

*Course Faculty:*

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ADDITIONAL FACULTY TBD



# Foundation for Orthopedic Trauma Upper Extremity Dissection Course



Friday September 21, 2018

# Foundation for Orthopedic Trauma

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## Who Should Attend:

This program is designed for orthopaedic residents at the PGY2-3 level.

9:30am  
Registration/breakfast  
10-10:30 am  
Introduction and overview  
10:30am-12:30pm  
Section 1- Shoulder and Anterior Arm

- Lecture: Applied Anatomy of the Shoulder Girdle
- Demonstration and Lab:
  - Deltpectoral approach to the shoulder
  - Anterolateral approach to the shoulder
  - Anterolateral approach to the arm
  - Extended approach to the scapula

12:30 Lunch  
1-2:30pm  
Section 2- Elbow and Posterior Arm

- Lecture: Applied anatomy of the elbow
- Demonstration and Lab:
  - Gerwin-Hotchkiss and para-tricipital approaches
  - Triceps reflecting approaches
  - Olecranon osteotomy approach
  - Kocher and Kaplan intervals to the elbow

2:30-4pm  
Section 3- Forearm and Wrist

- Lecture: Applied anatomy of the forearm and wrist
- Demonstration and Lab:
  - Thompson/dorsal approach to the forearm and wrist
  - Henry/volar approach to the forearm and wrist
  - Alternate exposures to the wrist-radial, ulnar, carpal tunnel and scaphoid

4:30 pm Adjourn

## Overview

Review the anatomy of and learn approaches to the upper extremity through hands-on practical anatomic dissections as taught by leading experts in orthopaedic traumatology.

## Educational Objective

At the conclusion of this educational activity, participants should be able to:

- Perform all of the major approaches to the shoulder, elbow, forearm and wrist
- Compare and contrast the most useful approaches to address a particular upper extremity fracture

Understand the anatomical considerations required to safely execute approaches to the upper extremity

**Directions to the University of Pennsylvania** **From the Northeast via the New Jersey Turnpike South Use Exit 4.** Bear right out of the toll following signs to Philadelphia and Ben Franklin Bridge. After crossing the bridge take I-676 West, to I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Entrance to a Penn public parking garage is on the left just before the next traffic light at 34th and Chestnut.

**From the West via the Pennsylvania Turnpike** On the PA turnpike, use Exit 326, the Valley Forge Interchange. Take I-76 East for approximately 16 miles until Exit 345, a right lane exit marked 30th Street. The exit empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Entrance to a Penn public parking garage is on the left just before the next traffic light at 34th and Chestnut.

**From the North via I-95 South**  
Use the I-676/Center City Philadelphia Exit. Follow signs to I-676 West, the Vine Street Expressway. Take I-676 West until I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Entrance to a Penn public parking garage is on the left just before the next traffic light at 34th and Chestnut.

**From the South via I-95 North**  
Use the I-676/Center City Philadelphia Exit which is approximately 7 miles north of the airport. Follow I-676 West, the Vine Street Expressway, until I-76 East, the Schuylkill Expressway. Before this ramp merges onto I-76, take the 30th Street Station exit (345) which empties onto a one-way street that bends left becoming 30th Street. Go through one light (JFK Blvd.), then turn right onto Market Street. Proceed 4 blocks and turn left onto 34th Street. Entrance to a Penn public parking garage is on the left just before the next traffic light at 34th and Chestnut.

**From the Airport**  
Convenient train service from the airport to 30th Street Station is available through SEPTA's Airport Express Train which leaves every half-hour. The fare is \$5.00 (subject to change), and the trip takes approximately twenty-five minutes. The University City Station is about a five minute walk west on Spruce Street to our campus. The 30th Street Station is about a fifteen-minute walk or \$5 cab ride to campus. A cab from airport to campus costs approx. \$20 including tip.

**From 30th Street Station**  
The campus can be reached from 30th Street Station by cab, on SEPTA's Green Line (to either 36th and Sansom Streets or 37th and Spruce Streets) or the Market-Frankford Line (to 34th and Market Streets), or by foot; 30th Street Station is a fifteen-minute walk from the heart of campus.

**Train and Bus Service**  
Intercity rail service to Philadelphia's 30th Street Station is provided by Amtrak. Frequent service is offered to Northeastern cities including Boston, New York, Baltimore, and Washington. Intercity bus service is provided by Greyhound and Trailway bus lines from the terminal at 1001 Filbert Street, behind The Gallery shopping center. The Penn campus can be reached from the bus station on SEPTA's Green Line (to either 36th and Sansom Streets or 37th and Spruce Streets) or Market-Frankford Line (to 34th and Market Streets)

## Foundation for Orthopedic Trauma Upper Extremity Dissection Course- Friday, September 21, 2018

Name	(last)	(first)	(MI)	(degree)
Address				
City	State	Zip		
PGY-Level	Institution			
Phone	Fax			
E-mail				

Please fax or register on line at:  
<http://www.fotnorthamerica.org/register.asp>

There is no tuition/registration fee for this course. Space is limited to allow for high faculty to resident ratio. The first 30 registrants will be accepted. Please register as soon as possible

Any questions, please call:

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