

OCTOBER 28-29, 2023

CASEM MSK Lower Limb Ultrasound Guided Injections Course

UNIVERSITY OF OTTAWA SKILLS AND
SIMULATION CENTRE
OTTAWA, ON



REGISTER

***Course limited to
40 participants!***

About

CASEM is back in Ottawa with the Advanced MSK Ultrasound Course with focus on ultrasound guided injections of the lower limbs. The course includes lectures, live demonstrations and cadaver lab workshop sessions.

Led by Dr. Jon Halperin, this international faculty, including Cambridge radiologist Dr. Andrew Grainger, will work with a small participant group to ensure maximum learning.

Course Planning Committee

Dr. Jon Halperin

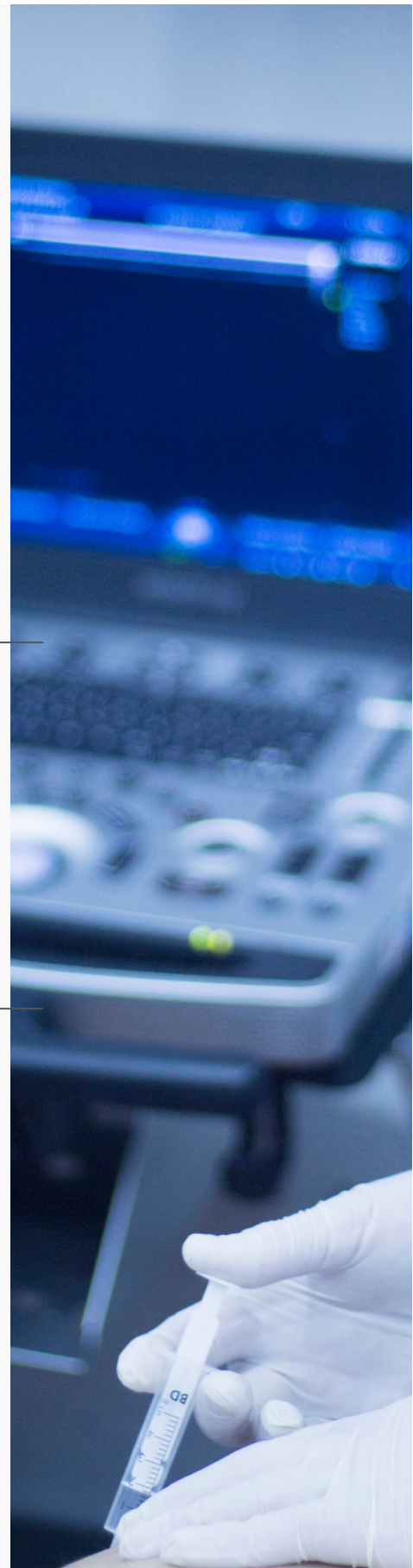
MD, FABPMR, Dip. Sport Med., RMSK

Dr. David Mai

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

MSK Ultrasound Teaching Faculty

- Jon Halperin MD, FABPMR, Dip. Sport Med., RMSK
- Lisa Billone, DMS, RMSKS
- John Cianca, MD, FAAPMR
- Dyan V Flores, MD, FPCR, FRCR
- Andrew Grainger, MD FRCR
- Martin Lamontagne, MD, FRCPC, Dip. Sport Med.
- Evan Peck, MD, FAAPMR
- Marcos Sampaio, MD, FRCPC
- Derek Petit, MD FRCPC, Dip. Sport Med.



Overall Learning Objectives

1. Describe the advantages of Ultrasound guided joint injections over Land Mark based joint injections in the lower limb
2. Demonstrate the various techniques of performing an ultrasound guided intra-articular injection of the lower limb joints
3. Visualise the Ultrasound appearance of normal versus abnormal tendon echotexture in tendons of the lower limbs.
4. Demonstrate the proper patient positioning for performing an ultrasound guided proximal tendon injection/ fenestration under ultrasound guidance
5. Describe the techniques used to augment the ability to visualize key nerves in the lower limb using MSK ultrasound
6. Outline the advantages and disadvantages of an in plane (long axis) versus and out of plane (short axis) ultrasound guided injection

Accreditation

This one-credit-per-hour group learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 16 Mainpro+ credits.

Members of the American Academy of Family Physicians are eligible to receive up to Prescribed credits hours for attendance at this event due to a reciprocal agreement with the College of Family Physicians of Canada.

Keynote Speaker

Dr. Andrew Grainger

Consultant Musculoskeletal Radiologist,
Cambridge University Hospitals, UK



Dr. Grainger is a consultant musculoskeletal radiologist at Cambridge University Hospital, UK and a Fellow of Peterhouse at the University of Cambridge. Within the radiology subspeciality he has particular interests in musculoskeletal ultrasound, sports imaging and imaging arthritis. In addition to teaching radiology to clinical and pre-clinical students at Cambridge University, Dr. Grainger teaches human anatomy in the cadaveric laboratory and classroom.

In addition to his local teaching commitments, he is also in demand teaching and lecturing on national and international platforms. He has served as visiting professor to several institutions and is a co-organiser of the British Musculoskeletal Ultrasound Course based in Leeds and Oxford. He is currently president of the British Society of Skeletal Radiology. He has served on, and chaired committees for the International Skeletal Society, the European Society of Radiology and the Radiological Society of North America.

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Dr Grainger has over 150 peer reviewed publications and invited reviews and has contributed 25 book chapters. He is co-editor of 7 books.

Location



**The Ottawa Hospital, Civic Campus
Loeb Research Building – 1st floor**
725 Parkdale Ave, Ottawa, ON. K1Y 4E9

University of Ottawa Skills and Simulation Centre (uOSSC) is a national and international leader in simulation-based education and innovative research, promoting quality patient-centred health care.



Accommodation Information

CASEM has secured a limited number of rooms at the **Four Points by Sheraton Hotel & Conference Centre Gatineau-Ottawa** (35 Laurier St, Gatineau, Quebec J8X 4E9) starting at \$169.00 plus taxes.

Reservations can be made online here: [use this hotel link](#). Please note this rate is available until Tuesday, September 26, 2023 or until all rooms in the block have been sold.



DAY 1

SATURDAY, OCTOBER 28

TIMES IN EST

TIME	TITLE	SPEAKER
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7:30-8:00	Breakfast and Registration	
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8:00-8:20	Welcome, Faculty Introduction & Course Overview	Jon Halperin
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8:20-8:40	MSK Ultrasound Basic Physics, Knobology, and Ergonomics	Lisa Billone
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8:40-9:00	Imaging Conventions, Tissue Differentiation, and Artifacts	Lisa Billone
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9:00- 9:30	The Hip Region: Normal Anatomy as Seen with Ultrasound	Jon Halperin
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9:30- 10:00	The Hip Region: Normal and Abnormal Features with MRI and Ultrasound Correlations	Andrew Grainger
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10:00-10:30	Questions and Answers / Break	
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10:30-11:00	The Knee, Ankle and Foot: Normal Anatomy as Seen with Ultrasound	Evan Peck
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11:00-11:30	The Knee, Ankle and Foot: Normal and Abnormal Features with MRI and Ultrasound Correlation	Andrew Grainger
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11:30- 12:00	The Basics of MSK Ultrasound Guided Injections	Jon Halperin
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12:00- 1:00	Lunch	
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DAY 1

SATURDAY, OCTOBER 28

TIMES IN EST

TIME	TITLE	SPEAKER
1:00 -1:30	Ultrasound Guided Hip Region Injections	Dyan Flores
1:30-2:00	Ultrasound Guided Knee Injections	John Cianca
2:00-2:30	Ultrasound Guided Foot and Ankle Injections	Martin Lamontagne
2:30-3:00	Ultrasound Diagnosis and Treatment of Lower Limb Tendinopath	Evan Peck
3:00-3:30	Break	
3:30-4:00	Ultrasound Diagnosis and Treatment of Focal Neuropathies in the Lower Limb	John Cianca
4:00-5:00	Demo* MSK Ultrasound Exam of the Hip	Andrew Grainger
	MSK Ultrasound Guided Hip Injections	Marcos Sampaio
5:00-6:00	Demo* MSK Ultrasound Exam of Knee, Foot and Ankle	Dyan Flores
	MSK Ultrasound Guided Knee, Foot and Ankle Injections	Evan Peck

**First 30 minutes MSK Ultrasound Diagnosis Second 30 minutes demonstration of Ultrasound guided injections*

DAY 2

SUNDAY, OCTOBER 29

TIMES IN EST

TIME	TITLE	SPEAKER
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7:00-07:30	Registration and Breakfast	
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07:30-12:00	Cadaver Lab and Dry Lab for Groups A and B	
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CADAVER LAB *Group A.*

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:*

Station one: Hip exam

Station two: Knee exam

Station three: Foot and Ankle exam

Station four: Needle Guidance and Lower Limb Nerves (turkey breast & blue phantom)

12:00-1:00	Lunch	
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1:00-5:30	CADAVER LAB REPEATED (Group B) DRY LAB REPEATED (Group A)	
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