



PULS 2026 Pre-Conference Upper Limb Cadaveric & Surgical Skills Workshop

Organized in conjunction with the Pediatric Upper Limb Summit

 **Friday, 13th November 2026**

Venue: Cadaveric Operating Lab,
Ramaiah Advanced Learning Center
(RALC), MSRIT Campus, Bangalore

REGISTER NOW 

COURSE DIRECTORS



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PROGRAMME

Time	Session Topic	Speaker / Instructor
08-30 AM – 09-00 AM	Registration & Welcome Breakfast	
09:00 AM – 09:20 AM	Welcome & Course Objectives	
09:20 AM – 10:00 AM	Principles of Upper Limb shoulder and arm exposures(15 + 5 minutes)	
	Elbow and forearm exposures -15 + 5 minutes)	
10:00 AM – 10:15 AM	TENS Nailing in Pediatric & Adult Upper Limb Trauma - demonstration	
10:15 AM – 10:30 AM	Suture Anchor Fixation: Mechanics & Clinical Applications in elbow and hand - demonstration	
11:00 AM – 01:00 PM	Hands-On Lab 1: Surgical Exposures :Cadaveric Stations) & TENS Fixation	
01:00 PM – 01:45 PM	Networking Lunch	
01:45 PM – 03:30 PM	Hands-On Lab 2: Suture Anchor Techniques & Ligamentous Reconstructions	
03:30 PM – 04:30 PM	Complex Cadaveric upper limb approaches & Pitfall Avoidance	
04:30 PM – 05:00 PM	Q&A Session, Feedback, Certification & Closing Remarks	

Core Workshop Modules

1. Surgical Exposures of the Upper Limb

- **Shoulder & Brachium:** Deltpectoral approach, anterolateral exposure of the humerus, posterior triceps-sparing/splitting approaches.
- **Elbow & Forearm:** Anterolateral approach to the elbow, Boyd and Henry approaches to the radius and ulna.
- **Wrist & Hand:** Dorsal approach to the wrist, flexor/extensor tendon corridors, and volar carpal approaches.

2. TENS Nailing Workshop (Miraclus)

- Indications and biomechanics of Titanium Elastic Nailing Systems (TENS) in pediatric and adult upper limb fractures.
- Entry point selection, pre-bending techniques, and insertion strategies for radial, ulnar, and humeral fractures.
- Troubleshooting displacement, corkscrewing, and soft-tissue irritation at entry sites.

3. Suture Anchors Workshop(Normed)

- Biomechanics of soft-tissue-to-bone fixation in the upper extremity.
- Applications in distal biceps repair, lateral/medial collateral ligament reconstruction at the elbow, and shoulder/wrist instability.
- Hands-on insertion techniques: Metallic, Bio-absorbable, and All-Suture Anchor options.

Registration & Infrastructure Details

Registration fees

Rs. 15,000 /-

plus GST payable to BiPraag academy



Total Stations

4 Fully-equipped cadaveric workstations

Participants per Station

Max 4 delegates per upper limb for optimal hands-on time

Inclusions

- Access to fresh-frozen cadaveric specimens
- Miraclus TENS Nailing & Suture Anchor Instrumentation Sets(Normed)
 - Personal Protective Equipment (PPE) & Consumables
 - Buffet Lunch & Refreshments
- Certificate of Participation approved by PULS 2026 & RALC

For registration queries and official enrollment
visit **www.pulsconf.com** or contact the course secretariat.