



2nd CARDIFF CADAVERIC ULTRASOUND-GUIDED MUSCULOSKELETAL INTERVENTION COURSE (CCUMIC)

Date: 10th and 11th January 2014

Venue: Welsh Centre for Anatomical Education, University of Cardiff

Course Programme

Day 1

10th January 2014 (Friday)

0900 - 0930 **Registration and Introduction**

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

1900 – 2200: Complimentary Course Dinner

Day 2

11th January 2014 (Saturday)

0815 - 0830 Registration, coffee and croissants

0830 - 0900 Discussion on
• Drugs, its indications and potential complications

0900 – 1200: CADAVERIC WORKSHOP

Ultrasound-guided intervention, practical sessions

0900 - 1030:

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)

1030 – 1050: Break for refreshments

1050 – 1210:

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)

1210 - 1240: Lunch

1240 - 1500: CADAVERIC WORKSHOP

Ultrasound-guided intervention practical, session (Lower Limb)

1240 - 1410:

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

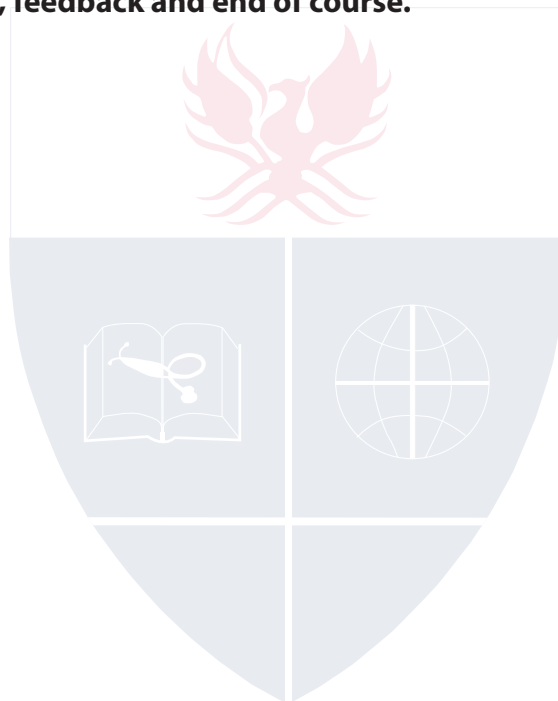
Group B: Elbow, Wrist and Hand (Intra articular and tendon sheaths injections, Injection and dry needling for medial and lateral epicondylitis)

1410 – 1430: Break for refreshments

1430 – 1500: Biopsy

1500 – 1530: Patient positioning

1530 – 1600: Summary, feedback and end of course.



DOCTORS

ACADEMY

Disseminating Medical Knowledge and Skills Globally