Pre-Conference Musculoskeletal Ultrasound Workshops

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BASIC Diagnostic Musculoskeletal Ultrasound for the Elbow

5:00-5:15 Welcome & Intro Sports / Musculoskeletal Ultrasound Imaging
5:15-5:30 Anterior Elbow Lecture
5:30-5:45 Medial Elbow Lecture
5:45-6:00 Lateral Elbow Lecture
6:15-6:30 Posterior Elbow Lecture
6:30-6:45 The Elbow Joint & Articular Disc: Injection Approaches
6:45-7:00 Break
7:00-9:00 pm Diagnostic Scanning Live Models: Shoulder Exam -- Rotate b/t 4 stations (30 min each)
   Stations 1 & 2: Anterior Elbow
   Stations 3 & 4: Medial Elbow
   Stations 5 & 6: Lateral Elbow
   Stations 7 & 8: Posterior Elbow

INTERMEDIATE / ADVANCED Diagnostic Musculoskeletal Ultrasound: An Exploration of the Elbow & Forearm

8:00-8:30 Compartments of Forearm & Progressive Cross-Sectional Anatomy
8:30-9:00 It’s not Just an “Epicondylitis”: Origin of attachments of Common Extensors & Flexors
9:00-9:30 Tendonopathy Injection Techniques: Prolo, PRP, Tenex, and More
9:30-10:00 The Biceps & Brachialis: Multiple Diagnostic Views & Injection Approaches
10:15-12:15 Diagnostic Scanning Live Models: Rotate b/t 4 stations (40 min each)
   Stations 1 & 2: Cross Sectional Forearm Review
   Stations 3 & 4: Specific Origins of Common flexors & extensors
   Stations 5 & 6: Joint Injection Approaches
   Stations 7 & 8: Biceps Evaluation
1:30-2:00 Static & Dynamic Assessment of Elbow Ligaments & Regenerative Treatment Approaches
2:00-2:30 Superficial & Radial Nerves from Axilla to Forearm & Injection Techniques
2:30-3:00 Median & Ulnar Nerves from Axilla to Forearm & Injection Techniques
3:00-3:30 Posterior Elbow Impingement and Snapping Syndromes
3:30-4:00 Expert Panel Discussion: Regenerative Approaches to Elbow Region
4:15-6:15 Diagnostic Scanning Live Models: Rotate b/t 4 stations (40 min each)
   Stations 1 & 2: Static & Dynamic Elbow Assessment: Ligaments
   Stations 3 & 4: Superficial & Radial Nerves
   Stations 5 & 6: Ulnar & Median Nerves
   Stations 7 & 8: Static & Dynamic: Impingement & Snapping Syndromes