

Zurich Tendons Course 2023

Date: **25 Jan 2023**

| From | To | Duration | Title | Who |
|-------------|-----------|-----------------|--|--------------|
| 8.00 h | 8.10 h | 00:10 | | I. Besmens |
| 8.10 h | 8.30 h | 00:20 | Flexor Tendon suture: theoretical basis | M. Greminger |
| 8.30 h | 8.45 h | 00:15 | Biomechanics of tendon sutures | O. Politikou |
| 8.45 h | 9.00 h | 00:15 | Flexor tendon Suture: Tang | I. Besmens |
| 9.00 h | 10.00 h | 01:00 | practical training | |
| 10.00 h | 10.20 h | 00:20 | Coffee break | |
| 10.20 h | 10.40 h | 00:20 | Pulley preserving, venting, sacrificing | I. Besmens |
| 10.40 h | 10.55 h | 00:15 | Epitendinous suture | M. Greminger |
| 10.55 h | 11.55 h | 01:00 | practical training | |
| 11.55 h | 12.10 h | 00:15 | Considerations for the FPL tendon | M. Calcagni |
| 12.10 h | 13.10 h | 01:00 | Lunch | |
| 13.10 h | 13.20 h | 00:10 | Suture in Zone 1 | O. Politikou |
| 13.20 h | 14.05 h | 00:45 | practical training | |
| 14.05 h | 14.25 h | 00:20 | Tendon reconstruction | P. Tos |
| 14.25 h | 15.25 h | 01:00 | practical training | |
| 15.25 h | 15.45 h | 00:20 | Rehabilitation of flexor tendon sutures | V. Beckmann |
| 15.45 h | 16.05 h | 00:20 | Coffee break | |
| 16.05 h | 16.35 h | 00:30 | Treatment of extensor tendon injuries | P. Tos |
| 16.35 h | 17.05 h | 00:30 | Indications, results and complications | M. Calcagni |
| 17.05 h | 17.20 h | 00:15 | Closing remarks | I. Besmens |