BASIC Diagnostic Musculoskeletal Ultrasound for the Ankle

Workshop led by: Albert Kozar, DO, FAOASM, R-MSK
Monday, April 29, 2019 • 5:00 p.m.-9:00 p.m.

Course Faculty: Daniel Day, DO, FAOASM; Keith Hansen, DC; Sadiq Haque, DO, FAOASM; John Hill, DO; Albert Kozar, DO, FAOASM, R-MSK; Andrew Martin, DO, FAOASM; Bradley McCrady, DO; David Woodson, DO

Course Description: The Basic Diagnostic Musculoskeletal Ultrasound for the Ankle course is designed for those who would like to gain more experience with diagnostic scanning and have a practical hands-on experience with highly experienced faculty. This course will review the commonly recommended AMSSM/AIUM Guides for the completion of a complete ankle scanning exam. This course will focus on the normal anatomy and how to scan it. The emphasis will be on scanning technique and probe position. Differentiation of tenosynovitis, tendonosis, and tears will be highlighted.

Your Workshop Registration Fee includes:
- Refreshment breaks
- Workshop materials
- Up to 4.0 AOA Category 1-A CME, BOC, or AMA credit hours are available.

Course Agenda: Diagnostic Ultrasound of the Ankle – Standard Exam

4:00 p.m.-5:00 p.m.  Registration
5:00 p.m.-5:15 p.m.  Welcome & Intro Sports/Musculoskeletal Ultrasound Imaging – Albert Kozar, DO, FAOASM, R-MSK
5:15 p.m.-5:30 p.m.  Anterior Ankle Lecture – Daniel Day, DO, FAOASM
5:30 p.m.-5:45 p.m.  Medial Ankle Lecture – Sadiq Haque, DO, FAOASM
5:45 p.m.-6:00 p.m.  Lateral Ankle Lecture – John Hill, DO
6:15 p.m.-6:30 p.m.  Posterior Ankle Lecture – Keith Hansen, DC
6:30 p.m.-6:45 p.m.  Diagnosing Tenosynovitis, Tendonopathy, and Tear – Andrew Martin, DO, FAOASM
6:45 p.m.-7:00 p.m.  Break
7:00 p.m.-9:00 p.m.  Diagnostic Scanning Live Models: Shoulder Exam – Rotate between four stations (30 minutes each)
                 Stations 1 & 5: Anterior Ankle
                 Stations 2 & 6: Medial Ankle
                 Stations 3 & 7: Lateral Ankle
                 Stations 4 & 8: Posterior Ankle
2019 AOASM Pre-Conference Musculoskeletal Ultrasound Workshops

INTERMEDIATE/ADVANCED Diagnostic Musculoskeletal Ultrasound: An Exploration of the Foot & Ankle

Workshop led by: Albert Kozar, DO, FAOASM, R-MSK
Tuesday, April 30, 2019 · 8:00 a.m.-12:00 noon and 1:00 p.m.-6:00 p.m.

Course Faculty: Daniel Day, DO, FAOASM; Keith Hansen, DC; Sadiq Haque, DO, FAOASM; John Hill, DO; Albert Kozar, DO, FAOASM, R-MSK; Andrew Martin, DO, FAOASM; Bradley McCrady, DO; David Woodson, DO

Course Description: The Intermediate/Advanced Diagnostic Musculoskeletal Ultrasound for the Ankle & Foot region is designed to take the next step for those who have the basic, standard, examination of the ankle and foot down and would like to take their game to the next level. This course will start out with explorations beyond the basic ankle scan into the intricacies of the nerves, ligaments, and tendons, along with more complex dynamic evaluation. In the second half of the day, we will focus on multiple specialty ankle/foot topics of clinical difficulty and review how to perform diagnostic evaluation and US guided procedures that can put you ahead of the game. Our highly experienced faculty will focus on the normal anatomy and how to scan these topics but with more detail, while also presenting some pathology examples or injection examples where applicable. The emphasis will continue to be on scanning technique, probe position, and dynamic evaluation.

Your Workshop Registration Fee includes:
• Continental breakfast
• Refreshment breaks
• Workshop materials
• Up to 9.0 AOA Category 1-A CME, BOC, or AMA credit hours are available

Course Agenda
7:00 a.m.-7:50 a.m. Registration
7:50 a.m.-8:00 a.m. Welcome Remarks/Introductions

Morning Session: Advanced Diagnostic Imaging of Ankle/Foot
8:00 a.m.-8:30 a.m. The Compartments of the Lower Leg – Albert Kozar, DO, FAOASM, R-MSK
8:30 a.m.-9:00 a.m. The Intrinsic Muscles of the Midfoot & Forefoot – Bradley McCrady, DO
9:00 a.m.-9:30 a.m. Superficial Nerves of the Ankle & Foot & Hydrodissection Techniques – John Hill, DO
9:30 a.m.-10:00 a.m. Deep Nerves of the Ankle & Foot & Hydrodissection – Daniel Day, DO, FAOASM
10:00 a.m.-10:15 a.m. Break
10:15 a.m.-12:15 p.m. Diagnostic Scanning Live Models: Rotate between four stations (30 minutes each)
Stations 1 & 5: The Compartments of the Lower Leg
Stations 2 & 6: The Intrinsic Muscles of the Midfoot & Forefoot
Stations 3 & 7: The Superficial Nerves of the Ankle & Foot
Stations 4 & 8: The Deep Nerves of the Ankle & Foot
12:15 p.m.-1:30 p.m. Lunch (on your own)

Afternoon Session: Advanced Diagnostic Imaging of Ankle/Foot
1:30 p.m.-2:00 p.m. The Complex Tendons of Ankle/Foot: Assessing & Dealing with Tendonopathy – Andrew Martin, DO, FAOASM
2:00 p.m.-2:30 p.m. Static & Dynamic Assessment of Ankle Ligaments & Regenerative Treatment Techniques – Albert Kozar, DO, FAOASM, R-MSK
2:30 p.m.-3:00 p.m. The Heel Pain Syndrome: Common Causes & Mimics – Sadiq Haque, DO, FAOASM
3:00 p.m.-3:30 p.m. Assessment of the Functional Stability of the First MTP Joint – Keith Hansen, DC
3:30 p.m.-3:45 p.m. Q&A: Ask the Experts
3:45 p.m.-4:00 p.m. Break
4:00 p.m.-6:00 p.m. Diagnostic Scanning Live Models: Rotate between four stations (30 minutes each)
Stations 1 & 5: The Anterior Tibialis, Posterior Tibialis, & Peroneal Longus Tendons
Stations 2 & 6: Static & Dynamic Assessment of Ankle/Foot Ligaments
Stations 3 & 7: Heal Pain & Mimics
Stations 4 & 8: The First MTP Joint