

3rd 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 1 and Tuesday 2 November 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

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 web access to 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



BMUS



Course endorsed by BMUS

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



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Day 1: Monday 1 November 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 – 12.15

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

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

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

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 2 November 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 – 12.15

Lecture 7: 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

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**

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**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 password protected web access to 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 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 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.

BOOKING FORM

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on **Monday 1 and Tuesday 2 November 2010**,
at the Russell Square Conference Centre, Russell Square House,
10-12 Russell Square, **London WC1B 5EH**

COURSE FEE

NHS:

£495 (inc. VAT) for both days

Private sector:

£600 (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,
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For a copy of this programme: www.infomedltd.co.uk

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

DELEGATE DETAILS

Title First Name

Surname

Job Title

Hospital

Address for correspondence Home Hospital

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Post Code Country

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