

Preparing Clinicians to be Game ready!

The 2nd London Foot and Ankle Ultrasound and Interventions Course

An introduction to US imaging techniques and interpretation in the assessment of foot and ankle disorders for **Podiatrists, Sports & Exercise Physicians and Physiotherapists**, organised by Infomed Research & Training, on **Friday 27 January 2012**, at the Woburn House Conference Centre, 20 Tavistock Square, London WC1H 9HQ

Course Director

Dr Nat Padhiar, PhD
Consultant Podiatric Surgeon and Reader,
The Royal London Hospital

The Course Faculty

- **Dr Rosy Jalan**, Consultant Radiologist, Barts and The London NHS Trust
- **Dr Syed Babar**, Consultant MSK Radiologist, Hammersmith Hospital, London
- **Dr Muaaze Ahmad**, Consultant Radiologist, Barts and The London NHS Trust
- **Dr James Brown**, Interventional Sport and Exercise Medicine Physician, Mid Yorkshire Orthopaedic and Sports Injury Clinic
- **Dr Morné Wolmarans**, Consultant Anaesthetist, Norfolk and Norwich University Hospital
- **Dr Otto Chan**, Consultant Radiologist, London Independent Hospital
- **Dr Simon Parrington**, Consultant Anaesthetist, East Surrey Hospital, Redhill

Target Audience

- Podiatrists
- Sports and Exercise Physicians
- General Practitioners
- Physiotherapists

Course Objectives

This Course is essentially to introduce Podiatrists, Sports Physicians, GPs and Physiotherapists to US imaging techniques for evaluating foot and ankle disorders

- Learn to recognise normal foot and ankle anatomy and sonographic image appearance commonly associated with **key pathologies**, including trauma, arthritis, infection and bone and soft tissue neoplasms and ischemia
- **Practise hands-on ultrasound examination** of Med Ankle, Lat Ankle, Midfoot, Forefoot and Achilles on 'normal' models during practical sessions
- **A first step towards further MSK ultrasound training**
- Gain an understanding of ultrasound-guided **foot and ankle injection techniques**

About the Course

- Knowledge and practical skills will be gained by a mixture of lectures, demonstrations and skills stations
- Interactive, focused lectures, with extensive use of demos, real-life screenshots and video clips
 - Immediate post-lecture skills stations, facilitated by the Faculty, for supervised learning and practice on models and phantoms using a variety of widely used ultrasound scanning machines
- Attendees will be given web access to lecture slides
- Good knowledge of foot and ankle anatomy is assumed
 - No knowledge of ultrasound techniques and knobology is assumed



Approved by SCP
(Ref 06/11/M)
7 CPD Points

COURSE EQUIPMENT AND TECHNICAL SUPPORT IS KINDLY PROVIDED BY



COURSE PROGRAMME

08.30 – 09.00 **Registration and Welcome**

09.00 – 09.40

Lecture 1: Common Foot and Ankle Problems

Dr Nat Padhiar, PhD,
Consultant Podiatric Surgeon and Honorary Senior Lecturer, The Royal London Hospital

Topics to be covered (including demo on a model):

- Anatomy and physiology
- Conditions and pathologies
- When do we need Ultrasound?
- Other modalities
- Training and practice recommendations

09.40 – 10.10

Lecture 2: Ultrasound Physics, Knobology and Techniques

Speaker to be confirmed

Topics to be covered:

- Frequencies used
- Interaction with soft tissue including biological effects
- Basic principles of A, B, M real time and Duplex scanning
- 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

10.10 – 10.40

Lecture 3: Interventions

Dr Otto Chan,
Consultant Radiologist, London Independent Hospital
Topics to be covered (including live demo on a phantom):

- Needling, injecting and aspirating: standard and unusual techniques
- Essential information
- MDT approach
- Access in difficult patients
- Value of post-injection physio and rehab

10.40 – 11.00 **Tea and Coffee Break**

11.00 – 11.40

Lecture 4: Forefoot and Midfoot

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

Topics to be covered (including demo on a model):

- Imaging techniques: advantages and disadvantages
- What is 'normal' and what isn't
- The relevant interventions

11.40 – 12.40

PRACTICAL SESSION A

Forefoot and Midfoot Scanning

Attendees break into small groups for supervised 'hands-on' practice on a live model.

- Practical tips and scanning techniques
- Performing a thorough US examination in different planes
- Recognising normal anatomy

12.40 – 13.00

Lecture 5: Hindfoot and Med Ankle

Dr Syed Babar, Consultant Radiologist,
Hammersmith Hospital, London

Topics to be covered (including demo on a model):

- Imaging techniques: advantages and disadvantages
- What is 'normal' and what isn't
- The relevant interventions

13.00 – 13.40 **Lunch**

13.40 – 14.00

Lecture 6: Lat Ankle

Dr Muaaze Ahmad,
Consultant Radiologist, Barts and The London NHS Trust

Topics to be covered (including demo on a model):

- Imaging techniques: advantages and disadvantages
- What is 'normal' and what isn't
- The relevant interventions

14.00 – 15.00

PRACTICAL SESSION B

Hindfoot and Ankle Scanning

- Practical tips and scanning techniques
- Performing a thorough US examination in different planes
- Recognising normal anatomy



15.00 – 15.20

Lecture 7: Achilles and Calf

Dr James Brown,
Interventional Sport and Exercise Medicine Physician,
Mid Yorkshire Orthopaedic and Sports Injury Clinic

Topics to be covered (including demo on a model):

- Imaging techniques: advantages and disadvantages
- What is 'normal' and what isn't
- The relevant interventions

15.20 – 15.40 **Tea and Coffee Break**

15.40 – 16.40

PRACTICAL SESSION C

Achilles and Calf Scanning

- Practical tips and scanning techniques
- Performing a thorough US examination in different planes
- Recognising normal anatomy

16.40 – 17.00

Lecture 8: Lower Limb Nerves

Dr Morné Wolmarans, Consultant Anaesthetist, Norfolk and Norwich University Hospital

Note for Podiatrists: Lower Limb blocks will only be relevant to Podiatric Surgeons due to indemnity issues.

Topics to be covered (including demo on a model):

- Sciatic
- Popliteal
- Tibial
- Superficial Peroneal
- Sural

17.00 – 17.30

DEMONSTRATIONS AND VIDEO CLIPS

Locating Lower Limb Nerves

- Practical tips
- Scanning techniques

17.30

Collection of Certificates and Close

The Faculty

Dr Nat Padhiar, PhD, Consultant Podiatric Surgeon, Royal London Hospital. After graduating in Podiatry from Chelsea School of Podiatry, Dr Padhiar pursued a clinical career in Podiatric Surgery and Biomechanics and, an academic career in Podiatric Sports Medicine. In 1991 he was appointed Honorary Consultant Podiatrist in the Rheumatology Department at

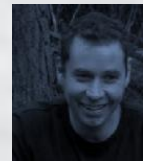
The Royal London Hospital. In 1993 he became Fellow of the Surgical Faculty, College of Podiatrists. In 1999 he was awarded a Doctor of Philosophy degree in the field of Orthopaedics & Sports Medicine from Barts and The London, Queen Mary School of Medicine and Dentistry. Dr Padhiar is also an Honorary Senior Lecturer, Internal Examiner and Module Leader in the Centre for Sports & Exercise Medicine (CSEM), Barts and The London, Queen Mary School of Medicine and Dentistry. Dr Padhiar's principal area of expertise is exercise induced leg pain (EILP) in sport and, in particular chronic compartment syndrome (CCS). His research interests are mainly associated with EILP but he has conducted audits and research looking at musculoskeletal conditions affecting the foot and ankle. Biomechanics of sports is also an interest area. Special interests include all sports, in particular endurance sport (marathon, etc.), cricket, tennis, rugby and football. Dr Padhiar was recently appointed by The London Organising Committee of the Olympic Games as an Expert Medical Volunteer and Lead Clinician for Podiatry at 2012 London Olympics and Paralympic Games.



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 at Hammersmith Hospital, London, with a keen interest in MSK US and Orthopaedic Imaging. He is also an honorary senior lecturer at Imperial College London and Lead for MSK at Imperial Healthcare NHS Trust. He teaches in US at various radiology courses in London and abroad.



Dr James Brown works in Leeds as an Interventional Sports Physician. He has lectured widely on diagnostic and interventional MSK US and recently written a curriculum for US of the ankle and foot. He has been involved in Rugby Football for over 15 years and, more recently, Ballet medicine. He founded the UK Association of Doctors in Sport in 2000.



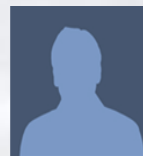
Dr Rosy Jalan is a Consultant Radiologist at Barts and The London NHS Trust. She qualified from University of Liverpool in 1991, specialised in clinical radiology and was appointed Consultant in 2002. She has a special interest in MSK radiology.



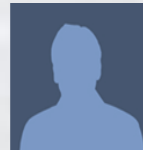
Dr Muaaze Ahmad, Consultant Radiologist, Barts and The London NHS Trust. Dr Ahmad qualified from University of Manchester. He completed his junior training at Barts and The London NHS Trust and in Melbourne, Australia. Dr Ahmad's practice includes trauma and musculoskeletal radiology. Dr Ahmad's research interests include a project on the image quality on PACS with different exposures which was presented in Sydney at the Australian college annual meeting. His recent publications include Ultrasound-guided autologous blood injection for tennis elbow, soft tissue and bone tumours.



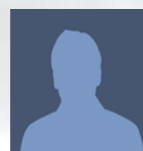
Dr Morné Wolmarans is a Consultant Anaesthetist at Norfolk and Norwich University Hospital. He studied at University of Pretoria, specialised in Anaesthesia in the UK and was appointed Consultant in 2005. He has a special interest in US-guided regional anaesthesia.



Dr Sivadas Ganeshalingam is a Consultant Radiologist 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 MSK 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 MSK US and has lectured on various US courses.



Dr Simon Parrington is a Consultant Anaesthetist at East Surrey Hospital, Redhill with a special interest in nerve blocks. In 2009, he completed a Fellowship in Regional Anaesthesia at Toronto Western Hospital.



Dr Adrian Lim is a Consultant Radiologist at Imperial College Healthcare NHS Trust and Head of Ultrasound at Charing Cross Hospital. He is also RCR tutor for Charing Cross Hospital and deputy director of research for the imaging department. His main interests include MSK US.

BOOKING FORM

The 2nd London Foot and Ankle Ultrasound and Interventions Course

An introduction to US imaging techniques and interpretation in the assessment of foot and ankle disorders

on **Friday 27 January 2012**

at the Woburn House Conference Centre,
20 Tavistock Square, London WC1H 9HQ

COURSE FEE

£295 (inc. VAT)

Course fee includes **web access to lecture slides before the course, lunch and refreshments, and certificate of attendance.**

No handouts will be given on the day.

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.

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Surname

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Hospital

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* Required for confirmation

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