of complex wounds.
- ♦ Analyze the basic anatomy of the wrist and hand to provide a starting point from which to recognize injuries that may occur after trauma or injury of any kind
- ♦ Structure the bony and ligamentous anatomy of metacarpals and phalanges of the hand
- ♦ Analyze different surgical approaches to the hand
- ♦ Compile current arthroscopic treatment methods
- ♦ Establish general criteria for the anatomy and pathophysiology of osteoarthritis in the various joints of the wrist and hand
- ♦ Analyze in detail the anatomy of the flexor and extensor tendons of the hand, as well as the detailed development of their vascularization and the biology of tendon healing
- ♦ Homogenize knowledge and skills in the pathology of the peripheral nerve of the upper limb and brachial plexus
- ♦ Update diagnostic and therapeutic knowledge based on the fundamental principles of nerve and brachial plexus injuries
- ♦ Guide the different therapeutic options (conservative and surgical) as well as the appropriate time to perform them
- ♦ Examine the different surgical techniques used in the treatment of the different pathologies of the pediatric upper limb





- ♦ Delve into the anatomical and pathophysiological knowledge of Dupuytren's disease through physical examination and accurate use of the classification of the disease, to determine the appropriate timing of surgical treatment
- ♦ Analyze the surgical techniques available in primary and relapsed Dupuytren's disease and the sequelae of previous treatments
- ♦ Show the advantages of ultrasound for daily practice in Traumatology
- ♦ Explore occupational hand-wrist injuries
- ♦ Develop the latest technological advances in Hand Surgery

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*Learn, through this program, about the latest treatments to manage fractures of the wrist or fingers”*



## Specific Objectives

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### Module 1. Basic sciences applied to hand and upper extremity surgery

#### Method. Rehabilitation

- ♦ Place chronologically the current state of hand surgery after a historical review
- ♦ Analyze the physiological bases necessary for the study of hand pathology.
- ♦ Define the imaging techniques available for the study of hand pathology, develop each of them and specify their indications
- ♦ Review the anesthetic techniques used during hand surgery
- ♦ Delve into the advantages, disadvantages and risks of each of them and understand the indication of one or the other
- ♦ Delve into orthopedic and rehabilitative treatment in hand pathology processes, as well as non-surgical treatments, and their importance in the postoperative period
- ♦ Develop the concepts of hand surgery research, analyzing the different types of clinical studies and levels of scientific evidence





### **Module 2. Fractures and joint dislocations Wrist-Hand. Conservative and Surgical Treatment. Sequels**

- ♦ Delve into the types of distal radius and ulna fractures, as well as specify a specific diagnostic method and treatment protocol for each injury
- ♦ Develop the criteria for distal radioulnar instability in order to establish a correct method of diagnosis and treatment
- ♦ Analyze the anatomy and vascularization of the scaphoid, as well as evaluate fracture patterns and how they affect the evolution of the fracture
- ♦ Identify the different scaphoid fracture patterns that will determine the possible complications that may occur
- ♦ Introduce the complications associated with the non-treatment of distal radius fractures, scaphoid or carpal dislocations, as well as their diagnosis and definitive treatment

### **Module 3. Finger Fractures and Dislocations Conservative and surgical treatment. Sequelae. Wrist Arthroscopy**

- ♦ Structure injury mechanisms and types of fractures of phalanges and metacarpals
- ♦ Expose periungual injuries and their most effective treatment according to the type of involvement
- ♦ Classify specific ligamentous injuries of the fingers and their most specific treatment
- ♦ Examine the most commonly used arthroscopic portals
- ♦ Establish arthroscopic evaluation pathway to diagnose possible injuries

03

# Course Management

Thanks to TECH's untiring commitment to raise the quality of its programs to the highest level, this academic program is directed and taught by excellent specialists in Orthopedic Surgery and Traumatology, experts in the approach to hand injuries. All these professionals have accumulated extensive experience in first class hospitals. Therefore, all the knowledge that they will transfer to their students will be fully applicable in daily practice.





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*To provide you with the most up-to-date knowledge in Wrist and Hand Fractures, this Postgraduate Diploma is taught by active specialists in Orthopedic Surgery and Traumatology”*

## Management



### Dr. Ríos García, Beatriz

- ♦ Medical Specialist in Orthopedic Surgery and Traumatology in the Hand and Microsurgery Unit at the Monographic Hospital of Orthopedic Surgery and Traumatology ASEPEYO
- ♦ Medical Specialist in Orthopedic Surgery and Traumatology (Dr. Rayo and Amaya Team) at the Hospital San Francisco de Asís
- ♦ Resident Tutor at the Hospital ASEPEYO
- ♦ Medical Specialist in Hand Surgery (Dr. de Haro Team) at the San Rafael Hospital.
- ♦ Teacher of Knee, Shoulder, Osteosynthesis, Locomotor System and Ultrasound Pathology Courses
- ♦ Degree in Medicine and Surgery from the Complutense University of Madrid
- ♦ Member of: Teacher of Knee, Shoulder, Osteosynthesis, Locomotor System and Ultrasound Pathology Courses



### Dr. Valdazo Rojo, María

- ♦ Traumatology and Orthopedic Surgery Service at the Hospital Universitario San Francisco de Asís
- ♦ Traumatology and Orthopedic Surgery Area Specialist at the Hospital Fundación Jiménez Díaz
- ♦ Specialist in Traumatology and Orthopedic Surgery at the Albacete University Hospital Complex
- ♦ Professor of Medicine at the Universidad Alfonso X el Sabio, Madrid
- ♦ Professor of Medicine at the Autonomous University of Madrid
- ♦ Professor of Medicine at the University of Albacete
- ♦ PhD in Medicine and Surgery from the Complutense University of Madrid
- ♦ Graduated from the Universidad Autónoma de Madrid





## Professors

### Dr. Aragonés Maza, Paloma

- ♦ Specialist in Orthopedic and Trauma Surgery
- ♦ Specialist in Orthopedic Surgery and Traumatology at the University Hospital Santa Cristina
- ♦ Specialist in Orthopedic Surgery and Traumatology at the Santa Clotilde Hospital
- ♦ Specialist in Orthopedic Surgery and Traumatology at Hospital Universitario Getafe
- ♦ PhD in Medicine and Surgery from the Complutense University of Madrid
- ♦ Associate Professor Complutense University of Madrid
- ♦ Professor at Alfonso X El Sabio private university
- ♦ Teacher in multiple courses and postgraduate training for doctors, technicians and other health professions
- ♦ Member of: Spanish Anatomical Society and of the European Association of Clinical Anatomy and Spanish Society of Orthopedic Surgery and Reviewer and Associate editor of the European Journal of Anatomy

### Dr. Fernández Rodríguez, Tomás

- ♦ Ultrasound Specialist at the Hospital San Francisco de Asís
- ♦ Outpatient Emergency Physician at the SAR de Mejorada del Campo
- ♦ Teacher collaborator at the University Camilo José Cela in programs of the faculties of Nursing and Physiotherapy
- ♦ Member of the Working Group on Ultrasound SEMERGEN

### Dr. Sánchez López, Amalia

- ♦ Coordinator of the Rehabilitation Service of the Hospital San Francisco de Asís
- ♦ Madrid Rehabilitation Physician at Hospital Quirón de Talavera de la Reina
- ♦ Specialist in Physical Medicine and Rehabilitation at the Jiménez Díaz Foundation Hospital
- ♦ Degree in Medicine from the University of Salamanca Academic Formation

#### **Dr. Felices Farias, José Manuel**

- ♦ Assistant Specialist in Radiodiagnosis at Hospital Universitario Virgen de la Arrixaca, Murcia, Spain
- ♦ Head of Residents at the Virgen de la Arrixaca University Hospital.
- ♦ Associate Professor of Radiodiagnosis in the Degrees in Medicine and Dentistry at the Catholic University San Antonio of Murcia
- ♦ Honorary Collaborating Professor of the Department of Dermatology, Stomatology, Radiology and Physical Medicine of the Faculty of Medicine of the University of Murcia.
- ♦ Doctor of Medicine, University of Murcia
- ♦ Master in Applied Clinical Anatomy, University of Murcia
- ♦ Degree in Medicine from the University of Murcia

#### **Dr. García Espert, Carmen**

- ♦ Medical Specialist in the Hand, Wrist and Peripheral Nerves Unit of the Orthopedic Surgery and Traumatology Service of the Hospital Universitario la Fe
- ♦ Chief of Orthopedic Surgery and Traumatology Service at Hospital de Manises. Specialist in Traumatology and Orthopedic Surgery at the Hospital Universitario la FE in Valencia
- ♦ "Innervue Surgery Training at Southend Hospital (U.K.) with Dr. Packer
- ♦ Doctor by the Faculty of Medicine of the University of Valencia
- ♦ Degree in Medicine from the University of Valencia
- ♦ Member of: Scientific Committee of the Revista de Cirugía de la Mano de la Sociedad Española de Cirugía de la Mano (Spanish Society of Hand Surgery)

#### **Dr. Álvarez Bautista, Cristina**

- ♦ Attending Physician at the Hand Surgery and Microsurgery Service of Hospital ASEPEYO
- ♦ Teacher in the National Arthroscopy Plan, organized by the Spanish Arthroscopy Association
- ♦ Postgraduate Certificate in Nursing from the University Alfonso X "El Sabio"
- ♦ Degree in Medicine from the University CEU San Pablo
- ♦ Master in Socio-Health Sciences

#### **Dr. Sierra García de Miguel, Paúl**

- ♦ Assistant Orthopedic Surgeon at Hospital ASEPEYO
- ♦ Medical Specialist at Dr. Gonzalez del Pino's Hand Institute.
- ♦ Specialization in Hand and Upper Extremity Surgery at the Clínica Universidad de Navarra
- ♦ Specialization in Microsurgery at the Hospital Clínico San Carlos

#### **Dr. Noriego Muñoz, Diana**

- ♦ Specialist Physician at the Hospital Universitari de Girona Dr Josep Trueta
- ♦ Specialist Physician at Hospital Fundació Salut Empordà since March
- ♦ Specialist Physician at the Hospital Universitari de Girona Dr Josep Trueta
- ♦ Medical Associate Lecturer at the Faculty of Medicine of the University of Girona
- ♦ Professor in Basic Courses in principles of fracture management by AO Trauma
- ♦ Doctor in Orthopedic Surgery and Traumatology by the Universitat de Girona
- ♦ Degree in Medicine from the Autonomous University of Barcelona.
- ♦ UAB Postgraduate Certificate in "Cirurgia d'Espatlla i Colze"



**Dr. Berta Compte, Laia**

- ♦ Assistant Doctor of Orthopedic Surgery and Traumatology at the Hospital university de Girona Dr. Josep Trueta
- ♦ Teacher in the Course of Surgical Emergencies at the Academia de Ciències Mèdiques de Girona
- ♦ Degree in Medicine and Surgery, Autonomous University of Barcelona

**Dr. Fernández Noguera, Nuria**

- ♦ Assistant Doctor of Orthopedic Surgery and Traumatology at the Hospital Univeritario de Girona Dr. Josep Trueta
- ♦ Doctor at Clínica Salus Banyoles
- ♦ Doctor at Clínica Girona
- ♦ Doctor at the Clínica Quirúrgica Onyar de Girona
- ♦ Assistant Doctor of Orthopedic Surgery and Traumatology at OSFIT Centre Mèdic
- ♦ Associate Professor at the Faculty of Medicine at the University of Girona
- ♦ Specialist in Orthopedic Surgery and Traumatology at the University Hospital of Girona "Dr Josep Trueta"
- ♦ Degree in Medicine from the Autonomous University of Barcelona.
- ♦ Member of: SECOT y SECMA

**Dr. Ibáñez Navarro, Adrián**

- ♦ Doctor in the Orthopedic Surgery and Traumatology Unit at Hospital Asepeyo
- ♦ Coordinator "V Medical Caravan for Health & Sports Project" for TATU Project in Tanzania
- ♦ COVID-19 Support Physician at the Hospital Universitario La Paz
- ♦ Degree in Medicine from the Autonomous University of Madrid

# 04

## Structure and Content

The syllabus of this program is made up of 3 excellent modules through which the specialist will obtain a complete update on the management of Wrist and Hand Fractures. The didactic resources available to the student throughout this Postgraduate Diploma are present in various formats such as readings, explanatory video or interactive summary. This, added to its 100% online methodology, guarantees a teaching completely adapted to your personal and academic needs.





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*The completely online mode of delivery of this program allows you to update your knowledge without having to make daily trips to a study center”*

**Module 1.** Basic sciences applied to hand and upper extremity surgery.  
Methodology. Rehabilitation

- 1.1. History of Hand Surgery. Progress in the XXI century
  - 1.1.1 From Ancient Times to the Modern Age
  - 1.1.2 Contemporary Age. Discovery and changes
  - 1.1.3 From 1950 to the present day. Progress in the XXI Century
- 1.2. Biology and physiology in relation to hand surgery. Tissue healing
  - 1.2.1 Classification and clinical classification of hand wounds
  - 1.2.2 Physiology: healing and epithelialization
  - 1.2.3 Scar pathology
- 1.3. Embryology and genetics in hand surgery. Malformations
  - 1.3.1 Early stages of development of the upper extremity. Genes involved
  - 1.3.2 Growth and rotation of the outlines. Fragmentation process
  - 1.3.3 Formation of the skeleton, musculature and appendicular joints
  - 1.3.4 Vascularization and innervation of the developing limbs
  - 1.3.5 Classification of congenital malformations of the upper extremity
- 1.4. Anatomy I in Hand Surgery. Functions and Biomechanics
  - 1.4.1 Topography
  - 1.4.2 Skin and fibrous skeleton
  - 1.4.3 Bone and ligamentous skeleton
  - 1.4.4 Functions and biomechanics
- 1.5. Anatomy II in Hand Surgery. Approaches
  - 1.5.1 Musculature
  - 1.5.2 Vascularization
  - 1.5.3 Sensory innervation
  - 1.5.4 Main approaches in hand surgery
- 1.6. Ultrasound applied to hand surgery
  - 1.6.1 Objectives
  - 1.6.2 Basic principles of ultrasound
  - 1.6.3 Ultrasound diagnostic pathology in wrist and hand
    - 1.6.3.1.Dorsal side
    - 1.6.3.2. volar side
  - 1.6.4 Bone and Joint Pathology



- 1.7. Magnetic Resonance Imaging applied to hand surgery. Nuclear Medicine
  - 1.7.1 Wrist and hand radiography
  - 1.7.2 CT in Hand Surgery. Diagnostic Applications
  - 1.7.3 MRI in Hand Surgery
- 1.8. Anesthesiology applied to Hand Surgery. Walant Technique
  - 1.8.1 Walant. Preparation
  - 1.8.2 Use of the Walant in Hand Surgery
  - 1.8.3 The Yes and No to the Walant
- 1.9. Rehabilitation: orthoses and basic principles in hand rehabilitation
  - 1.9.1 Principles of Rehabilitation in Hand Surgery. Evaluation and therapeutic approach
  - 1.9.2 Treatments with physiotherapy, electrotherapy and occupational therapy
  - 1.9.3 Orthoses
- 1.10. Clinical Research in Hand Surgery: Study Population, Clinical Designs, Instruments and Measurements, and Data Analysis
  - 1.10.1 Types of Clinical Studies
  - 1.10.2 Design errors in clinical studies
  - 1.10.3 Level of evidence
  - 1.10.4 Diagnostic test statistics

## Module 2. Fractures and joint dislocations Wrist-Hand. Conservative and Surgical Treatment. Sequels

- 2.1. Distal radius fractures. Conservational Treatment
  - 2.1.1 Classification
  - 2.1.2 Diagnostic Methods. Clinical and radiological
  - 2.1.3 Instability criteria
  - 2.1.4 Associated injuries
  - 2.1.5 Conservative Treatment
- 2.2. Fractures of the distal radius Surgical Treatment
  - 2.2.1 Percutaneous needles
  - 2.2.2 Internal Fixation
  - 2.2.3 External fixation
  - 2.2.4 Arthroscopy
- 2.3. Complications of distal radius fracture
  - 2.3.1 Associated with conservative treatment
  - 2.3.2 Associated with internal fixation
  - 2.3.3 Associated with external fixation
  - 2.3.4 Associated with arthroscopy
- 2.4. Distal radioulnar joint instability
  - 2.4.1 Anatomy and Biomechanics
  - 2.4.2 Diagnosis and classifications
  - 2.4.3 Acute treatment methods
  - 2.4.4 Palliative surgical treatment
- 2.5. Scaphoid Fractures
  - 2.5.1 Anatomy and vascularization
  - 2.5.2 Fracture types. Classification
  - 2.5.3 Conservative Treatment
  - 2.5.4 Surgical Management
- 2.6. Pseudarthrosis of the scaphoid. Surgical Treatment. Sequels
  - 2.6.1 Radiological diagnosis and CT
  - 2.6.2 Surgical Management
  - 2.6.3 Sequels
- 2.7. Other fractures and dislocations of the carpus
  - 2.7.1 Carpal bone fractures
  - 2.7.2 Fractures carpal dislocations
  - 2.7.3 Surgical treatment methods
  - 2.7.4 Complications
- 2.8. Carpal instability
  - 2.8.1 Scapholunate Instability
  - 2.8.2 Lunopyramidal instability
  - 2.8.3 Other instabilities
- 2.9. The SNAC Wrist
  - 2.9.1 Classification
  - 2.9.2 Clinical and radiological diagnosis
  - 2.9.3 Surgical Procedures

- 2.10. The SLAC Wrist
  - 2.10.1 Classification
  - 2.10.2 Clinical and radiological diagnosis
  - 2.10.3 Surgical Procedures

**Module 3.** Finger Fractures and Dislocations Conservative and surgical treatment. Sequelae. Wrist Arthroscopy

- 3.1. Phalangeal Fractures
  - 3.1.1 Patterns of phalangeal fractures. Classification
  - 3.1.2 Criteria for instability of phalangeal fractures
  - 3.1.3 Conservative Treatment
  - 3.1.4 Surgical Management
  - 3.1.5 Complications
- 3.2. Traumatic periungual lesions
  - 3.2.1 Levels of injury
  - 3.2.2 Emergency actions
  - 3.2.3 The best treatment
  - 3.2.4 Sequelae and their treatment
- 3.3. Metacarpal fractures except for the thumb
  - 3.3.1 Metacarpal fracture patterns except thumb. Classification
  - 3.3.2 Criteria for instability of metacarpal fractures except thumb
  - 3.3.3 Conservative Treatment
  - 3.3.4 Surgical Management
  - 3.3.5 Complications
- 3.4. Metacarpal and phalangeal fractures of the thumb
  - 3.4.1 Fracture patterns
  - 3.4.2 Radiological Diagnosis
  - 3.4.3 Conservative Treatment
  - 3.4.4 Surgical Management
  - 3.4.5 Complications







- 3.5. Interphalangeal and metacarpo-phalangeal instability in the thumb
  - 3.5.1 Ligamentous Anatomy
  - 3.5.2 Classification
  - 3.5.3 Conservative Treatment
  - 3.5.4 Surgical Management
- 3.6. Consolidation defects. Conservative and Surgical Management
  - 3.6.1 Diagnostic Techniques
  - 3.6.2 Conservative Management
  - 3.6.3 Surgical Treatment
- 3.7. Ligamentous Lesions and Instabilities in Metacarpophalangeal and Interphalangeal Joints
  - 3.7.1 Ligamentous Anatomy
  - 3.7.2 Classification
  - 3.7.3 Conservative Treatment
  - 3.7.4 Surgical Management
- 3.8. Wrist arthroscopy I. Portals and anatomy
  - 3.8.1 Arthroscopic portals
  - 3.8.2 Radiocarpal and Midcarpal Anatomy
  - 3.8.3 Other Explorations
  - 3.8.4 Step by step arthroscopic exploration
  - 3.8.5 Wrist arthroscopy complications
- 3.9. Wrist arthroscopy II. Surgical Techniques
  - 3.9.1 Identification and classification of ligamentous injuries
  - 3.9.2 Arthroscopic treatment of scapholunate and lunopyramidal lesions
  - 3.9.3 Arthroscopic treatment of Wrist ganglions
  - 3.9.4 Arthroscopic treatment of triangular fibrocartilage lesions
  - 3.9.5 Treatment of ulnarcarpal impingement
- 3.10. Wrist arthroscopy III. Surgical Techniques
  - 3.10.1 Arthroscopic treatment of distal radius fractures
  - 3.10.2 Arthroscopic treatment of carpal scaphoid fractures
  - 3.10.3 Arthroscopic technique partial arthrodesis of the wrist and proximal carpectomy
  - 3.10.4 Arthroscopy in small joints and trapeziometacarpal

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

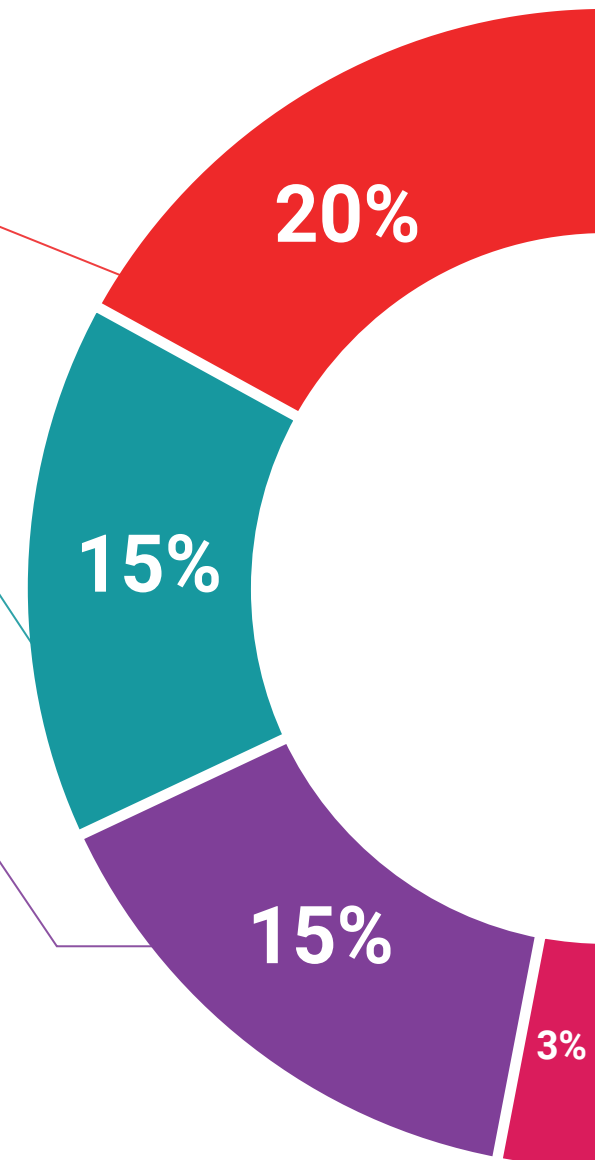
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.







#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Diploma in Wrist and Hand Fractures guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





“

*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Diploma in Wrist and Hand Fractures** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Wrist and Hand Fractures**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Diploma Wrist and Hand Fractures

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Wrist and Hand Fractures

