

INVITATION / REGISTRATION

EXPERT **Anatomy Upper and Lower Limb Spasticity**

Bern, 18th -19th September 2026

at the Institute of Anatomy, Bülhlstrasse 26, 3012 Bern

MEETING RATIONALE:

The management of spasticity requires experience and skills in a range of practical aspects. To ensure safe usage and optimal treatment response with botulinum toxin therapy, target structures must be correctly localized and injected. The objective of this course, with a focus on the Upper and Lower Limbs, is to foster the use of ultrasound as a guiding technique for injections on cadavers. Our experts will answer your questions and guide you through the challenges of botulinum toxin treatment to increase your confidence in daily practice.

Speakers



Prof. Dr. Laurent Tatu

University Professor of Anatomy, Hospital Practitioner in Neurology, Head of the Neuromuscular Pathology Department at the Centre Hospitalier Universitaire (Besançon, France) and Coordinator of the Anatomy Laboratory (Université de Franche-Comté, France)



Dr. Stefano Carda

Deputy Head MD, FMH Physical and Rehabilitation Medicine Clinical and research specialties Spasticity and neuromuscular diseases at CHUV - Neuropsychology and Neurorehabilitation Department



Dr. Bruno Guimarães

Specialist in Physical and Rehabilitation Medicine at the Centro Hospitalar de Entre Douro e Vouga (CHEDV) and CEO of Adhara, where he leads the transformation of digital medical education

Agenda

Friday, 18th September 2026 – Upper Limb

08:30 – 09:00 **WELCOME COFFEE, REGISTRATION**

09:00 – 10:30 Botulinum toxin type A in spasticity management (all participants)

- Upper limbs (topographical and functional anatomy and relevant anatomical landmarks) – Prof. Tatu
- Ultrasound-guided injection technique: technical considerations and basic guidelines for easy and reliable targeting of upper limb muscles – Dr. Carda

10:30 – 10:45 **COFFEE BREAK**

10:45 – 12:30 **Anatomy in depth:**

10:45 – 11:30 **Group 1:** Anatomical demonstration on cadavers (Wet Lab, Prof. Tatu)

Group 2: Practical ultrasound session
(Main Room, Dr. Guimarães, Dr. Carda)

11:45 – 12:30 **Group 2:** Anatomical demonstration on cadavers (Wet Lab, Prof. Tatu)

Group 1: Practical ultrasound session
(Main Room, Dr. Guimarães, Dr. Carda)

12:30 – 13:15 **LUNCH BREAK**

13:15 – 17:00 **Wet Lab** – Upper limb injections on cadavers

- Participants will be divided into 3 groups:
Prof. Tatu (A), Dr. Guimarães (B), Dr. Carda (C)
- A free-floating station with a Needle Trainer is provided

19:00 **DINNER**

Agenda

Saturday, 19th September 2026 – Lower Limb

08:30 – 10:30

Lower Limb Spasticity:

- The importance of goal setting and how GO-FAST 2.0 supports clinical practice
- Lower limbs (topographical and functional anatomy and relevant anatomical landmarks) – Prof. Tatu
- Ultrasound-guided injection technique: technical considerations and basic guidelines for easy and reliable targeting of lower limb muscles – Dr. Carda

10:30 – 10:45

COFFEE BREAK

10:45 – 12:30

Anatomy in depth:

10:45 – 11:30

Group 1: Anatomical demonstration on cadavers (Wet Lab, Prof. Tatu)

Group 2: Practical ultrasound session
(Main Room, Dr. Guimarães, Dr. Carda)

11:45 – 12:30

Group 2: Anatomical demonstration on cadavers (Wet Lab, Prof. Tatu)

Group 1: Practical ultrasound session
(Main Room, Dr. Guimarães, Dr. Carda)

12:30 – 13:15

LUNCH BREAK

13:15 – 16:30

Wet Lab – Lower limb injections on cadavers

- Participants will be divided into 3 groups:
Prof. Tatu (A), Dr. Guimarães (B), Dr. Carda (C)
- A free-floating station with a Needle Trainer is provided

16:30

CLOSING & DEPARTURE

- ❖ Continuing education credits (16) are requested from the Swiss Neurological Society.
- ❖ Continuing education credits (14) are requested from the Swiss Society of Physical Medicine and Rehabilitation.

As the number of participants is limited, registrations will be taken into account on a first-come, first-served basis. To register, please fill in the following fields and send us this information by e-mail (to neurologie@merz.ch) by clicking on the button below.

Please indicate whether you will require hotel accommodation:

☐ Please arrange a hotel room for me in Bern for Thursday, the 17th of September 2026.

Please arrange a hotel room for me in Bern for Friday, the 18th of September 2026.

☐ I do not need a hotel room.

Title, first and last name:

Address (HCO):

Address (department):

Address (street, city):

E-Mail:

Mobile number:

Send completed form by e-mail



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