

# Postgraduate Diploma

Upper Limbs Orthopedic Surgery  
and Traumatology





## Postgraduate Diploma

### Upper Limbs Orthopedic Surgery and Traumatology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 21 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-upper-limbs-orthopedic-surgery-traumatology](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-upper-limbs-orthopedic-surgery-traumatology)

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# 01

# Introduction

Orthopedic surgery and traumatology have undergone a spectacular development in recent years. Advances in orthopedic surgery and upper limb traumatology offer new possibilities in the management of pathologies and improvements in patient prognosis. This Postgraduate Diploma is aimed at updating the specialist so that they can incorporate these advances in the daily surgical practice with their patients.

*Scientific evidence increases the quality of trauma surgery. Keeping up-to-date is key to providing better care to our patients*







“The new scenarios in traumatology push us to propose new training programs that fit the real needs of experienced professionals, so that they can incorporate the advances in orthopedic surgery and upper limb traumatology into their daily practice”

Orthopedic surgery and traumatology is constantly evolving. The volume of information increases exponentially every year and it is impossible to be updated in all areas of the specialty, unless you have a team of experts in different sub-areas that performs this work for the specialist, making an intelligent discrimination of information.

In addition, the current tendency to sub-specialize in a specific anatomical area or surgical technique makes it more difficult to keep up to date in those areas that are less commonly treated and, at times, makes it difficult and costly to keep up to date with the latest developments. It should also be noted that the increase in the average life expectancy is leading to a higher number of degenerative and disabling osteoarticular injuries.

This Postgraduate Diploma allows the specialist to be updated on the latest procedures in orthopedic and traumatologic surgery of the upper limbs.

The **Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology** contains the most complete and updated scientific program on the market. The most important features of the program include:

- ♦ Development of clinical cases presented by experts in trauma surgery. The graphic, schematic, and eminently practical contents with which they are created contain information that is indispensable for professional practice.
- ♦ It contains exercises where the self-assessment process can be carried out to improve learning.
- ♦ Interactive learning system based on algorithms for decision making in surgical patients with osteoarticular pathology and oncological and infectious processes.
- ♦ Clinical practice guidelines on the different pathologies.
- ♦ All of this will be complemented by 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.

“*The Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology contains the most complete and updated scientific program on the market*”

“

*This Postgraduate Diploma may be the best investment you can make in the selection of an updated program for two reasons: in addition to updating your knowledge in surgery of upper limbs, you will obtain a Postgraduate Diploma from TECH Global University"*

Its teaching staff includes specialists of recognized prestige in trauma surgery, who bring their experience to this training.

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 an immersive training program to train in real situations.

This program is designed around Problem Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the course. For this purpose, the physician will be assisted by an innovative interactive video system developed by renowned experts in the field of trauma surgery with extensive teaching experience.

*Increase your decision-making confidence by updating your knowledge with this Postgraduate Diploma course*

*Do not miss this opportunity and choose the best way to stay updated in upper limb surgery*



# 02 Objectives

The main objective of the **Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology** is to update the physician's knowledge of the procedures for treating patients with severe trauma, in order to be able to provide adequate medical care in each case, based on the latest scientific evidence.







“This Postgraduate Diploma is designed to help you update your knowledge in orthopedic surgery and traumatology of upper limbs surgery, with the use of the latest educational technology, to contribute with quality and safety to decision making”



## General Objective

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- ♦ Update the physician on the most important surgical procedures in Upper Limbs Orthopedic Surgery and Traumatology, in order to provide care based on quality and safety, minimizing the consequences of osteoarticular pathologies and improving the patient's prognosis.



## Specific Objectives

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- ♦ Identify the main changes in orthopedic surgery and traumatology treatments based on the latest scientific evidence.
- ♦ Recognize and distinguish between the most common diseases of the shoulder and elbow in order to implement the most appropriate treatment.
- ♦ Classify the diseases of the hand and forearm to ensure the correct treatment is chosen.
- ♦ Define the ethical aspects of orthopedic surgery and traumatology
- ♦ Apply the criteria of Evidence-Based Medicine for the selection of treatment in orthopedic surgery and traumatology.
- ♦ Update knowledge in antibiotic prophylaxis in orthopedic surgery and traumatology.
- ♦ Correctly apply the thromboprophylaxis guidelines in orthopedic and traumatologic surgery.
- ♦ Update knowledge of blood-saving policies used in orthopedic and traumatologic surgery.
- ♦ Distinguish the different applications of cell cultures in Orthopedics and Traumatology.
- ♦ Explain in which cases it is correct to use BMPs in Orthopedics and Traumatology.
- ♦ Interpret the clinical evidence on platelet-rich plasma in tendon and joint pathology.
- ♦ Recognize the biopsychosocial model in musculoskeletal pathology.
- ♦ Classify and update performance measurement systems in Orthopedic Surgery and Traumatology.
- ♦ Interpret the results correctly in Interventional Radiology in musculoskeletal pathology.
- ♦ Recognize the current concepts of Neurophysiology in Orthopedic Surgery.
- ♦ Distinguish clavicle, scapula and humeral head fractures, as well as deciding on the appropriate treatment for each case.
- ♦ Differentiate between diaphyseal and distal humerus fractures.
- ♦ Decide on the appropriate treatment of olecranon fractures, radial head fractures and dislocations.
- ♦ Typify post-traumatic shoulder and elbow stiffness and decide the correct course of action.
- ♦ Review shoulder instability and its diagnostic and therapeutic algorithm.
- ♦ Apply arthroscopic stabilization of recurrent shoulder dislocation.
- ♦ Apply monopolar radiofrequency in arthroscopic surgery of shoulder instability.
- ♦ Recognize subacromial syndrome.
- ♦ Apply reconstructive techniques in massive rotator cuff tears.
- ♦ Recognize SLAP lesions of the shoulder.
- ♦ Recognize tenodesis techniques on the shoulder.
- ♦ Compare and evaluate treatment options in shoulder prosthesis.
- ♦ Update knowledge on the treatment of shoulder arthrodesis.
- ♦ Describe the different types of elbow prosthesis.
- ♦ Analyze the limitations and indications in elbow arthroscopy.
- ♦ Examine new surgical techniques in epicondylitis and epitrochleitis.

- Analyze supracondylar osteotomies in the correction of axial deviations.
- Identify phalangeal and metacarpal fractures and select correct treatment.
- Identify scaphoid and carpal bone fractures and select correct treatment.
- Identify fractures of the distal end of the radius and select the correct treatment.
- Identify ulna and radius diaphyseal fractures and select correct treatment.
- Review therapeutic options in hand and forearm coverage flaps.
- Evaluate compartment syndrome of the forearm.
- Review and gain up-to-date knowledge on Kienböck disease.
- Gain up-to-date knowledge on the interventions for wrist arthrodesis and partial carpal arthrodesis procedures.
- Review techniques of carpectomy of the proximal carpal row.
- Distinguish scaphoid pseudarthrosis.
- Gain up-to-date knowledge on distal radioulnar pathology.
- Recognize Dupuytren's disease and select a treatment according to its stage and severity.
- Revise trachelectomy and hemithrachelectomy.
- Describe percutaneous and ultrasound-guided techniques in synovial and tendon pathology.
- Revise carpal tunnel syndrome.
- Review the latest evidence on wrist arthroscopy technique.
- Classify carpal instabilities.
- Describe the pathology of the extensor apparatus of the fingers.
- Analyze tendon transpositions. Paralytic hand.
- Evaluate the reconstruction of flexor tendons..
- Classify and apply appropriate treatment in tendinitis, tenosynovitis, tendon cysts and tendon tumors.





03

# Course Management

The creation of the materials has been carried out by a team of professionals of reference in the field of trauma surgery, who perform their professional activity in prestigious hospitals. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.







“Learn about the latest advances in orthopedic surgery and traumatology from leading professionals”

## International Guest Director

Dr. Michael Gardner is a leading international leader in the field of **Orthopedic Traumatology**, with an exceptional track record in both **practice** and **clinical research**. He is recognized for his expertise in the treatment of **fractures** of the **upper and lower limbs**, as well as the **pelvis**, the management of **pseudarthrosis** and **malunions**.

Of particular note is his work as **co-founder** and **CEO** of the **National Scoliosis Clinic**, a center that leverages **Artificial Intelligence** and **Telehealth** to transform the way **Scoliosis** is detected and managed. In addition, he has worked as an **Orthopedic Trauma surgeon** at the University of Washington and, since joining the staff at Stanford University, has held key roles, including **Head** of the **Orthopedic Trauma Service** and **Deputy Chairman** of the **Department of Orthopedic Surgery**.

He has also been internationally recognized for his **innovative research** and leadership in the development of **advanced surgical techniques**. In this way, he has patented **Systems and Methods for the Detection of Musculoskeletal Anomalies and Fractures; Bone Stabilizing Implants and Methods of Placement through the Joints; and Grafts for the Repair of Segmental Bone Defects**.

He has also been invited to participate in numerous national and international activities and has played important roles in various organizations, such as the **Orthopedic Trauma Association**. In addition, he has been honored with multiple **awards** and **recognitions** for his **excellence in research** and **service to the medical community**. In this regard, his research program has been recognized for its efficient and productive approach, with more than 100 published scientific articles, 38 book chapters and the edition of 5 textbooks.



## Dr. Gardner, Michael J.

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- Co-founder and CEO of National Scoliosis Clinic
- Orthopedic Traumatology Physician
- Deputy Chairman of the Department of Orthopedic Surgery at Stanford University
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- M.D., Drexel University
- B.S. in Chemistry from Williams College
- Member of: Association of Orthopedic Traumatology , AO Trauma ,American Orthopedic Association , Orthopedic Trauma Foundation ,Orthopedic Research Society , Western Orthopedic Association , California Orthopedic Association

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*Thanks to TECH you will be able to learn with the best professionals in the world”*

## Management



### Dr. Julio Doménech Fernández.

- Degree in Medicine from the University of Navarra.
- PhD in Medicine from the University of Valencia.
- Specialist in Orthopedic Surgery and Traumatology at the Ramón y Cajal Hospital in Madrid.
- Professor in the Faculty of Medicine at Cardenal Herrera University CEU, Valencia.
- Master's Degree in Healthcare from the University of Valencia.
- Head of Service of the Arnau de Vilanova Hospital in Valencia and Liria Hospital.
- Pro Academia Award of the European Society of NMR.
- Two-time winner of the Best Paper Award from the Spine Society of Europe
- Two-time winner of the Spanish Spine Society Award (GEER).
- 2nd Prize Ángel Herrera Research Award from the San Pablo CEU Foundation, member of the Board of Directors of the Spanish Society for Research in Orthopedic Surgery (INVESCOT)
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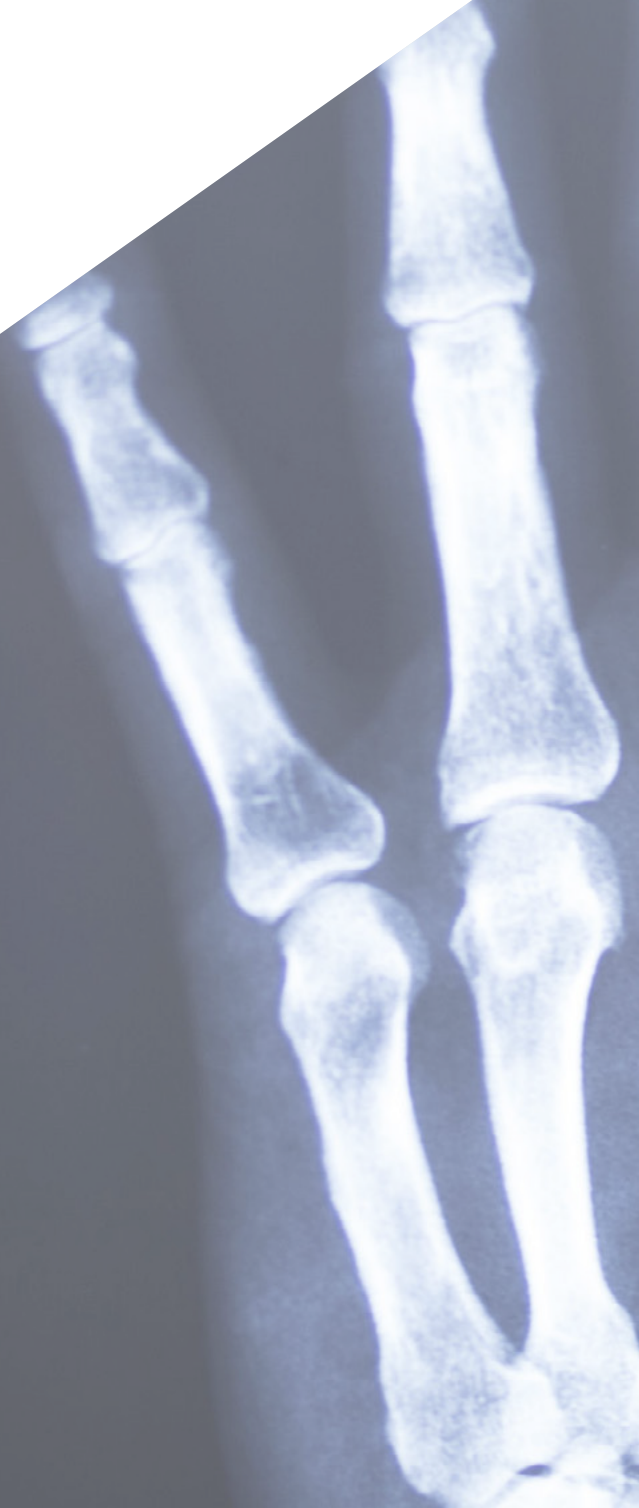
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04

# Structure and Content

The structure of the curriculum has been designed by a team of professionals knowledgeable about the implications of training in orthopedic surgery and traumatology, aware of the relevance of current training and committed to quality teaching through new educational technologies.





“Update your knowledge with the *Postgraduate Diploma in Orthopedic Surgery and Traumatology of Upper Limbs*”

## Module 1. Overview

1. Ethical Aspects of Orthopedic Surgery and Traumatology
2. Evidence-based Medicine for Treatment Selection in Orthopedic Surgery and Traumatology
3. Bone Bank
  - 3.1. Bone Substitute
  - 3.2. Current concepts
4. Update on Antibiotic Prophylaxis in Orthopedic Surgery and Traumatology.
5. Thromboprophylaxis in Orthopedic Surgery and Traumatology.
  - 5.1. Evidence on Physical Measurements.
  - 5.2. New Oral Anticoagulants .
6. Update on Blood-Saving Policies Used in Orthopedic Surgery and Traumatology.
7. Applications of Cell Cultures in Orthopedics and Traumatology.
8. Use of BMP in Orthopedics and Traumatology.
9. Clinical Evidence on Platelet-rich Plasma in Tendon and Joint Pathology.
10. Biopsychosocial Model in Musculoskeletal Pathology.
  - 10.1. Fear-avoidance Model in Musculoskeletal Pain.
11. Update on Results Measurement in Orthopedic Surgery and Traumatology.
  - 11.1. Pain, Health and Quality of Life.
12. Interventional Radiology in Musculoskeletal Pathology.
13. Current Concepts of Neurophysiology in Orthopedic Surgery.

## Module 2. Shoulder and Elbow

### Section: Traumatology

1. Clavicle Fracture Scapula and Humeral Head.
  - 1.1. Treatment Indications
  - 1.2. Open Techniques
  - 1.3. Percutaneous Techniques
2. Diaphyseal and Distal Humerus Fractures.
3. Fractures of the Olecranon, Radial Head and Dislocations.
  - 3.1. Advances in Reconstructive Techniques.
4. Post-traumatic Shoulder and Elbow Stiffness.
  - 4.1. Arthroscopic Arthrolysis.

### Section: Orthopedic Surgery of the Shoulder

1. Shoulder Instability Diagnostic and Therapeutic Algorithm.
2. Arthroscopic Stabilization of Recurrent Shoulder Dislocation.
3. Monopolar Radiofrequency in Arthroscopic Surgery of Shoulder Instability.
4. Subacromial Syndrome.
  - 4.1. Acromioplasty. Arthroscopic Cuff Repair.
  - 4.2. Arthroscopic Release of the Subscapular Nerve.
5. Reconstructive Rechniques in Massive Rotator Cuff Tears.
6. SLAP Lesions of the Shoulder.
  - 6.1. Current Diagnostic Concepts
  - 6.2. Surgical Treatment.
7. Tenodesis Techniques on the Shoulder.
8. Shoulder Prosthesis.
  - 8.1. Indications.
  - 8.2. Implant Selection
  - 8.3. Surgical management
9. Shoulder Arthrodesis.
  - 9.1. Indications.
  - 9.2. Surgical management

### Section: Orthopedic Surgery of the Elbow

1. Elbow Prosthesis.
  - 1.1. Indications.
  - 1.2. Implant Selection
2. Elbow Arthroscopy
  - 2.1. Indications.
  - 2.2. Limitations
3. Epicondylitis and Epitrochleitis
  - 3.1. New Surgical Techniques.
4. Supracondylar Osteotomies in the Correction of Axial Deviations.



## Module 4. Hand and Forearm

### Section: Traumatology

1. Fractures of Phalanges and Metacarpals.
2. Scaphoid and Carpal Bone Fractures.
3. Fractures of the Distal End of the Radius.
4. Diaphyseal Fractures of Ulna and Radius.
5. Hand and Forearm Coverage Flaps.
6. Compartment Syndrome of the Forearm.

### Section: Orthopedic Surgery of the Hand

1. Update on Kiembock's Disease.
2. Wrist Arthrodesis and Partial Carpal Arthrodesis
3. Carpectomy of the Proximal Carpal Row.
4. Pseudarthrosis of the Scaphoid.
  - 4.1. Zedemberg Pedicled Bone Graft.
  - 4.2. Indications.
  - 4.3. Surgical management
5. Distal Radioulnar Pathology.
6. Dupuytren's Disease.
7. Trapeziectomy and Hemithrapeziectomy Rhizarthrosis.
8. Percutaneous and Ultrasound-guided Techniques in Synovial and Tendon Pathology.
9. Carpal Tunnel Syndrome.
10. Wrist Arthroscopy
11. Instabilities of the Carpus.

### Section: Tendon Surgery

1. Pathology of the Extensor Apparatus of the Fingers
  - 1.1. Boutonnière, Swan Finger, Hammer Toe
  - 1.2. Reconstruction of Extensor Tendons.
2. Tendon Transpositions Paralytic Hand.
3. Reconstruction of Flexor Tendons.
  - 3.1. Tendon Grafts.
4. Tendinitis, Tenosynovitis, Tendon Cysts and Tendon Tumors.
  - 4.1. Ultrasound-guided Surgery.



*A unique, key, and decisive training experience to boost your professional development”*

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: ***Re-learning***.

This teaching system is used 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.



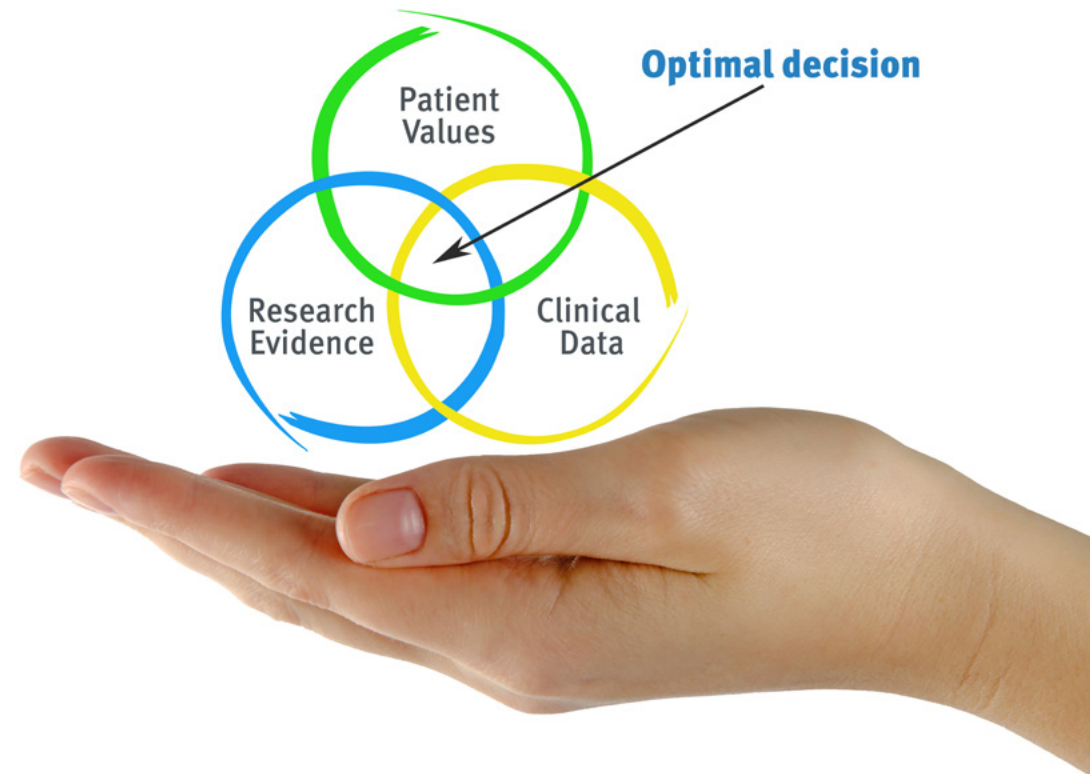
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*Discover Re-learning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

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



According to Dr. Gervas, 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 potential 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 professional medical 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 grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.





## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### Interactive Summaries

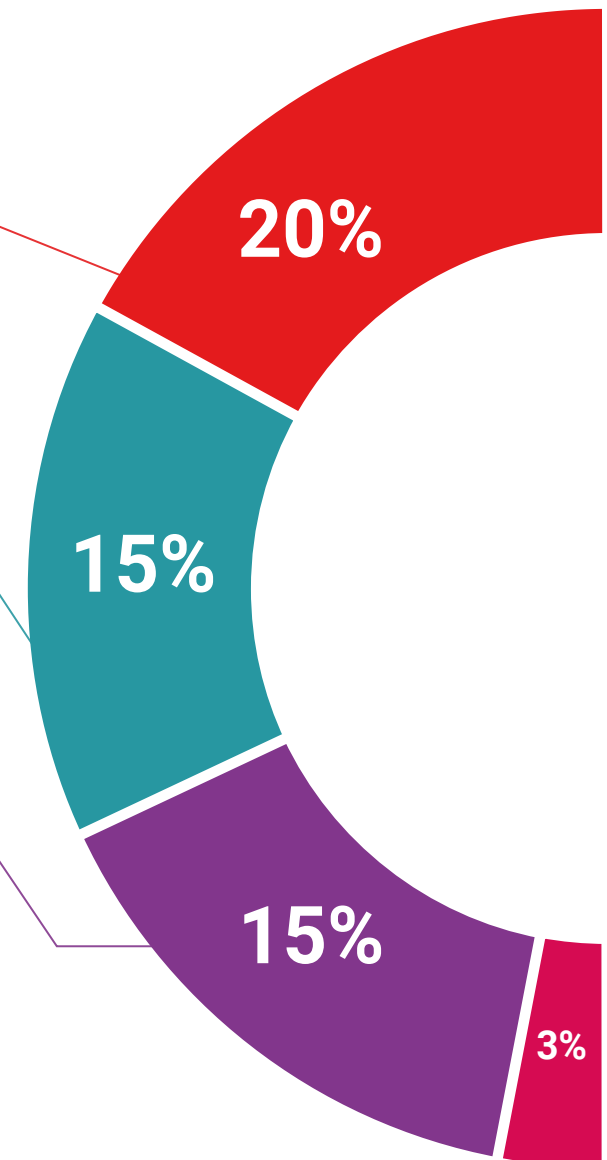
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





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

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



#### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.





# 06 Certificate

The Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology guarantees you, in addition to the most accurate and up-to-date training, access to a Postgraduate Diploma issued by TECH Global University.





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*Successfully complete this training and receive your Postgraduate Diploma without travel or laborious paperwork”*

This private qualification will allow you to obtain a **Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Upper Limbs Orthopedic Surgery and Traumatology**

Modality: **online**

Duration: **6 months**

Accreditation: **21 ECTS**



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



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guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
online treatment  
development languages  
virtual classroom



**Postgraduate Diploma**  
Upper Limbs Orthopedic  
Surgery and Traumatology

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 21 ECTS
- » Schedule: at your own pace
- » Exams: online



# Postgraduate Diploma

## Upper Limbs Orthopedic Surgery and Traumatology

