

4th CARDIFF CADAVERIC ULTRASOUND-GUIDED MUSCULOSKELETAL INTERVENTION COURSE (CCUMIC)

23rd and 24th January 2015

Welsh Centre for Anatomical Education, University of Cardiff

Course Programme

Day 1

23rd January 2015

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

1900 – 2200: Complimentary Course Dinner

Day 2

24th January 2015

0845 - 0900: Registration and Coffee

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)

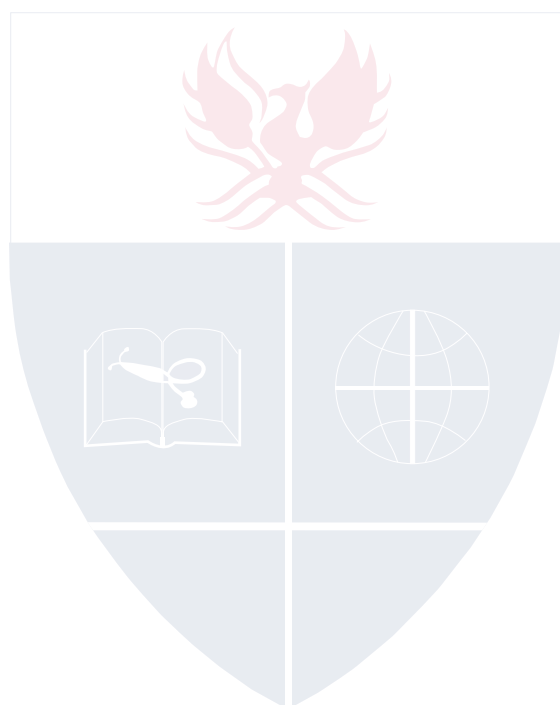
1330 - 1500:

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

Disseminating Medical Knowledge and Skills Globally