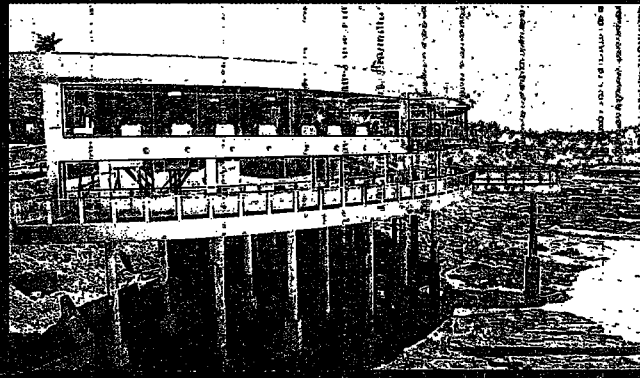
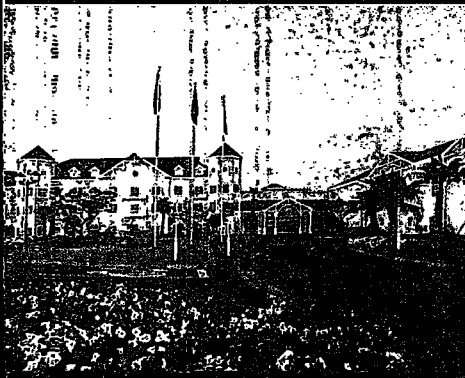




THE SOUTH AFRICAN SOCIETY FOR SURGERY OF THE HAND  
DE SUID-AFRIKAANSE VERENIGING VIR HANDCHIRURGIE

# ANNUAL REFRESHER COURSE



22-23 FEBRUARY 2014

HEMINGWAYS  
WESTERN AVENUE  
EAST LONDON

# LCP COMPACT HAND.

.Modular System offers a wide range of anatomical and adaptable plates.

- Minimised soft tissue irritation
- Option for preassembled drill sleeves
- Locking or non-locking screw option



## 24-HOUR EMERGENCY NUMBERS

Johannesburg (Head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 893 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuyorthopedics.com](http://www.depuyorthopedics.com)

 **DePuy Synthes**  
TRAUMA

COMPANIES OF 



# ANNUAL REFRESHER COURSE

22-23 FEBRUARY 2014

HEMINGWAYS, WESTERN AVENUE, EAST LONDON

## WRIST COURSE

### Contents

#### **Welcome Messages**

|  |   |
|--|---|
| Erich Mennen : President - SASSH ..... | 2 |
| Mike Solomons : Course Convener.....   | 3 |

#### **International Visitors**

|                          |   |
|--------------------------|---|
| Dr Hill Hastings II..... | 4 |
| Dr Jeff Yao.....         | 5 |
| Dr Knut Jägersberg.....  | 6 |
| Dr Rob Medoff.....       | 7 |

|   |          |
|---|----------|
| <b>General Announcements and Information.....</b> | <b>9</b> |
|---|----------|

#### **Provisional Scientific Programme**

|                           |    |
|---------------------------|----|
| Friday 21 February.....   | 11 |
| Saturday 22 February..... | 11 |
| Sunday 23 February.....   | 12 |

|                              |           |
|------------------------------|-----------|
| <b>Trade Exhibitors.....</b> | <b>14</b> |
|------------------------------|-----------|

|                      |           |
|----------------------|-----------|
| <b>Sponsors.....</b> | <b>14</b> |
|----------------------|-----------|





## WELCOME MESSAGE PRESIDENT: SASSH

**Erich Mennen**

Dear Delegates

On behalf of the Executive Committee, it is my honour and pleasure to welcome you to our yearly refresher course of the South African Society for Surgery of the Hand. I look forward to a very interesting academic programme and discussions on key issues in the field of hand surgery.

We are very fortunate in welcoming our international invited guests. These renowned speakers will share with us their extensive experience and knowledge. I would like to thank them for traveling so far and taking time out of busy schedules to visit our southernmost african country !

A special word of thanks to Mike Solomons for all the effort in putting together such an excellent programme as well as the task of organising this congress together with Andi Askew our new secretary. Andi has really been thrown in at the deep end but has certainly been very effective and professional and already part of the hand family.

Kindly have a look at the trade exhibits and spend some time even if you have seen those plates and screws before. We are dependent on our sponsors and want to make them feel welcome at this meeting

We appreciate your presence at this course. As a small but active society we value your participation and input. I urge you to enjoy the meeting, take part in the discussions and make the most of the weekend.

This will be the first year that we are hosting the refresher course in East London. You are not just attending a hand refresher course but also exploring our beautiful and interesting country

Lets make the most of it

Yours sincerely

Erich Mennen





## WELCOME MESSAGE COURSE CONVENER

**Dr Mike Solomons**

A warm welcome to all delegates. This is our first time in East London and we look forward to a fantastic meeting.

With 4 top class international faculty we will not be short of cutting edge techniques and new approaches.

It is up to you, the audience, to engage and challenge the lecturers. If something is unclear then ask for it to be explained. If you disagree then let's all hear why. Some of the best learning occurs after the lecture during the discussion.

Please support the trade stands and introduce yourself to Andi Askew our new secretary.

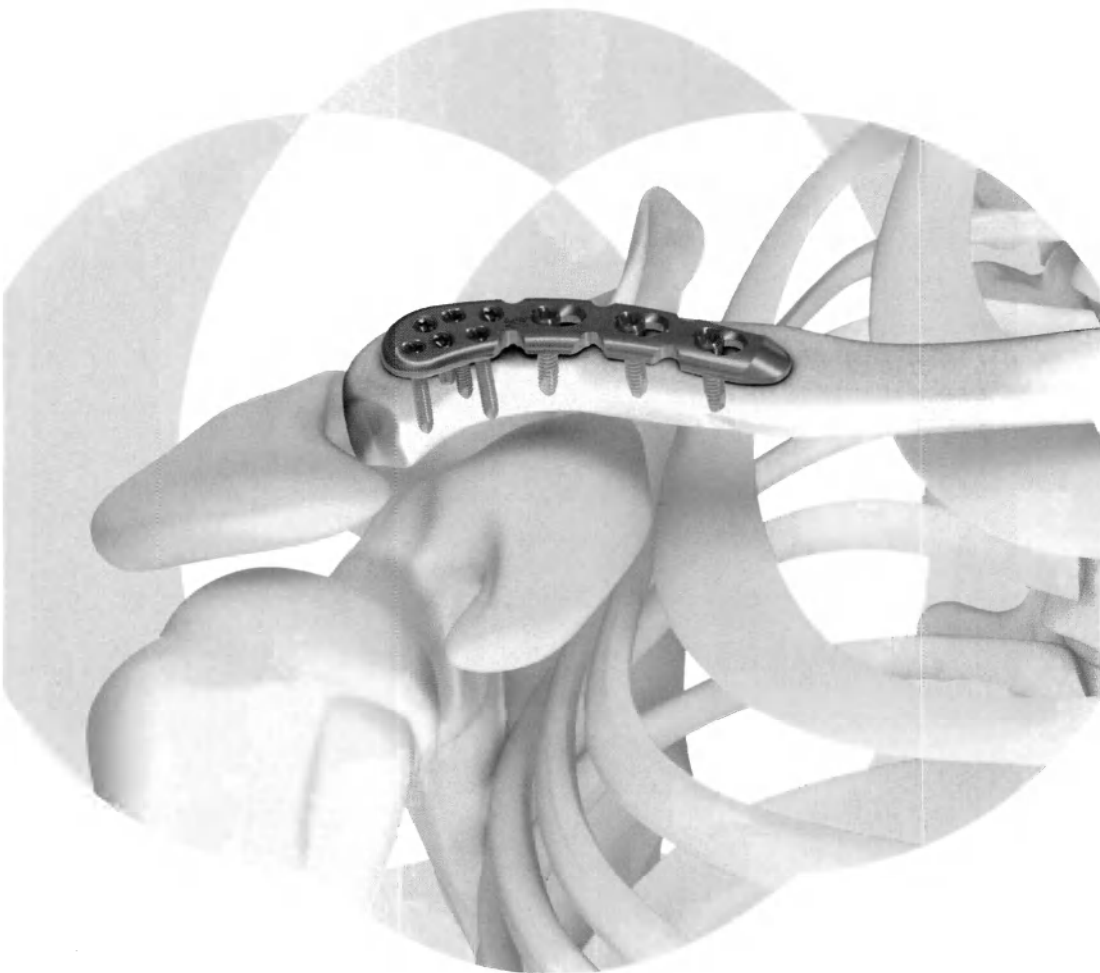
Enjoy the meeting.



# LCP SUPERIOR ANTERIOR CLAVICLE PLATE.

The anatomically precontoured fixation system with angular stability for clavicle shaft and lateral clavicle.

- Anatomically pre-shaped, twisted design
- LCP combi-hole: angular stability and/or compression
- Combines strength with ductility



#### 24-HOUR EMERGENCY NUMBERS

Johannesburg (Head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 893 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuy-synthes.com](http://www.depuy-synthes.com)

 **DePuy Synthes**  
TRAUMA

COMPANIES OF *Johnson & Johnson*



## INTERNATIONAL VISITOR

### Dr Hill Hastings II

Hill Hastings II, M.D., has been in practice at the Indiana Hand to Shoulder Center since 1981, having completed Orthopaedic surgery training at Harvard University. He is a Clinical Professor of Orthopaedic Surgery at Indiana University Medical Center. Dr. Hastings has special expertise in arthroscopy, reconstruction and replacement surgery of the elbow, wrist and hand. His special interests also include fracture management, elbow and wrist reconstruction, and the treatment of paralytic upper extremity disorders.

Dr. Hastings designed and invented, in collaboration with the AO Hand Study Group, the AO Wrist Fusion Plate, now the gold-standard method for wrist fusion. He helped develop in collaboration with the AO Hand Study Group the Distal Radius Plating System, the current AO Modular Hand Set, and the Phalangeal Percutaneous Screw Fixation System. He designed the Hemi-Hamate Resurfacing Arthroplasty, which is now widely used in reconstruction for complex volar fracture/dorsal dislocations of the PIP joint.

Dr. Hastings is an active member of the American Academy of Orthopaedic Surgeons, past member of the American Orthopaedic Association, the American Society for Surgery of the Hand, the American Shoulder and Elbow Surgeons, the American Society for Reconstructive Microsurgery, the International College of Surgeons, as well as other local, national, and international societies. Dr. Hastings has over 100 publications to his credit, and has given over 500 national and international presentations.



## INTERNATIONAL VISITOR

**Dr Jeff Yao**

Dr Jeff Yao is Associate Professor at the Robert A. Chase Hand & Upper Limb Center, Department of Orthopaedic Surgery, Stanford University Medical Center, USA. He is hand surgeon, educator, surgeon developer and researcher, working on many projects.

Dr Yao has published 57 peer-reviewed articles (8 in press) and 25 textbook chapters. He is on the education committees of the American Society for Surgery of the Hand, as well as of the Arthroscopy Association of North America.

He has been invited guest lecturer to many academic institutions both local and international.







## INTERNATIONAL VISITOR

**Dr Knut Jägersberg**

Dr Knut Jaegersberg visits us from Germany, where he is senior consultant in Hand surgery as well as Sports medicine at the Buck-Gramcko Unfallkrankenhaus, Hamburg.

He has published in orthopaedics and as widely as Injury patterns and prophylaxis in world-cup windsurfing.

He is a member of the European wrist arthroscopy society (EWAS) and has vast experience in wrist arthroscopic surgery.





## INTERNATIONAL VISITOR

### Dr Rob Medoff

Rob lives and practices Orthopaedics in Honolulu Hawaii. He has numerous hospital appointments and is attached to the academic John A Burns School of Medicine, University of Hawaii as an Assistant Clinical Professor of Orthopaedics.

Rob has a pioneering interest in fragment specific fixation of distal radius fractures and is renowned as an out of the box thinker. He holds patents in fields ranging from hip fractures, ankle fractures through to distal radius.

Most importantly he finds time to surf often with his wife in the warm Pacific Ocean.



# 2.4mm VARIABLE ANGLE LCP TWO-COLUMN VOLAR DISTAL RADIUS PLATE.

For fragment-specific fracture fixation with variable angle locking technology.

- Two columns allow independent fine contouring of the radial and intermediate columns
- Dedicated screws
- Oblong combi-hole



#### 24-HOUR EMERGENCY NUMBERS

Johannesburg (Head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 893 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuySynthes.com](http://www.depuySynthes.com)

 **DePuy Synthes**  
TRAUMA

COMPANIES OF 

# GENERAL ANNOUNCEMENTS AND INFORMATION

## **VENUE**

The meeting will convene in "The Venue" Hemingways Hotel, East London

## **INFORMATION/REGISTRATION DESK**

The Information/Registration Desk will be situated in the Foyer of "The Venue" for the duration of the event. The desk will be open for registration at the following times:

|                           |               |
|---------------------------|---------------|
| Friday 21 February 2014   | 18h00 – 19h30 |
| Saturday 22 February 2014 | 07h00 – 08h00 |
| Sunday 23 February 2014   | 07h30 – 08h00 |

Please feel free to visit the Desk should you require any assistance

## **LANGUAGE**

Official language of the congress will be English. No simultaneous translation service will be provided

## **ADMISSION BADGES**

Participants are requested to wear their admission badges during the course of the event.

## **CPD REGISTER**

Application has been made through the University of Stellenbosch for Continuing Professional Development (CPD) accreditation of this event.

Delegates are required to register daily at the Discovery Health Desk in the Foyer.

You will receive notification via a sms message to download your certificate from the website, [www.mycpd.co.za](http://www.mycpd.co.za)

## **DRESS CODE**

Casual attire for congress sessions

## **IMPORTANT**

- Name tags should be worn at all times. Only delegates wearing name tags will be permitted to enter the lecture hall, exhibition area and the social function.
- The use of cell phones in the lecture hall is not allowed

## **INFORMATION FOR SPEAKERS**

Keeping to your allocated time is a courtesy to all following speakers. The chairs of the sessions have been instructed to exert tight control and interrupt lengthy presentations. Please make sure you are aware of the time allotted to you for your presentation.

Please hand your presentation to the audiovisual technicians at least 3 hours prior to the session in which the presentation is being given. They will be available in the congress venue to receive your material

## **SOCIAL FUNCTION: FRIDAY 21 FEBRUARY 2014**

SASSH will be hosting a Welcome Event. Please join and mingle with your friends and colleagues in the Entertainment area across the entrance of "The Venue" and enjoy carefully chosen Cape wines and soft drinks

## **SMOKING**

In accordance with Government Legislation regarding smoking in public areas, kindly note that this venue is a non-smoking area

## **TRADE EXHIBITORS**

The trade exhibition will be located in "The Venue" next to the Auditorium. Companies and suppliers will exhibit their newest innovations and will be available to answer questions.

Kindly make every effort to visit all the stands.

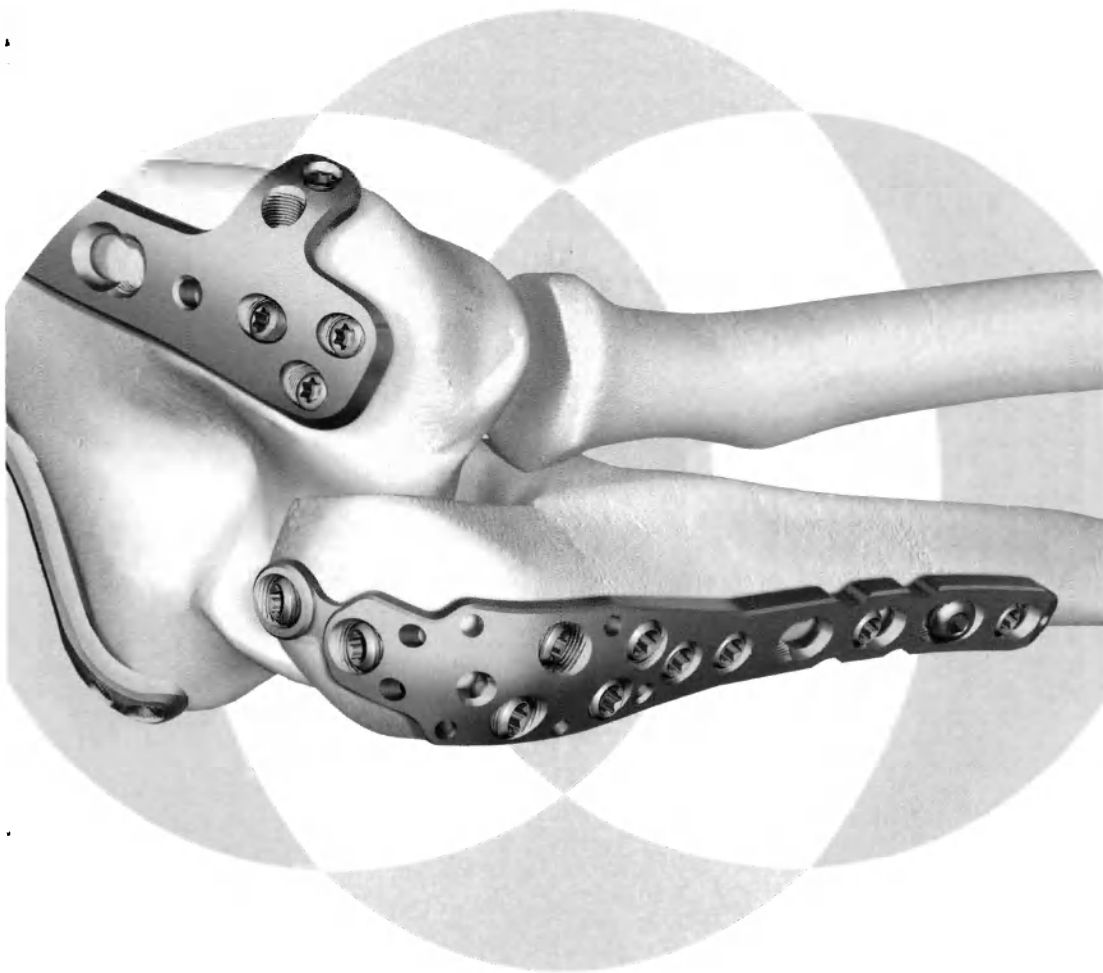
Teas and lunches will be served in the trade exhibition area.



# ELBOW SOLUTIONS.

All in one set.

- Extensive fixation options for distal humeral fractures
- Anatomically pre-contoured
- Optimal fit for patient comfort



#### 24-HOUR EMERGENCY NUMBERS

Johannesburg (head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 893 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuyorthos.com](http://www.depuyorthos.com)

 **DePuy Synthes**  
TRAUMA

COMPANIES OF *Johnson & Johnson*



# ANNUAL REFRESHER COURSE

22-23 FEBRUARY 2014

HEMINGWAYS, WESTERN AVENUE, EAST LONDON

## WRIST COURSE

### PROVISIONAL SCIENTIFIC PROGRAM

**FRIDAY 21 FEBRUARY 2014**

1800-1930

Welcome drinks and registration opposite "The Venue" entrance

**SATURDAY 22 FEBRUARY 2014**

0700-0750

Delegate Registration

0750-0800

Welcome and Announcements

#### SESSION ONE

#### CARPAL INSTABILITY

**CHAIR : MICHAEL SOLOMONS, PHILLIP WEBSTER**

—0800-0815

Carpal kinematics and clinical anatomy of the wrist

Will Haynes

0815-0820

Questions & Answers

—0820-0835

Scapholunate dissociation

Nikki van der Walt

0835-0840

Questions & Answers

—0840-0855

Lunate triquetral instability

Ajmal Ikram

0855-0900

Questions & Answers

—0900-0915

Perilunate instability

Rob Medoff

0915-0920

Questions & Answers

—0920-0935

Post-traumatic arthritis

Late problems of associated carpal instabilities

Hill Hastings

0935-0940

Questions & Answers

—0940-0955

Rethinking scapholunate instability

Rob Medoff

0955-1000

Questions & Answers

1000-1030

**TEA**

#### SESSION TWO

#### CARPAL PATHOLOGY

**CHAIR : ULRICH MENNEN, STEVE CARTER**

—1030-1045

Scaphoid fractures – current controversies  
in evaluation and treatments

Hill Hastings

1045-1050

Questions & Answers

—1050-1105

Scaphoid non-union

Jeff Yao

1105-1110

Questions & Answers

—1110-1125

Limited carpal fusion

Rob Medoff

1125-1130

Questions & Answers

—1130-1145

Carpal osteonecrosis - Lunate, Scaphoid, Capitate

Duncan McQuire

1145-1150

Questions & Answers



|             |   |                     |
|-------------|---|---------------------|
| — 1150-1205 | STT OsteoArthritis                        | Johan vd Westhuizen |
| 1205-1210   | Questions & Answers                       |                     |
| — 1210-1225 | Pathologies of pisiform/hamate/triquetrum | Ian Koller          |
| 1225-1230   | Questions & Answers                       |                     |
| 1230-1330   | <b>LUNCH</b>                              |                     |

**SESSION THREE GENERAL**

**CHAIR : NIKKI VAN DER WALT, ADRIAAN SMIT**

|             |   |                 |
|-------------|---|-----------------|
| — 1330-1345 | Radial malunion   | Rob Medoff      |
| 1345-1350   | Questions & Answers   |                 |
| — 1350-1405 | Wrist fusion  | Hill Hastings   |
| 1405-1410   | Questions & Answers   |                 |
| — 1410-1425 | My 3 most common indications for Wrist Arthroscopy - how the scope influences my management Algorithm | Knut Jägersberg |
| 1425-1430   | Questions & Answers   |                 |
| 1430-1445   | Current updates of new strategies in rehab and splinting in wrist injuries                            | Lynne Pringle   |
| 1445-1450   | Questions & Answers   |                 |
| 1450-1505   | Tips, tricks and pitfalls: how to get the most out of Wrist Arthroscopy                               | Knut Jägersberg |
| 1505-1510   | Questions & Answers   |                 |
| 1510-1525   | Combined injuries of the hand – principles of management  | Hill Hastings   |
| 1525-1530   | Questions & Answers   |                 |
| 1530-1600   | <b>TEA</b>  |                 |

**SESSION FOUR WORKSHOP**

**CHAIR : MARTIN WELLS, AJMAL IKRAM**

|           |   |  |
|-----------|---|--|
| 1600-1730 | SA Biomedical - Arthrex Workshop with Jeff Yao demonstrating<br>1. the latest surgical innovation in Scapho-Lunate Dissociation treatment: SLAM procedure (ScaphoLunate Axial Method) and<br>2. the advantage of application of the mini tightrope for thumb suspension after trapeziectomy or treating instability; why or why not, Arthroscopic trapeziectomy |  |
|-----------|---|--|

**END OF DAY ONE**

|      |   |  |
|------|---|--|
| 1900 | Dinner at Grazia Fine Food & Wine<br>Upper Esplanade Beach Front, Quigney |  |
|------|---|--|

**SUNDAY 23 FEBRUARY 2014**

|           |              |  |
|-----------|--------------|--|
| 0730-0750 | Registration |  |
|-----------|--------------|--|

**SESSION FIVE ULNAR SIDED WRIST CHALLENGES**

**CHAIR : JOHAN vd WESTHUIZEN, MICHAEL CARIDES**

|           |  |               |
|-----------|--|---------------|
| 0800-0815 | Ulnar sided wrist pain                     | Rob Medoff    |
| 0815-0820 | Questions & Answers                        |               |
| 0820-0835 | Ulnar shortening osteotomy – how, when why | Andrew Barrow |
| 0835-0840 | Questions & Answers                        |               |



# Latent Clawing Test - MP flex hold push prox $\phi$

|                      |   |   |
|----------------------|---|---|
| 0840-0855            | DRUJ arthrosis - excise vs replace  | Michael Carides   |
| 0855-0900            | Questions & Answers<br>TFCC "rapid fire"  | of claw $\rightarrow$   |
| 0900-0910            | A. TFCC injuries  | Jeff Yao  |
| 0910-0920            | B. TFCC open versus arthroscopic  | Hill Hastings   |
| 0920-0930            | C. Conservative managements   | Michael Solomons  |
| 0930-1000            | Ulnar sided wrist pain cases  | Hill Hastings,<br>Rob Medoff,<br>Knut Jägerberg,<br>Jeff Yao      |
|                      | PANEL DISCUSSION.   |   |
| 1000-1030            | <b>TEA</b>  |   |
| <b>SESSION SIX</b>   | <b>DISTAL RADIUS<br/>CHAIR : ERICH MENNEN, ANDREW BARROW</b>                                |   |
| 1030-1045            | Do we need to fix distal radius fracture?<br>- a review of current literature               | Erich Mennen  |
| 1045-1050            | Questions & Answers   |   |
| 1050-1105            | The radiographic parameters of distal radius fractures                                      | Rob Medoff  |
| 1105-1110            | Questions & Answers   |   |
| 1110-1125            | Complications of distal radius fractures - USWP   | Hill Hastings   |
| 1125-1130            | Questions & Answers   |   |
| 1130-1145            | Fragment specific fixation  | Rob Medoff  |
| 1145-1150            | Questions & Answers   |   |
| 1150-1230            | "Jeopardy" session on distal radius fractures   | Hill Hastings,<br>Rob Medoff,<br>Knut Jägerberg,<br>Mike Solomons |
|                      | PANEL DISCUSSION  |   |
| 1230-1315            | <b>LUNCH</b>  |   |
| <b>SESSION SEVEN</b> | <b>GENERAL SESSION<br/>CHAIR : ROGER NICHOLSON, HANS MYBURGH</b>                            |   |
| 1315-1325            | Topical updates in wrist Physiotherapy. A review of<br>current literature                   | Marcela, Cawood   |
| 1325-1330            | Questions & Answers   |   |
| 1330-1400            | PIP fracture dislocations / role of hemi-hamate<br>replacement arthroplasty and how I do it | Hill Hastings   |
| 1400-1405            | Questions & Answers   |   |
| 1405-1415            | Dorsal wrist ganglions  | Phillip Webster   |
| 1415-1420            | Questions & Answers   |   |
| 1420-1440            | Tendon transfers for ulnar nerve palsy  | Hill Hastings   |
| 1440-1445            | Questions & Answers   |   |
| 1445                 | Closure by the President  | Erich Mennen  |

Bowier Test  
MP flex.  
 $\rightarrow$  can extend PIP + DIP due to EDC.  $\rightarrow$  R only MP flex  $\phi$

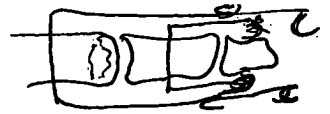
**Next SASSH Event will be the 45th Annual Congress to be held in Cape Town during the last weekend in August 29 - 31**





dark up  
weak influence in

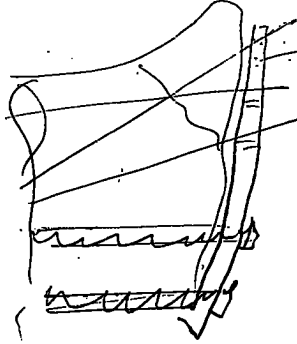
# TRADE EXHIBITORS



The SASSH would like to express its sincere appreciation to the following companies for their participation at this event:

- Bone SA
- DJO Global
- SA BioMedical (Pty) Ltd
- Smith & Nephew
- Stratmed CC
- Stryker South Africa (Pty) Ltd
- Surgitech
- DePuySynthes
- Werkomed (Pty) Ltd

Knees must engage in opposite cortex



pin-plate acts as a fixed cortex.

## SPONSORS

- |                              |   |
|------------------------------|---|
| <b>SA BioMedical Arthrex</b> | Airfare and Accommodation of Dr Yao and Dr Jägersberg<br>Audiovisual Services<br>Registration Bags & Stationery |
| <b>Stratmed</b>              | Airfare and Accommodation of Dr Medoff  |
| <b>DePuySynthes</b>          | Airfare and Accommodation of Dr Hastings<br>Conference Brochure   |

The President and Executive Committee of SASSH would like to thank the trade for their participation and continuous sponsorship of the Annual Refresher Course.

Without your support events of this nature will not be possible.

BR in stabsenung  
Uma → rad. → Gupta

# 2.4mm VARIABLE ANGLE LCP VOLAR RIM DISTAL RADIUS PLATE.

For the fixation of complex intra- and extra- articular fractures of the distal radius.



#### 24-HOUR EMERGENCY NUMBERS

Johannesburg (Head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 893 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuysynthes.com](http://www.depuysynthes.com)

 **DePuySynthes**  
TRAUMA

COMPANIES OF 

# PHILOS.

The anatomic fixation system with angular stability.

- Angular stability
- Anatomic design
- Versatile adaptability



#### 24-HOUR EMERGENCY NUMBERS

Johannesburg (Head office): 082 560 1946

Cape Town: 083 266 6357

Durban: 082 393 7774

Bloemfontein: 083 255 5836

Port Elizabeth: 083 255 5826

East London: 083 260 0617

[www.depuyorthopedics.com](http://www.depuyorthopedics.com)

 **DePuy Synthes**  
TRAUMA

COMPANIES OF 