

# MSK ULTRASOUND GUIDED INJECTIONS

## DAY 1

- 08:30 - 09:00 Registration
- 09:00 - 09:15 Welcome & introduction - Course outline and objectives
- 09:15 - 10:30 Practical: Needle visualization/optimization techniques and in-plane, out-of-plane techniques
- 10:30 - 10:45 *Break*
- 10:45 - 12:45 Shoulder injection techniques: subacromial bursa, glenohumeral joint, AC joint, long head of the biceps
- 12:45 - 13:30 *Lunch*
- 13:30 - 15:00 Wrist & Hand injection techniques: wrist joint, 1st CMC, DQ, DRUJ, Trigger finger, Carpal tunnel
- 15:00 - 15:15 *Break*
- 15:15 - 16:30 Elbow injection techniques: elbow joint, tennis elbow, golfer's elbow
- 16:30 - 17:00 Closure day 1 - Q&A

## DAY 2

- 08:30 - 09:00 Registration
- 09:00 - 10:45 Knee injection techniques: knee joint, patellar tendon, pes anserine, pre patellar bursa
- 10:45 - 11:00 *Break*
- 11:00 - 12:30 Hip injection techniques: trochanteric bursa, hip joint
- 12:30 - 13:15 *Lunch*
- 13:15 - 15:15 Foot & Ankle injection techniques: ankle joint, plantar fascia, tib posterior, Achilles tendon, 1st MTP, Morton's neuroma
- 15:00 - 15:30 *Break*
- 15:30 - 16:30 Revision from Day 1 & Day 2
- 16:30 - 17:00 Closure day 1 - Q&A