APWA 2024 THE 9th

ASIA PACIFIC WRIST ASSOCIATION ANNUAL CONGRESS

2024

Nov. 15 FRI - Nov. 16 SAT

TAIPEI

Important Dates

- Registration and abstract submission open: February 1st, 2024
- Abstract submission deadline: May 31, 2024
- Early bird registration deadline: August 15, 2024

https://www.apwa2024.org

Scientific Program Highlights

- Arthroscopy
- Distal Radius / Scaphoid
- DRUJ / TFCC / SL Instability
- WALANT Surgery
- Fusion / Arthroplasty
- Re / Transplantation
- Tendon / Nerve/ Flap
- Tumor / Infection / Pediatric
- Ultrasound / Radiology
- Rehabilitation / Sport

Honorary Chairs

Jeffrey Oscar ECKER
Director of Hand and Upper Limb Centre and Wrist + Hand Institute

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E-Da Hospital

Congress President

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Kaohsiung Medical University Chung-Ho Memorial Hospital

Congress Vice-President

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Armed Forces Taoyuan General Hospital

Organized by 台灣手外科醫學會 TAIWAN SOCIETY FOR SURGERY OF THE HAND · ASIA PACIFIC WRIST ASSOCIATION

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Pre-course (Nov. 13-14, 2024) IRCAD TAIWAN: An IRCAD-IWC GROUP EVENT

Course instructors

- Arthroscopy TFCC

Jan-Ragnar Haugstvedt
(Norway)

Toshiyasu Nakamura
(Japan)

- Scaphoid

Pak-Cheong Ho
(Hong Kong)

Eva Baur
(Germany)

- Wrist SL instability

Greg Bain
(Australia)

Christopher Mathoulin
(France)

Organized by ircad Taiwan

Pre-course & APWA 2024 Joint ticket discount available!

臺灣與會者報名費

	早鳥優惠 (2024/8/15前)	一般價格 (2024/8/16-10/31)
主治醫師 (臺灣手外科會員)	NT$2,000	NT$3,000
主治醫師 (非臺灣手外科會員)	NT$3,000	NT$4,000
住院醫師或 相關醫療人員	NT$2,000	NT$3,000
大會晚宴參加費 (Gala Dinner)	NT$1500/人	

*部分經費已由各專科醫學會提供補助。

臺灣與會者報名費包含：

1. Access to all Scientific Sessions
2. Access to Exhibition & Poster Areas
3. Coffee breaks & Lunches
4. Digital copy of abstracts & full program book

November 16nd (Sat)

時間	講題	講師	講題摘要
08:00-12:00	**Ultrasound Rehabilitation PRP 震波(骨科手外復健放射聯合CME) WRIST ELBOW**		
0800-0820	Ultrasound Imaging for Diagnosis of Wrist and Hand Tendon Disorders	台大北護張凱閔醫師	Ultrasound imaging has become an invaluable tool in the diagnosis and evaluation of various wrist and hand tendon disorders, offering a non-invasive, cost-effective, and real-time imaging solution. This presentation explores the benefits of ultrasound in the diagnosis of de Quervain disease, focusing on its ability to visualize the thickening of the abductor pollicis longus and extensor pollicis brevis tendons, along with surrounding inflammation within the first dorsal compartment. By using high-frequency probes, clinicians can detect subtle structural changes and dynamic anomalies that are often indicative of de Quervain disease, facilitating early diagnosis and treatment. Additionally, ultrasound plays a critical role in assessing disorders involving the thumb extensor tendons, such as the extensor pollicis longus (EPL), allowing for early detection of tendinopathy, partial tears, or ruptures. This imaging technique also provides valuable information on the volar side of the wrist, where conditions affecting the flexor pollicis longus and flexor carpi radialis tendons can be evaluated. Ultrasound's ability to perform dynamic assessments during flexion and extension of the thumb and wrist aids in identifying functional impairments and guiding treatment planning. Overall, ultrasound offers a versatile and effective approach to diagnosing wrist and hand tendon disorders, improving patient outcomes through prompt and accurate assessment.
0820-0840	US guided injection for tendon disorders	台大北護吳威廷醫師	Tendon disorders encompass lesions caused by irritation and traumatic factors. Chronic irritation from occupation or repeated movements can lead to disorders such as trigger finger, trigger thumb, tenosynovitis, and De Quervain's syndrome. Traumatic accidents and sports injuries can result in tears of collateral ligaments, sagittal bands, central slip tendon, lateral band, terminal band, flexor pollicis longus, flexor digitorum superficialis, flexor digitorum profundus, and volar plate. These lesions can all be identified through ultrasound, and treatment options, including physical therapy, injections, or surgery, can be tailored to the individual patient. Ultrasound-guided injections for finger pathologies will also be discussed in this topic.
0840-0900	Ultrasound in wrist ligament injuries	北榮 楊怡強 醫師	As the advancement in ultrasound technology and diagnostic accuracy progresses, the combination of dynamic ultrasound with physical examination and functional performance evaluation concepts may provide physicians with better understanding of the wrist ligament pathologies, and further develop injury severity grading systems. The most important ligaments of the wrist include but not limited to the following: scapholunate ligament; scapho-luno-triquetral ligament; Long and Short radiolunate ligaments; palmar ulnolunate and ulnotriquetral ligaments.
0900-0920	Ultrasound for nerve entrapment/ injuries in elbow & wrist	北榮 王嘉琪 醫師	The integration of ultrasound into clinical practice revolutionized the diagnosis and management of nerve-related pathologies in the elbow and wrist. Clinicians gained the ability to perform rapid, non-invasive assessments at the point of care, facilitating early detection and targeted interventions. Ultrasound-guided procedures, including nerve blocks and hydrodissection, offered precise therapeutic options with reduced risk and improved outcomes. Moreover, ultrasound emerged as a valuable adjunctive tool in surgical planning and intraoperative guidance, optimizing surgical outcomes and minimizing complications.
0920-0940	MRI of the Wrist	北榮 吳宏達 醫師	
	Common wrist disorder that are easily misdiagnosed	北榮 王榮疇 醫師	
	Coffee break		
1030-1050	US-guided injection for nerve entrapment	台大 吳爵宏醫師	Nerve entrapment syndromes, characterized by pain and dysfunction due to peripheral nerve compression, pose significant clinical challenges. Ultrasound (US)-guided injection has been regarded as a therapeutic tool for nerve entrapment. Utilizing high-resolution ultrasonography, clinicians can visualize the affected nerves and accurately administer therapeutic injectates directly to the site of entrapment. In this talk, techniques of US-guided perineural injection and evidence in various injectates will be reviewed. The presentation will also introduce applications of deep learning related to this issue. The talk aims to provide attendees with a comprehensive understanding of how US-guided injections enhance accuracy of diagnosis, and increase the success rates in managing nerve entrapment syndromes.
1050-1100	Wide-awake wrist surgery : How WALANT (Wide-Awake Local Anesthesia No Tourniquet) works	高榮 陳俊宇醫師	WALANT (Wide-Awake Local Anesthesia No Tourniquet) was introduced and promoted by Donald Lalonde (Canada) and is now widely used for all types of hand/wrist surgery in hospitals and clinics of all levels. Over the past 15 years, this technique has been well established with a complete theoretical foundation and clinical applications. In my lecture on "Wide-awake wrist surgery: How WALANT works," I will introduce the WALANT method, which allows for wrist surgeries to be performed while the patient is fully awake, using only local anesthesia and without the need for a tourniquet. This approach uses lidocaine to numb the surgical area, which allows the patient to remain conscious, communicate during the procedure, and avoid general anesthesia risks. Meanwhile, employing a combination of epinephrine significantly reduces the surgical site's blood flow without the discomfort of a tourniquet. We'll explore its application in carpal tunnel syndrome, De Quervain tenosynovitis, tendon repairs, wrist fracture, and arthroscopy. This technique decreases the overall procedure time and diminishes the need for preoperative preparation and postoperative recovery facilities, making it cost-effective and patient-friendly. This technique also facilitates patient interaction during the procedure, helping to ensure optimal outcomes. This talk aims to provide a comprehensive understanding of how WALANT enhances surgical efficiency and patient satisfaction in wrist-related surgeries.
1110-1130	Shockwave application in wrist	陳冠誠 醫師	Extracorporeal shock wave therapy (ESWT) is a valuable and reliable treatment modality for musculoskeletal disorder. Even though the mechanism is still unknown, the proposed mechanisms of action for ESWT include promoting neovascularization at the tendon-bone junction, stimulating proliferation of tenocytes and osteoprogenitor differentiation, increasing leukocyte infiltration, and amplifying growth factor and protein synthesis to stimulate collagen synthesis and tissue remodeling. According to previous study, ESWT produces many beneficial effects, such as pain relief, vascularization, protein biosynthesis, cell proliferation, neuro and chondroprotection, and destruction of calcium deposits in musculoskeletal structures. In this section of speech, the application of ESWT in wrist disorder will be introduced. Some cases will also be discussed in this section. The purpose of this section is to provide current evidence on the physical and biological principles, mechanism of action and clinical efficacy of ESWT on the wrist disorders.
1130-1150	Regenerative application for wrist pain (focus on PRP)	洪辰宇 醫師	PRP is a biological product defined as the plasma fraction of autologous blood with a platelet concentration higher than baseline after centrifugation. Through the presence of increased concentrations of many biologically active factors, including various growth factors and cytokines, PRP was reported to be effective in reducing pain, decreasing inflammation, and promoting healing of damaged tissue for conditions of musculoskeletal injuries. In this session, the current evidence of the effectiveness of PRP on the wrist joint degeneration/injuries will be reviewed and some of the clinical experience will be shared.
1150-12:00	Discussion		

13:00-17:00	**Ultrasound Rehabilitation PRP 震波(骨手復健放射聯合CME) WRIST ELBOW**		
13:00-13:20	Ultrasound examination	北榮 邱弘仁醫師	
13:20-13:40	Infection	北榮 陳夙容醫師	
13:40-14:00	Stellate ganglion block for CRPS	北榮 宋俊松醫師	
14:00-14:20	Ultrasound surgery	成大 吳柏廷醫師	
14:20-14:40	MRA	長庚 吳俊德 醫師	
	Conservative treatment options for injuries of the wrist and hand	北榮 羅逸甯 醫師	
	Coffee break		
15:10-15:30	Acupuncture in treating sports injuries of hand, wrist, and elbow	長庚奧運隊醫 郭純恩醫師	
15:30-15:50	Sport medicine	長庚奧運隊醫 林瀛洲	Acupuncture may be effective and safe for short-term pain reduction and functional improvement in hand-and-wrist conditions, including carpal tunnel syndrome, cryotherapy-related pain, rheumatoid arthritis, and tenosynovitis.1 In Taiwan, traditional Chinese medicine has contributed to healthcare of elite players and sideline medicine. TCM physicians were recruited as members of the medical group of Taiwan's national team in 2016 Rio Olympic Games, 2017 Taipei Universiade, 2018 Jakarta Asian Games, 2019 Napoli Universiade, 2021 Tokyo Olympic Games, and 2022 Chengdu Asian Games. Applying TCM herbs, acupuncture, laser acupuncture, manipulation, cupping, and Gua-Sha in treating players is getting popular in Taiwan. National health insurance covers TCM use and acupuncture treatment, so the treatment is also well accepted by the public. Applying the above treatment in pre-operative and post-operative condition also accelerates the healing progress and the return-to-play timing for the athletes. Here we stated the experience of treating muscle fatigue and some post-training conditions of national players. As a modern tool integrative with TCM meridian theory, we also reviewed the studies about PBMT (photobiomodulation therapy) in attenuating muscle fatigue and the combined treatment with cryotherapy.2,3 Application of low level laser on acupuncture points combined with active rehabilitation exercises show benefits in patients with a distal radius fracture managed with percutaneous pinning and a short cast.4
15:50-16:10	Trans-arterial micro-embolization(TAME) for refractory wrist and finger pain	成大 王博 醫師	Improvements in our comprehension of the pathophysiological mechanisms underlying musculoskeletal disorders have highlighted the involvement of inappropriate angiogenesis. Consequently, emerging treatments for chronic musculoskeletal pain are targeting these newly formed blood vessels, with one such treatment being trans-arterial micro-embolization (TAME), pioneered by Dr. Yuji Okuno. The application of this noninvasive procedure for managing pain that doesn't respond to standard therapy in various musculoskeletal conditions have been the subject of extensive recent research. During this presentation, I will demonstrate the application of trans-arterial micro-embolization (TAME) for refractory wrist and finger pain treatment.
16:10-16:30	Comprehensive prolotherapy for wrist	邱熙亭 醫師	
16:30-16:50	Ultrasound surgery	日本仲西教授	
16:50-17:00	Discussion		