

Advanced Training in Hand Surgery at Kaplan Hand Institute (Barcelona, Spain)

Mariia Kotova

Date: October 8, 2024 – November 8, 2024



- The Kaplan Hand Institute is a leading center of excellence in hand and wrist surgery, known for its state-of-the-art facilities and innovative approaches. The institute specializes in wrist arthroscopy and advanced surgical techniques, providing exceptional training opportunities for surgeons worldwide.



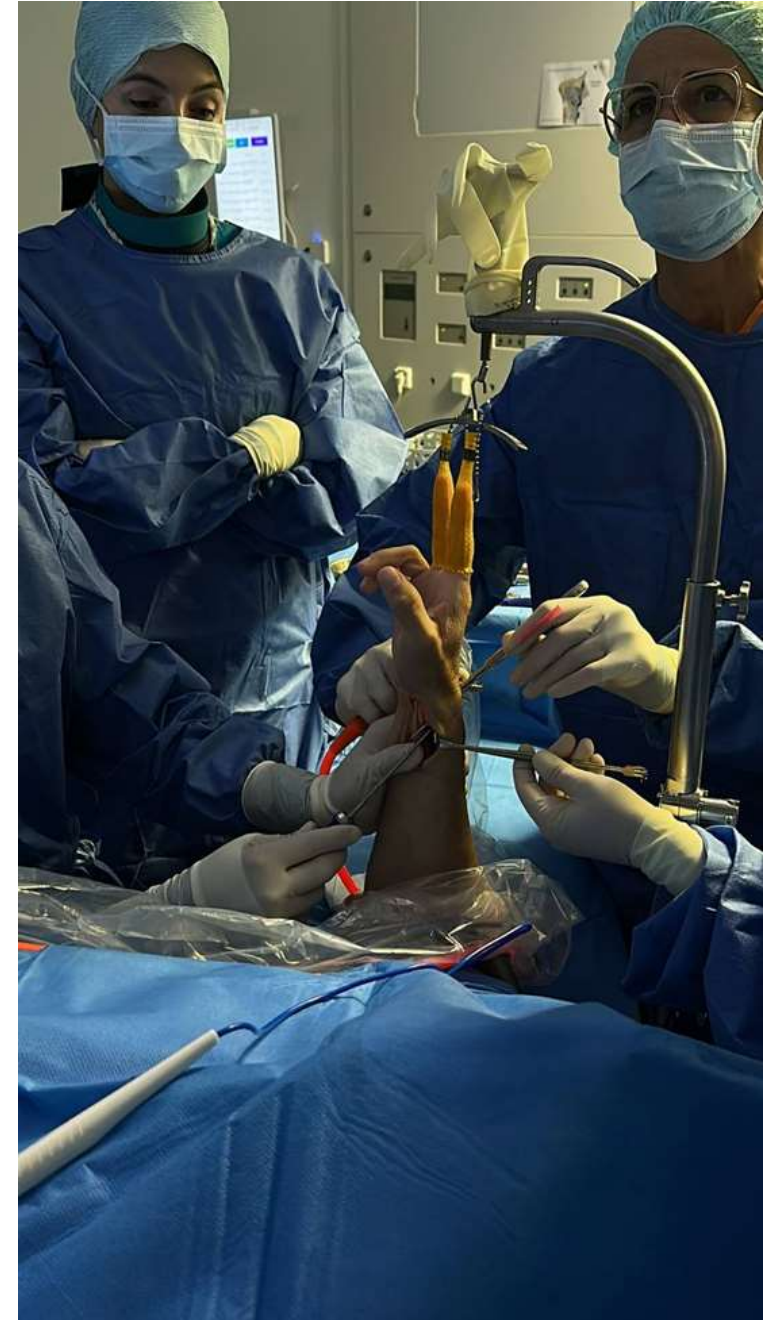
Goals of the Training

- Master advanced wrist arthroscopy techniques for both diagnostic and therapeutic purposes.
- Deepen knowledge of hand and wrist anatomy with a focus on surgical interventions.
- Gain hands-on experience with specialized surgical instruments and techniques.
- Learn best practices in postoperative care and patient rehabilitation.



Program Highlights

- Duration:** 1 month (October 8 – November 8, 2024).
- Weekly Schedule:**
 - Monday:** Outpatient visits (9:00 a.m. – 8:00 p.m.).
 - Tuesday:** Outpatient visits (9:00 a.m. – 1:00 p.m.); Surgery (2:00 p.m. – 8:00 p.m.).
 - Wednesday:** Surgery (9:00 a.m. – 8:00 p.m.).
 - Thursday:** Outpatient visits (3:00 p.m. – 8:00 p.m.).
 - Friday:** Outpatient visits and Surgery (9:00 a.m. – 8:00 p.m.).



Key Experiences and Outcomes

- **Surgical Cases:** Participation in approximately 40–50 surgeries, providing observation and assistance in diverse cases.
- **Clinical Sessions:** Engagement in 12 outpatient clinics, gaining expertise in patient consultation and management.
- **Mentorship:** Guided by Dr. Mireia Esplugas, Angel Ferreres, Alex Lluch, Miguel Pérez Abad, María Larrea Zábalo, and Ana Scott-Tennent, all experts in wrist arthroscopy and hand surgery.



María Larrea Zábalo



Alex Lluch



Mireia Esplugas



Ana Scott-Tennent



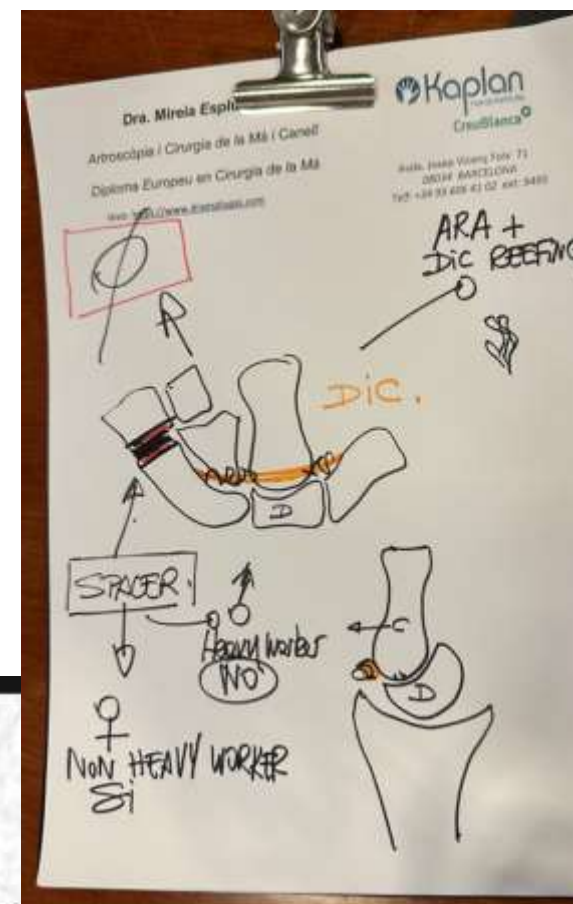
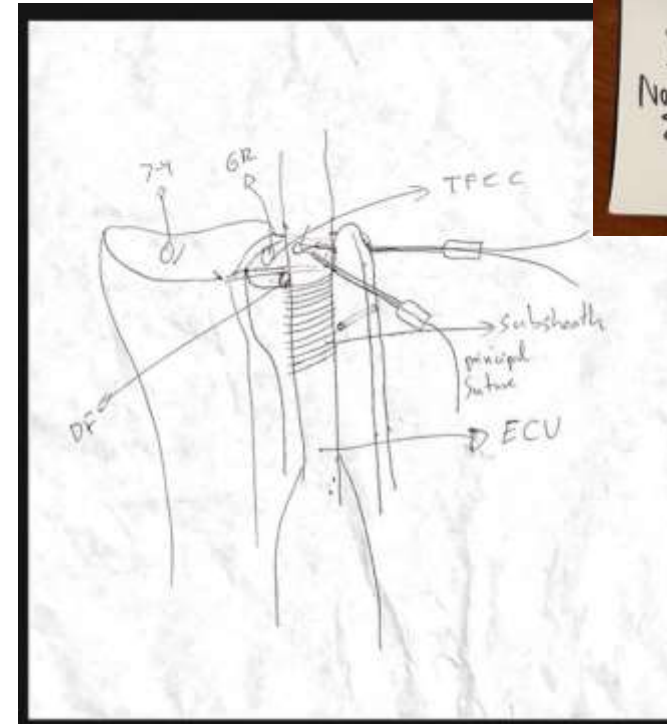
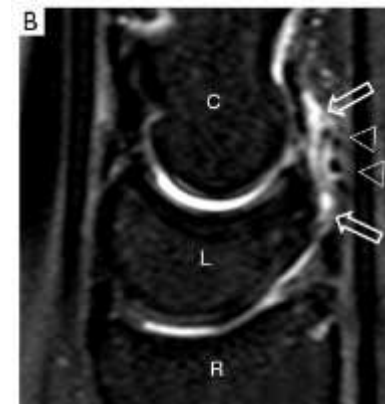
Angel Ferreres



Miguel Pérez Abad

Specialist Focus Areas

- Wrist arthroscopy techniques.
- Comprehensive understanding of hand and wrist anatomy.
- Training in surgical approaches and instrumentation.
- Patient care and rehabilitation following surgical interventions.



Acknowledgment

- Special thanks to the Kaplan Hand Institute and the FESSH Travel Award program for offering this invaluable learning experience. The opportunity to work under the guidance of world-class professionals and gain hands-on experience will greatly enhance my skills and knowledge in hand surgery.



CERTIFICATE IN HAND AND UPPER EXTREMITY SURGERY

20/11/ 2024

This is to certify that **Dr. Mariia Kotova** has observed and participated in most Hand and Upper Extremity surgical procedures, as well as teaching activities at our institution for **one month**; 8th October until 8th November 2024.

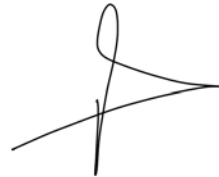
Very truly yours,

Sincerely,

Dr. Àngel
Ferrerres Claramunt



Dr. Àlex
Lluch Bergara



Dra. Ana
Carreño Delgado



Dra. Mireia
Esplugas Mimo



Dr. Miguel
Pérez-Abad

