

The London Musculoskeletal Ultrasound Skills Course

An **intensive** and **practical two day course** on the use of
Ultrasound in the assessment of **musculoskeletal** injuries

Organised by Infomed Research & Training, on **Thursday 22 and Friday 23 April 2010**
at the Russell Square Conference Centre, 10-12 Russell Square, **London WC1B 5EH**

Course Director

Dr David Elias, Consultant Radiologist,
King's College Hospital, London

The Course Faculty

The course brings together a Faculty of leading
MSK Radiologists, who are experienced in providing
skills and practical ultrasound knowledge to all medical
specialities.

- Dr Otto Chan, Consultant Radiologist,
London Independent Hospital
- Dr Keshthra Satchi, Consultant Radiologist,
Hammersmith and Charing Cross Hospital, London
- Dr Helen Marmery, Consultant Radiologist,
Royal Free Hospital, London
- Dr Syed Babar, Consultant Radiologist, Hammersmith
and Charing Cross Hospital, London
- Dr Thomas Marshall, Consultant Radiologist,
Norfolk and Norwich University Hospital
- Dr Kathrin Hammer, Consultant Musculoskeletal
Radiologist, University Hospital of Wales and
Llandough, Cardiff
- Dr Leonard King, Consultant Radiologist,
Southampton General Hospital
- Dr Sivadas Ganeshalingam, Consultant
Radiologist, Whittington Hospital, London
- Dr Waseem Mazrani, Consultant Radiologist,
St Richard's Hospital, Chichester
- Dr Siobhan Green, Consultant Radiologist,
Wexham Park Hospital, Slough

Target Audience:

- Radiologists
- Rheumatologists
- Emergency Medicine Consultants
- Sports Medicine Physicians
- Orthopaedic Surgeons



BMUS



Course
endorsed
by BMUS

This course carries
1 Credit Point
(Category 2)
towards
the [ESSR Diploma](#)



Course Objectives:

- Gain an understanding
of musculoskeletal ultrasound
anatomy and techniques
- Learn to identify key
pathologies during lectures, with real-life
shots (dual screen setup) and video clips,
from expert musculoskeletal radiologists
- Practise **hands-on** US examination
of each joint in groups under the
supervision of recognised
musculoskeletal radiology experts

About the Course:

- Knowledge and practical skills
will be gained by a mixture of
lectures and skills stations
- Anatomy and pathologies on
Shoulder, Elbow, Wrist, Hand, Hip,
Knee, Ankle and Foot
- Interactive, focused lectures,
with extensive use of real-life
screenshots and video clips
- Immediate post-lecture
Practical Sessions with live demos with
models and patients (*the latter subject
to condition availability*)
- Ultrasound work at the Stations
facilitated by the Faculty and supported
by Senior Radiology Registrars
- Each delegate will be provided with
a CD-ROM with copies of the lecture
slides and other relevant information
- An opportunity for delegates
to practise on a variety of widely used
ultrasound scanning machines

COURSE EQUIPMENT AND TECHNICAL SUPPORT
IS KINDLY PROVIDED BY



GE Healthcare

DAY 1: THURSDAY 22 April 2010

08.45 – 09.45 **Registration and Welcome**

09.45 – 10.15

Introductory Lecture: Ultrasound, Knobology & Techniques

Topics to be covered

- Basic principles of grey scale and colour/power Doppler
- Tips on setting up and adjusting USS machines to optimise image quality for musculoskeletal applications
- Pitfalls and artefacts in musculoskeletal US
- Anisotropy and how to combat it
- Dynamic US techniques

10.15 – 10.45

Lecture 1: Shoulder Ultrasound

Topics to be covered (demo on a model)

- Anatomy
- Techniques: Advantages and disadvantages
- Pathologies, including rotator cuff tears and tendinopathy, capsulitis

10.45 – 12.00

PRACTICAL SESSION A

Shoulder Scanning

- Practical tips
- Comparison of different scanning techniques – from the front or behind?
- Cuff visualisation in different shoulder positions
- Differentiation between tendinopathy vs partial vs full thickness tears
- Dynamic examination for impingement

12.00 – 12.15 **Tea and Coffee Break**

12.15 – 12.45

Lecture 2: Elbow Ultrasound

Topics to be covered (demo on a model)

- Anatomy
- Techniques: Advantages and disadvantages
- Pathologies: Biceps/triceps tendon tears; tennis/golfers elbow; ligament injuries

12.45 – 13.30

Lunch

Delegates can practise USS

13.30 – 14.45

PRACTICAL SESSION B

Elbow Scanning

- Practical tips
- Positioning for optimum examination of different structures
- Practise examining the tricky distal biceps tendon

14.45 – 15.30

Lecture 3: Wrist & Hand Ultrasound

Topics to be covered (demo on a model)

- Anatomy: Carpal bones, muscles, nerves
- Techniques: Advantages and disadvantages
- Pathologies: Tendon disease, masses, synovitis

15.30 – 15.45

Tea and Coffee Break

15.45 – 17.00

PRACTICAL SESSION C

Wrist & Hand Scanning

- Practical tips
- Detecting a subtle injury
- How to spot tendon ruptures
- Some types of tendonitis and tenosynovitis
- How to diagnose common masses

17.00 – 17.30

Lecture 4: Ultrasound and Synovitis

Topics to be covered (demo on a model)

- Techniques/tips for assessment of synovitis
- Which joints to assess
- Pitfalls in the identification of synovitis / erosions

17.30

Close

DAY 2: Friday 23 April 2010

08.30 – 09.00

Registration

09.00 – 09.30

Lecture 5: Ultrasound in Sports Medicine

Topics to be covered (demo on a model)

- Anatomy
- Techniques: Advantages and disadvantages
- Pathologies: Tendon and muscle injuries, intra-articular and bony injuries

09.30 – 10.15

Lecture 6: Hip & Knee

Topics to be covered (demo on a model)

- Anatomy
- Techniques: Advantages and disadvantages
- Pathologies: Effusions and bursitis in the hip and knee; snapping hip; patellar tendinopathy

10.15 – 11.30

PRACTICAL SESSION D

Hip & Knee

- Practical tips
- Demonstration of inguinal anatomy
- Hip effusions
- Knee extensor mechanism

11.30 – 11.45 Tea and Coffee Break

11.45 – 12.30

Lecture 7: USS Interventional Techniques

Topics to be covered (demo on a model)

- Standard and unusual techniques
- Essential information
- MDT approach
- Value of post-injection physio and rehab

12.30 – 13.15

Lunch

Delegates can practise USS

13.15 – 14.30

PRACTICAL SESSION E

USS Interventional Techniques

Topics to be covered:

- Practise on Phantoms
- Practical tips
- Access in difficult patients

14.30 – 15.15

Lecture 8: Ankle & Foot

Topics to be covered (demo on a model)

- Anatomy
- Techniques: Advantages and disadvantages
- Tendinopathy and tendon tears
- Ligament injuries
- Plantar fasciitis
- Morton's neuroma

15.15 – 15.30

Tea and Coffee Break

15.30 – 16.45

PRACTICAL SESSION F

Ankle & Foot

Topics to be covered:

- Practical tips
- Normal tendon and ligament anatomy
- Tips for identification of Morton's neuroma
- Tendon and ligament injuries

16.45

Collection of Certificates and Close

On the Skills Stations

Ultrasound work at the Stations will be facilitated by the Faculty and supported by Senior Radiology Registrars. Each delegate will be provided with a CD-ROM with copies of the lecture slides and other relevant information. There will also be the opportunity for delegates to practise on a variety of widely used ultrasound scanning machines.

The lead MSK Faculty

Dr David Elias is a Consultant Musculoskeletal Radiologist who has worked at King's College Hospital, London, since 2001. He trained in radiology at the Royal London Hospital and then completed a one year fellowship programme in musculoskeletal imaging in Toronto, Canada. His interests include patellofemoral joint imaging (on which he has several peer reviewed publications), hand and wrist imaging and sports injury imaging.

Dr Otto Chan is a leading Consultant Radiologist, well known in the UK and internationally, with extensive experience in all aspects of GI, thoracic radiology, Emergency radiology and MSK/Sports Medicine, including all aspects of MSK intervention. He has published widely and is author and editor of many radiology books.

Dr Syed Babar is a Consultant Radiologist with a keen interest in Musculoskeletal Ultrasound and Orthopaedic Imaging. He is also an honorary senior lecturer at Imperial College London and Lead for Musculoskeletal at Imperial Healthcare NHS Trust. He teaches in Ultrasound at various radiology courses in London and abroad.

Dr Helen Marmery is an experienced Consultant Radiologist at the Royal Free Hospital specialising in Musculoskeletal and Trauma imaging. She has completed fellowship training in musculoskeletal imaging at the Nuffield Orthopaedic Centre, Oxford, and Trauma Imaging at the Shock Trauma Centre in Baltimore, USA. She has a particular interest in interventional musculoskeletal ultrasound.

Dr Thomas Marshall is a Consultant Radiologist and a keen sportsman with an interest in musculoskeletal imaging in sports related injuries; he runs the musculoskeletal ultrasound service at Norfolk and Norwich University Hospital. He is Clinical Director of Global Diagnostics UK and SportScan.

Dr Leonard King is a Consultant Musculoskeletal Radiologist at Southampton University Hospitals. He trained in Diagnostic imaging at the Barts Hospital in London and completed a one year Fellowship in Magnetic Resonance Imaging at Chelsea and Westminster Hospital. Special interests include trauma and sports imaging. He is a former Army Consultant Adviser in Radiology and Editor of the "ABC of Imaging in Trauma".

Dr Keshthra Satchi is a Consultant Radiologist at Hammersmith and Charing Cross Hospital, London, with particular interest in musculoskeletal breast imaging.

Dr Sivasdas Ganeshalingam is a Consultant Radiologist in musculoskeletal radiology at Barts and the London NHS Trust with a specialist interest in the imaging of sports injuries. He has done a fellowship in trauma and musculoskeletal radiology at the Royal London Hospital and sub-speciality training at University College Hospital and Nuffield Orthopaedic Centre, Oxford. He has a keen interest in musculoskeletal ultrasound and has lectured on various ultrasound courses.

Dr Kathrin Hammer is a Consultant Musculoskeletal radiologist at the University Hospital of Wales and Llandough, Cardiff, since 2001. She trained in Glasgow and did a one year musculoskeletal imaging fellowship in Toronto, Canada. Her special interests include ultrasound, sports injury imaging and therapeutic spinal intervention. She is an honorary lecturer at the University of Cardiff.

Dr Waseem Mazrani is a Consultant Radiologist with special interest in musculoskeletal radiology at St Richard's Hospital, Chichester. He trained at Barts and The London NHS Trust. He completed a musculoskeletal fellowship at the University of Toronto, Canada.

Dr Siobhan Green is a Consultant Radiologist at Wexham Park Hospital, Slough.

BOOKING FORM

The London Musculoskeletal Ultrasound Course

on **Thursday 22 and Friday 23 April 2010** at Conference Centre, Russell Square House, 10-12 Russell Square, London WC1B 5EH

DELEGATE FEE

Booking on or before 25th January 2010

*****Reduced Rate for early bookings****

£460 (inc. VAT) for both days

Booking after 25th January 2010

£495 (inc. VAT) for both days

Course fee includes web access to the latest Course data and presentations submitted by the faculty, lunch and refreshments and attendance certificate.

How To Book

Complete delegate and payment details, below, and fax to 020 8290 6917 or post to:

Infomed Research & Training Limited,
PO Box 1028, Bromley, BR1 9JP

You can also **BOOK ONLINE** at: www.infomedltd.co.uk

Confirmation, venue map and receipt will follow by email.

General queries: tel. 020 8123 0021,
fax 020 8290 6917,
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For a copy of this programme: www.infomedltd.co.uk

For information on accommodation: www.infomedltd.co.uk

DELEGATE DETAILS

I will attend **Both days** (22-23 April 2010)
 Day 1 (22 Apr 2010) **Day 2** (23 Apr 2010)

Title First Name

Surname

Job Title

Hospital

Address for correspondence Home Hospital

.....

.....

Post Code Country

Tel

Email *

* Required for confirmation

Special needs and special dietary requirements

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PAYMENT DETAILS

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Please find enclosed a cheque for the amount of £ made payable to **Infomed Research and Training Limited**, PO Box 1028, Bromley BR1 9JP

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TERMS AND CONDITIONS

1) The subscription fee includes CD with presentations, lunch and refreshments. 2) The completed booking form together with full payment must be sent to Infomed Research and Training Limited to secure a booking. Submission of this booking constitutes a legally binding agreement. 3) Payment must be received in full prior to the event. Course details will be issued subject to receipt of payment. We cannot be held responsible for the non-arrival of registration information. If you have not heard from us within 7 days prior to the Course, please contact us. 4) Bookings can be made by telephone but payment must be made in full by credit card at time of booking. 5) Written cancellations received 6 weeks prior to the Course will be accepted and refunded minus an administration charge of £70. We regret that no refunds can be made for cancellations received after that date, for whatever reason, although substitutions will be accepted if notified in writing 5 days or more prior to the event. 6) The Company reserves the right to alter the date, content and timing of the programme or the identity of the speakers due to reasons beyond its control. Under these circumstances, The Company will not refund delegates any expenditure made on pre-booked accommodation or travelling. 7) The Company does not accept responsibility for loss/damage delegates' property/personal effects whilst at the Course.

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