



Canadian Academy of Sport and Exercise Medicine

ACMSE Académie canadienne de la médecine du sport et de l'exercice



# CASEM MSK LOWER LIMB ULTRASOUND GUIDED INJECTIONS

Saturday and Sunday

September 28<sup>th</sup> and 29<sup>th</sup> 2019

University of Ottawa Skills and Simulation

Centre (uOSSC)

Ottawa, ON

Preliminary Program

Limited Space Available!



# MSK Ultrasound Planning Committee

Jonathan Halperin MD, Dip. Sport Med.

Jon A. Jacobson, MD



## Dr. Jonathan Halperin MD

Board certified: Physical Medicine and Rehabilitation, Dip Sport Med CASEM; CAQ Sports Medicine ABMS, Sharp Rees Stealy Medical Group San Diego, CA, Medical School: Queens's University at Kingston, Ontario Canada, Residency: Loma Linda University Medical Center (PM&R), Team Physician: Canadian National Alpine and Para-alpine Ski Teams, Co-course director AAPMR lower limb MSK Ultrasound course.



## Dr. Jon A. Jacobson, MD

Jon A. Jacobson, MD is a Professor of Radiology and Director of the Division of Musculoskeletal Radiology in the Department of Radiology at the University of Michigan.

Dr. Jacobson earned his medical degree at Wayne State University and completed his diagnostic radiology residency in Detroit, Michigan. Following his Musculoskeletal Fellowship at University of California, San Diego, he joined the faculty at the University of Michigan in Ann Arbor, Michigan where he is a Professor of Radiology and Director of the Division of Musculoskeletal Radiology. Dr. Jacobson's research interests include musculoskeletal ultrasound and MRI. Dr. Jacobson academic achievements include over 160 peer-reviewed publications and over 900 invited national and international lectures or workshops. Dr. Jacobson has been a visiting professor on 29 occasions and is also active in various medical societies and reviews for several journals. Jon was recognized by the International Skeletal Society and awarded the President's Medal, and has received numerous teaching and mentoring awards from the residents at University of Michigan.

In 2008, Dr. Jacobson authored the reference book *Fundamentals of Musculoskeletal Ultrasound*, a volume in the *Fundamentals of Radiology* series, which is now in its second edition.

### Declaration of Potential Conflicts of Interest

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing of the subject matter of this program.

### Accreditation

Please contact Helen Haworth [hthaworth@casem-acmse.org](mailto:hthaworth@casem-acmse.org) at head office for CME status.

## COURSE LOCATION

**The Ottawa Hospital, Civic Campus  
Loeb Research Building – 1st floor**

725 Parkdale Ave

Ottawa ON

K1Y 4E9

Google map link:

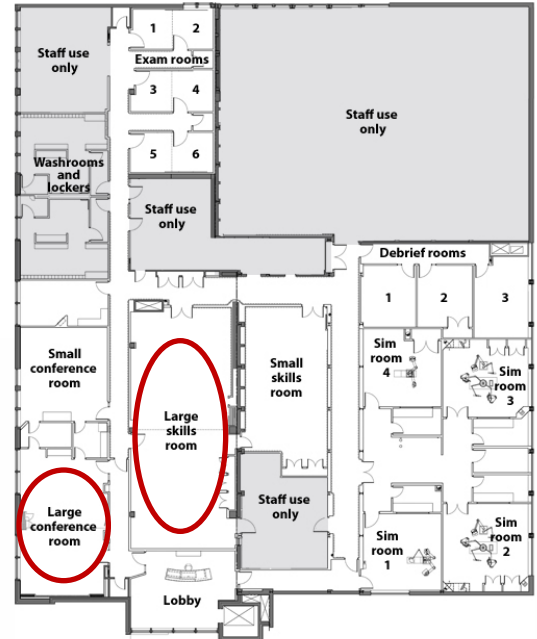
<https://goo.gl/maps/7Tt5Cspdtxq>



uOttawa

Faculté de médecine  
Faculty of Medicine

uOSSC Simulation Centre Map



## MSK FACULTY

### **MSK Ultrasound Teaching Faculty**

Jon Halperin MD, Dip. Sport Med

Jon Jacobson MD

Julia Iafrate, MD

Martin Lamontagne, MD

Gerry Malanga, MD

Rose Martel, MD, Dip. Sport Med.

Marcos Sampaio, MD

Jeff Strakowski MD

### **MSK Ultrasound Lab Faculty**

David Mai, MD, CCFP (SEM) Dip Sport Med

Taryn Taylor, MD, CCFP (SEM) Dip Sport Med

Jessica Curran, MD, CCFP (SEM), Dip. Sport Med



**MSK LOWER LIMB ULTRASOUND GUIDED INJECTIONS**  
**SATURDAY 28 September, 2019**

|                    |  |
|--------------------|--|
| 07:00-08:00        | <b>Registration and Breakfast</b>  |
| 08:00-08:20        | <b>Welcome /Faculty Introduction/ Course Overview</b>  |
| 08:20-08:40        | <b>MSK Ultrasound Basic Physics, Knobology, and Ergonomics</b><br>- Marcos Sampaio   |
| 08:40-09:00        | <b>Imaging Conventions, Tissue Differentiation, and Artifacts</b><br>- Marcos Sampaio  |
| 09:00-09:30        | <b>The Hip Region : Normal Anatomy as Seen with Ultrasound</b><br>- Jon Halperin   |
| 09:30-10:00        | <b>The Hip Region: Normal and Abnormal Features with MRI and Ultrasound Correlations</b><br>- Jon Halperin                           |
| <b>10:00-10:30</b> | <b>BREAK—Questions and Answers</b>   |
| 10:30-11:00        | <b>The Knee, Ankle and Foot: Normal Anatomy as Seen with Ultrasound</b><br>- Julia Iafrate   |
| 11:00-11:30        | <b>The Knee, Ankle and Foot: Normal and Abnormal Features with MRI and Ultrasound Correlation</b><br>- Jon Jacobson                  |
| 11:30-12:00        | <b>The Basics of MSK Ultrasound Guided Injections</b><br>- Jon Halperin  |
| <b>12:00- 1:00</b> | <b>LUNCH</b>   |
| 1:00-1:30          | <b>Ultrasound Guided Hip Region Injections</b><br>- Gerry Malanga  |
| 1:30- 2:00         | <b>Ultrasound Guided Knee Injections</b><br>- Jeff Strakowski  |
| 2:00- 2:30         | <b>Ultrasound Guided Foot and Ankle Injections</b><br>- Martin Lamontagne  |
| 2:30- 3:00         | <b>Ultrasound Diagnosis and Treatment of Lower Limb Tendinopathy</b><br>- Gerry Malanga  |
| <b>3:00-3:30</b>   | <b>BREAK</b>   |
| 3:30-4:00          | <b>Ultrasound Diagnosis and Treatment of Focal Neuropathies in the Lower Limb With Focus on Hydrodissection</b><br>- Jeff Strakowski |
| 4:00-4:30          | <b>Demo: MSK US Exam of the Hip</b><br>- Jon Jacobson  |
| 4:30-5:00          | <b>Demo: Knee, Foot and Ankle Ultrasound Exam</b><br>- Martin Lamontagne   |



**MSK LOWERLIMB ULTRASOUND GUIDED INJECTIONS**  
**SUNDAY 29 September, 2019**

**07:00-08:00**      **Registration and Breakfast**

**07:00-11:00**

**CADAVER LAB ( Group A—16 attendees and four faculty. 60 minutes per station)**

- Station one:      Hip Injections (Anterior and medial hip)**  
a. Anterior hip injection  
b. Iliopsoas tendon and bursa injection  
c. Rectus femoris tendon injection  
d. Adductor tendon origin injection
- Station two:      Hip Injections (Lateral and posterior hip)**  
a. Greater trochanteric region injection (tendon and bursa)  
b. Hamstring tendon injection techniques  
c. Piriformis muscle injection
- Station three:    Thigh and Knee Injections**  
a. Techniques for knee joint injection  
b. Pes anserine bursa/tendon injection  
c. Approach to Baker cyst aspiration/injection  
d. Patellar tendon injection techniques
- Station four:     Foot and Ankle Injections**  
a. Anterior ankle joint injection  
b. Peroneal tendon sheath injection  
c. Posterior tibial tendon sheath injection  
d. Posterior tibial nerve injection  
e. Achilles tendon injection techniques  
f. Plantar fascia injection  
g. Morton's neuroma injection

**DRY LAB ( Group B—16 attendees and four faculty. Four models 60 minutes per station )**

- Station one:      Hip exam**
- Station two:      Knee exam**
- Station three:    Foot and Ankle exam**
- Station four:     Needle Guidance and Lower Limb Nerves ( turkey breast and blue phantom)**

**11:00-12:00**      **LUNCH**

**12:00-16:00**

**CADAVER LAB REPEATED**  
**(Group B—16 attendees and four faculty. Four models 60 minutes per station )**

**DRY LAB REPEATED**  
**(Group A—16 attendees and four faculty. Four models 60 minutes per station )**



REGISTRATION FORM

**CASEM MSK UPPER LIMB ULTRASOUND  
GUIDED INJECTIONS- LOWER LIMBS  
Ottawa, ON—28-29 September 2019**



**\*\*Please note that this course is intended for those who have already completed a CASEM Basic MSK ultrasound course previously. \*\***

**COURSE REGISTRATION FEE**

(Please circle an option)

CASEM Member

\$ 1100.00 CDN

Non Members

\$ 1400.00 CDN

First & Last Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Postal Code \_\_\_\_\_

E-mail Address \_\_\_\_\_

Tel. \_\_\_\_\_

Method of payment (please circle)

Credit Card VISA \_\_\_\_\_ M/C \_\_\_\_\_ Cheque included \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiry Date m/y \_\_\_\_\_ CVC number: \_\_\_\_\_

Signature \_\_\_\_\_

**Please complete the form and send to [cpd@casem-acmse.org](mailto:cpd@casem-acmse.org) or by fax at 613-912-0128**

**CANCELLATION POLICY**

**A \$100.00 CDN cancellation fee will apply to all reimbursements issued prior to July 31st 2019. After this date no refunds will be issued.**

**Please complete the registration form with a method of payment and return to:**

**CANADIAN ACADEMY OF SPORT AND EXERCISE MEDICINE**

55 Metcalfe Street, Suite 300, Ottawa, ON K1P 6L5

Tel: 613-748-5851 Fax: 613-912-0128

[www.casem-acmse.org](http://www.casem-acmse.org)

**\*\* Please note that CASEM/ ACMSE reserves the right to cancel the course due to low enrollment. \*\***