

2nd 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 **Monday 5 and Tuesday 6 July 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

This 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 Syed Babar, Consultant Radiologist, Hammersmith
and Charing Cross Hospital, London
- 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

Target Audience:

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



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: Monday 5 July 2010

08.45 – 09.45 **Registration and Welcome**

09.45 – 10.15

Introductory Lecture: Ultrasound, Knobology & Techniques

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

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

Dr Syed Babar, Consultant Radiologist,
Hammersmith and Charing Cross Hospital, London

Topics to be covered (demo on a model):

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

10.45 – 12.15

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

12.15 – 12.30 **Tea and Coffee Break**

12.30 – 13.00

Lecture 2: Elbow Ultrasound

Dr Waseem Mazrani,
Consultant Radiologist, St Richard's Hospital, Chichester

Topics to be covered (demo on a model):

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

13.00 – 13.45

Lunch

Delegates can practise USS

13.45 – 15.00

PRACTICAL SESSION B Elbow Scanning

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

15.00 – 15.30

Lecture 3: Wrist & Hand Ultrasound

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

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 – 16.45

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

16.45 – 17.15

Lecture 4: Ultrasound and Synovitis

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

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

17.15

Close

Day 2: Tuesday 6 July 2010

08.30 – 09.00

Registration

09.00 – 09.30

Lecture 5: Ultrasound in Sports Medicine

Dr Rosy Jalan,
Consultant Radiologist, Barts and The London NHS Trust

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

09.30 – 10.15

Lecture 6: Hip & Knee

Dr Leonard King, Consultant Radiologist,
Southampton General Hospital

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 – 12.15

Lecture 7: Ankle & Foot

Dr Keshthra Satchi, Consultant Radiologist,
Hammersmith and Charing Cross Hospital, London

Topics to be covered (demo on a model)

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

12.15 – 13.00 **Lunch***Delegates can practise USS*

13.00 – 14.10

PRACTICAL SESSION E**Ankle & Foot**

Topics to be covered:

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

14.10 – 15.00

Lecture 8:**USS Interventional Techniques**

Dr Otto Chan, Consultant Radiologist,
London Independent Hospital

Topics to be covered (demo on a model)

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

15.00 – 15.15 Tea and Coffee Break

15.15 – 16.30

PRACTICAL SESSION F**USS Interventional Techniques**

Topics to be covered:

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

16.30

Collection of Certificates and Close**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 Syed Babar is a Consultant Radiologist with a keen interest in Musculoskeletal Ultrasound and Orthopedic 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 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 Sivadas 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 Siobhan Green is a Consultant Radiologist at Wexham Park Hospital, Slough.

Dr Cynthia Gupte is a Locum Consultant Radiologist at Hammersmith and Charing Cross Hospitals, London, with interest in musculoskeletal and breast radiology.

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 Russell Houghton is a Consultant Radiologist at Guy's and St Thomas' NHS Foundation Trust, London.

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 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 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 Lisa Meacock is an SpR in Radiology at King's College Hospital, London.

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

Dr Sanjay Vijayanathan is a Consultant Radiologist at Guy's and St Thomas' NHS Foundation Trust, London.