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

The New London Musculoskeletal Ultrasound Skills Course

A ground-breaking practical course, featuring pre-course lectures online, live demos, ‘hands-on’ skills stations, and pathologies at iMac workstations.

This revised course is organised by Infomed Research & Training, on Thursday 12 and Friday 13 April 2018, at the Park Plaza County Hall Hotel, 1 Addington Street, London SE1 7RY (south end of Westminster Bridge)

Course Director
Dr David Elias, Consultant Radiologist, King’s College Hospital, London

The Course Faculty includes
A Faculty of leading MSK Radiologists, who are experienced in providing skills and practical ultrasound knowledge to all medical specialities, including:

- Dr Keshthra Satchi, Consultant Radiologist, King’s College Hospital, London
- Dr Bhavna Batohi, Consultant MSK Radiologist, King’s College Hospital, London
- Dr Ian Barros D’Sa, Consultant Radiologist, Sandwell and West Birmingham Hospitals NHS Trust
- Dr Shezad Hussain, Consultant MSK Radiologist, Royal Berkshire Hospital NHS Foundation Trust, Reading
- Dr Otto Chan, Consultant Radiologist, Whittington and London Independent Hospitals
- Mr James Dent, Sonographer, King’s College Hospital, London
- Ms Elspeth McKinnon, Clinical Specialist Sonographer, King’s College Hospital, London
- Dr Ajay Arora, Consultant in Radiology, Princess Royal University Hospital
- Dr Harish Nagraj, MSK Fellow, Royal National Orthopaedic Hospital, Stanmore
- Dr Mohamed Elsayad, Consultant Radiologist, Barking, Havering and Redbridge University Hospitals NHS Trust
- Dr Mahdi Alosert, Consultant in Emergency Medicine

Learning Outcomes
The Course is essentially an introduction to US imaging and techniques for assessing MSK injuries – a first step towards further MSK US training. The participants:

- Acquire a basic 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

This course carries 1 Credit Point (Category 2) towards the ESSR Diploma
Day 1

08.30 – 09.30 Registration

09.30 – 09.45 Welcome and introduction

09.45 – 10.15 MSK Ultrasound Review

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

10.15 – 10.30 Shoulder Ultrasound Demo

10.30 – 12.30 Shoulder Ultrasound Skills Stations
Attendees divide into groups. Each group rotates through different skills stations for hands-on learning and practice under expert supervision. Skills stations cover:

- Biceps Tendon. Subcapularis.
- Posterior Joint/Spinoglenoid notch. AC Joint.
- Shoulder pathology recognition (iMac workstations).

includes a tea and coffee break (20 minutes)

12.30 – 13.20 Lunch

13.20 – 13.35 Wrist and Hand US Demo

13.35 – 15.05 Wrist and Hand Skills Stations
Attendees again divide into groups, each group rotating through different skills stations. The stations cover:

- Carpal Tunnel and Guyons canal. Finger flexor tendons and pulleys.
- Extensor Compartments at the wrist. Extensor tendons in the fingers. Collateral ligaments.
- Inflammatory arthritis screen.
- Wrist and hand pathology recognition (iMac workstations).

15.05 – 15.25 Tea and Coffee Break

15.25 – 16.05

USS Interventional Techniques

Dr Otto Chan, Consultant Radiologist,
Whittington and London Independent Hospitals

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

16.05 – 17.05

USS Interventional Techniques
Skills stations covering:

- Practise on phantoms.
- Practical tips.
- Access in difficult patients.

17.05 – 17.15

Collection of Day One Feedback

17.15 Close

Day 2

08.30 – 09.30 Registration

09.30 – 09.45 Hip and Knee Demo

09.45 – 11.55 Hip and Knee Skills Stations
Attendees, in groups, rotate through skills stations covering:

- Knee extensor mechanism. Knee MCL and medial joint line.
- Knee lateral ligament structures and lateral joint line.
- Knee popliteal fossa and pes anserinus. Hip hamstring origin and sciatic nerve.
- Hip and knee pathology recognition (iMac workstations).

includes a tea and coffee break (20 minutes)
Dr David Elias is a Consultant MSK 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 Mohamed Elsayad is 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 Keshthra Satchi is a Consultant Radiologist at King’s College Hospital, London, with particular interest in musculoskeletal breast 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 Chandani Thorn is a Consultant MSK Radiologist at Epsom and St Helier University Hospitals NHS Trust. She trained at St Mary’s Hospital, Imperial College NHS Trust, and completed an MRI fellowship at St Mary’s Hospital, London. She was a Consultant Radiologist at East Surrey Hospital for several years before starting at Epsom and St Helier in September 2015.

Dr Lisa Meacock is a Consultant Radiologist, King’s College Hospital, London. Her special interests include MSK imaging and trauma imaging. She is the Radiology lead for trauma imaging for The South East London, Kent and Medway Trauma Network.

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 Elizabeth Dick is a Consultant Radiologist and Hon Senior Lecturer at Imperial College Healthcare NHS Trust with expertise in MSK, Trauma Radiology and Body MRI, subjects upon which she has published and lectured nationally and internationally. She is a keen teacher, has published several books and a CD Rom for training Radiologists, and taught on numerous UK postgraduate courses to medical and paramedical specialists.

Dr Waseem Mazar is a Consultant Radiologist with special interest in MSK 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 Mohamed Elsayad 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 Keshthra Satchi is a Consultant Radiologist at King’s College Hospital, London, with particular interest in musculoskeletal breast imaging.

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Dr Mohamed Elsayad is a Consultant Radiologist with a special interest in musculoskeletal and gastrointestinal imaging at Queens's Hospital in East London. He trained in diagnostic imaging at Sheffield Teaching Hospital and Guy's and St Thomas'. He completed a year of combined fellowship at the NOC in Oxford and RNOH in Stanmore. He is a keen teacher and has taught on multiple post graduate courses. His interests include sports medicine and the utility of micro bubble contrast ultrasound in diagnostic imaging.
Pre-course learning materials

The course builds on the London MSK Ultrasound Skills Course that has been running with great success since 2010. The 2017 programme is revised with a view to:

- allowing participants to view lectures online (video and slides) at their leisure before the course (and for revision after the course); and
- allowing much more time for ‘hands-on’ learning and practice on the course days proper

NB The online lectures are required viewing before the course

Course website

The online lectures

Introduction to MSK US: Dr David Elias (22 mins).
Shoulder Ultrasound: Dr Syed Babar (42 mins).
Elbow US: Dr Chandani Thorning (33 minutes).
Hand & Wrist US: Dr Lisa Meacock (30 mins).
Ultrasound and Synovitis: Dr David Elias (23 mins).
Hip Ultrasound: Dr Leonard King (28 mins).
Knee Ultrasound: Dr Leonard King (23 mins).
Foot and Ankle Ultrasound: Dr Keshthra Satchi

The online lectures are required viewing before the course:

- After booking, the participant will receive a link, username and password, allowing online access for up to six months after the course.
- After viewing, the participant can save and/or print an Online Learning Certificate (3 hours).
- On the course days proper, participants will have opportunities to ask questions during the Review sessions before each practical session.