Building Knowledge and Science
in Regional Anaesthesia and Pain Medicine

XXIII ESRA
EASTERN EUROPEAN CADAVER WORKSHOP

23-25 October 2026 | Budapest, Hungary



Friday, 23 October 2026

12:00–12:45 Registration

12:45–13:00 Welcome ***Paul Kessler, Peter Merjavy & Gergly Racz***

13:00–14:20 Lectures – Upper Extremity

Anatomy of brachial plexus (20′) ***Lendvai***
Nerve blocks above clavicle (20′) ***Kull***
Nerve blocks below clavicle (20′) ***Ungvari***

14:20–14:50 *Coffee Break*

14:50–16:20 Lectures – Thoracic & Abdominal Wall Blocks

Anatomy of thoracic and abdominal wall (20′) ***Shabhazi***
Thoracic wall blocks (20′) ***Batizi***
Abdominal wall blocks (20′) ***Howle***
Principles of needle insertion for regional anaesthesia (15′) ***Merjavy***

16:30–17:10 Workshop 1 – Phantom Needling *All Faculty*

Out-of-plane techniques (Step Down & Dynamic NT techniques) (20′)
In-plane techniques (Perpendicular and Angled IP techniques) (20′)

Saturday, 24 October 2026

08:30–12:20 Workshop 2 – Upper Limb *All Faculty* // 10:30 – 11:00 *Coffee Break*

12:20–13:10 *Lunch Break*

13:10–17:00 Workshop 3 – Thorax & Abdomen *All Faculty* // 15:10 – 15:40 *Coffee Break*

Sunday, 25 October 2026

08:00–09:10 Lectures – Lower Extremity // 10:40 – 11:10 *Coffee Break*

Anatomy of lumbo-sacral plexus (20′) ***Lendvai***
Lumbar plexus blocks (20′) ***Kessler***
Sacral plexus blocks (20′) ***Haslam***

09:20–13:10 Workshop 3 – Lower Limb *All Faculty* // 15:30 – 16:00 *Coffee Break*

13:10–14:00 *Lunch Break*

14:00–17:00 Workshop 4 – Live Ultrasound Scanning & Free Cadaveric Needling *All Faculty*

17:00–17:10 Closing Remarks ***Paul Kessler & Peter Merjavy***