

An introduction to the use of Ultrasound in the assessment of MSK injuries

The 7th London Musculoskeletal Ultrasound Skills Course

An intensive and practical two day course organised by Infomed Research & Training, on **Wednesday 25 and Thursday 26 April 2012**, at the Imperial Hotel, Russell Square, London WC1B 5BB

Course Director

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

The Course Faculty

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 Chandani Thorning**, Consultant Radiologist, East Surrey Hospital, Redhill
- **Dr Waseem Mazrani**, Consultant Radiologist, St Richard's Hospital, Chichester
- **Dr Shezad Hussain**, Consultant MSK Radiologist, Royal Berkshire Hospital NHS Foundation Trust, Reading
- **Dr Daniel Baron**, Sports Medicine Physician, King's College Hospital, London
- **Dr Derek Svasti-Salee**, Consultant Radiologist, Queen Mary's University Hospital, Roehampton
- **Dr Siobhan Green**, Consultant Radiologist, Wexham Park Hospital, Slough
- **Dr Lisa Meacock**, Consultant Radiologist, King's College Hospital, London
- **Mr James Dent**, Sonographer, King's College Hospital, London

Target Audience

The course is designed for clinicians new to MSK US, including:

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



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

✓ 10 CPD Points Certificate of Attendance

Course Objectives

The Course is essentially an introduction to US imaging and techniques for assessing musculoskeletal injuries:

- ☑ Gain an understanding of the physics, technology, instrumentation and techniques in MSK US
- ☑ Learn to recognise normal MSK anatomy under US
- ☑ Learn to identify sonographic image appearance commonly associated with key MSK pathologies
- ☑ Observe and practise ultrasound examination of each joint in different planes, covering shoulder, elbow, wrist and hand, hip, knee, and ankle and foot
- ☑ A first step towards further MSK US training

About the Course

- ☑ Knowledge and practical skills will be gained by a mixture of **lectures, demos** and **skills stations**
- ☑ Interactive, focused lectures, featuring real-life screenshots (dual screen setup) and video clips, covering anatomy and pathologies on shoulder, elbow, wrist and hand, hip, knee, and ankle and foot
- ☑ Immediate post-lecture Practical Sessions with live demos with models and patients (*the latter subject to condition availability*) and hands-on ultrasound work at Skills Stations under the supervision of experts in MSK imaging
- ☑ Opportunities to practise on a variety of widely used US scanning machines
- ☑ Web access in advance to copies of the lecture slides and other relevant information
- ☑ No knowledge of ultrasound knobology or techniques is assumed

COURSE EQUIPMENT AND TECHNICAL SUPPORT IS KINDLY PROVIDED BY



Day 1: Wednesday 25 April 2012

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**

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: Thursday 26 April 2012

08.30 – 09.00 **Registration**

09.00 – 09.30

Lecture 5: Sports Medicine Perspective on Lower Limb Bone Stress Injuries

Dr Daniel Baron, Sports Medicine Physician,
King's College Hospital, London

Topics to be covered (demo on a model)

- Envelope of load acceptance and risk factors
- Bone stress reactions to stress fracture
- Case studies – femur to foot
- Investigations – radiology emphasis
- Pearls and cautionary tale

09.30 – 10.15

Lecture 6: Hip & Knee Ultrasound

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 Ultrasound

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 – 13.25

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

13.25 – 14.10 **Lunch**

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 Amidevi Desai is a Consultant Radiologist at Guy's and St Thomas' Hospital NHS Foundation Trust.

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 Consultant Radiologist at Hillingdon Hospital, Uxbridge

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 an MSK fellowship at the University of Toronto, Canada.

Dr Lisa Meacock is a Consultant Radiologist 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 Derek Svasti-Salee is a Consultant Radiologist at Queen Mary's University Hospital, Roehampton.

Dr Chandani Thorning is a Consultant Radiologist at East Surrey Hospital, Redhill.

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

BOOKING FORM

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in the assessment of MSK injuries
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Ultrasound Skills Course**

on **Wednesday 25 and Thursday 26 April 2012**,
at the Imperial Hotel, Russell Square, London WC1B 5BB

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
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