

10th CARDIFF CADAVERIC ULTRASOUND- GUIDED MUSCULOSKELETAL INTERVENTION COURSE (MSK Course)

14th and 15th February 2020
Welsh Centre for Anatomical Education, University of Cardiff

Course Programme

Day 1

0900 - 0930 **Registration and Welcome**

0930 -1000 **Introduction to MSK Intervention**

- Ultrasound interventional techniques
- Indications and contraindications for interventional procedures
- Consent

1000 – 1300: **CADAVERIC WORKSHOP**
Ultrasound-guided intervention, practical sessions

1000 – 1130:
Group A: Shoulder Part 1 (Anterior approach gleno-humeral joint injection, Barbotage, subacromial, biceps tendon sheath and ACJ injections)

Group B: Foot and Ankle Part 1 (Intra articular ankle and small joint injections, Morton’s Neuroma, Plantar fascia, tendon sheath and sinus tarsi injection)

1130 – 1150: Break for refreshments

1150 -1300:
Group A: Shoulder Part 2 (Anterior approach gleno-humeral joint injection, Barbotage, subacromial, biceps tendon sheath and ACJ injections)

Group B: Foot and Ankle Part 2 (Intra articular ankle and small joint injections, Morton’s Neuroma, Plantar fascia, tendon sheath and sinus tarsi injection)

1300 – 1400: Lunch

1400 – 1700: CADAVERIC WORKSHOP

Ultrasound-guided intervention, practical sessions

1400 - 1530:

Group A: Elbow, Wrist and Hand (Intra articular and tendon sheath injections, Injection and dry needling for medial and lateral epicondylitis)

Group B: Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)

1530 – 1550: Break for refreshments

1530 - 1700:

Prone Scanning; Posterior approach GHJ Injection, Ischial tuberosity injection, Achilles tendon hydrodissection (with swapping between groups)

1700 -1715:

Summary and End of Day 1

Day 2

0845 - 0900:

Registration

0900 - 0930:

Discussion on

- Drugs, its indications and potential complications

0930 - 1230:

CADAVERIC WORKSHOP

Ultrasound-guided intervention, practical sessions

0930 - 1100:

Group A: Foot and Ankle Part 1 (Intra articular ankle and small joint injections, Morton's Neuroma, Plantar fascia, tendon sheath and sinus tarsi injection)

Group B: Shoulder Part 1 ((Anterior approach gleno-humeral joint injection, Barbotage, sub-acromial, biceps tendon sheath and ACJ injections)

1100 - 1120: Break for refreshments

1120 - 1230:

Group A: Foot and Ankle Part 2 (Intra articular ankle and small joint injections, Morton's Neuroma, Plantar fascia, tendon sheath and sinus tarsi injection)

Group B: Shoulder Part 2 ((Anterior approach gleno-humeral joint injection, Barbotage, sub-acromial, biceps tendon sheath and ACJ injections)

1230 - 1330: Lunch

1330 - 1500: CADAVERIC WORKSHOP

Ultrasound-guided intervention practical, session (Lower Limb)

1330 - 1500:

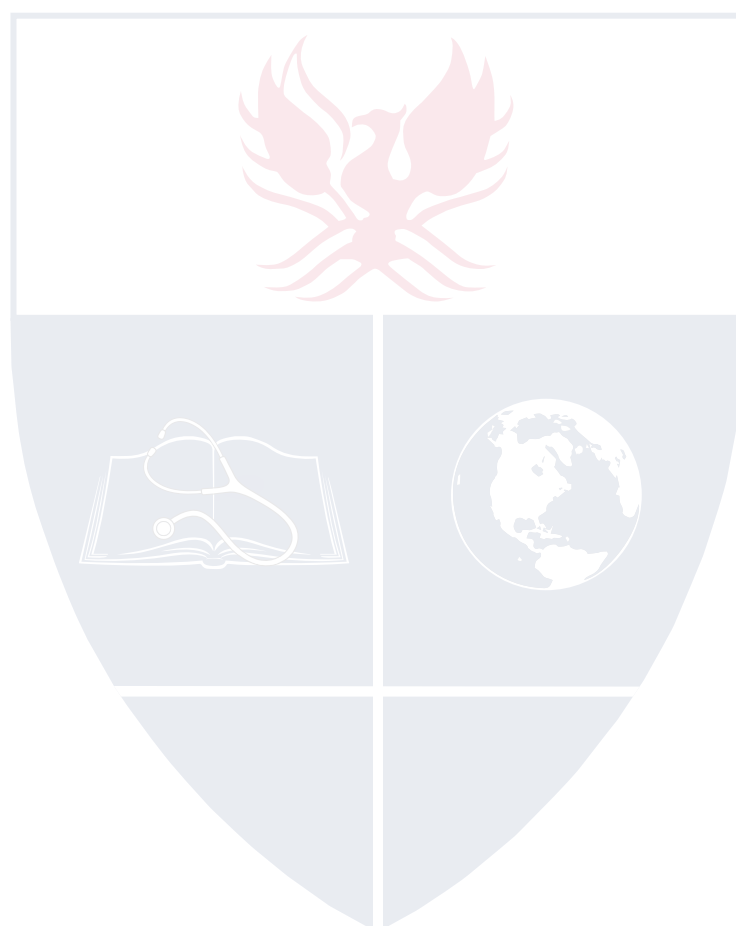
Group A: Groin, Hip and Knee (Intra-articular injections, pubic symphysis, adductor origin, trochanteric and psoas bursa injections, Dry needling of patellar tendon)

Group B: Elbow, Wrist and Hand (Intra articular and tendon sheaths injections, Injection and dry needling for medial and lateral epicondylitis)

1500 - 1600: Biopsy

1600 - 1615: Summary, feedback and end of course.

DOCTORS ACADEMY



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