

Post-graduate Certificate Musculoskeletal Ultrasound

University of East London
Stratford Campus

Module 1 – Block 1

Day:

The Upper Limb

09.00–09.30 Registration and Introduction:

9.30–10.00 Physics and Techniques

- Frequencies and wavelengths
 - Grey scale image optimization. Colour and power Doppler
 - Anisotropy and other artefact
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10.00–10.30 Lecture: Shoulder Ultrasound

- Anatomy and technique. Normal and pathological including tendinopathy, impingement and rotator cuff tears. Injection techniques.
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10.30–10.50 Break

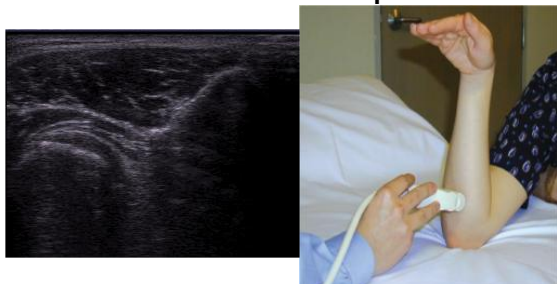
10.50–11.50 Practical Workshop: Shoulder



11.50-12.20 Lecture: Elbow Ultrasound

- Anatomy and technique. Normal and pathological including tennis and golfers elbow, biceps and triceps tendons, and articular assessment. Injection techniques.
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12.20-13.00 Practical Workshop: Elbow

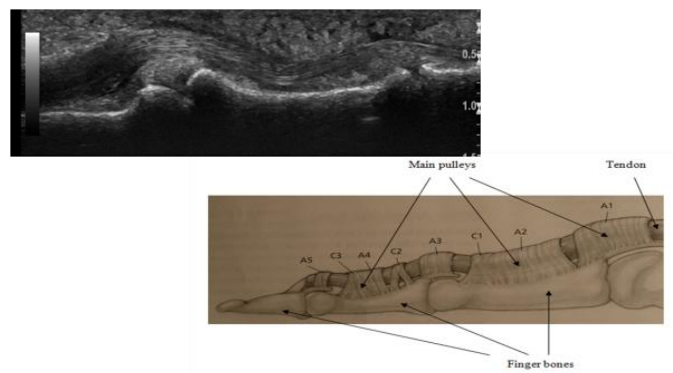


13.00–13.40 Lunch Break

13.40–14.10 Lecture: Wrist and hand Ultrasound

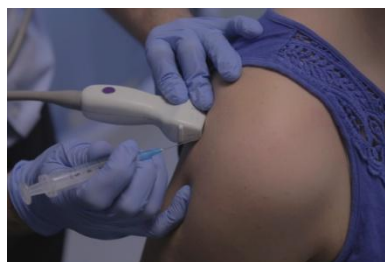
- Anatomy and technique. Assessment of the dorsal compartments and their respective tendons, assessment of articular structures, finger and thumb assessment and assessment of the carpal tunnel. Injection techniques.
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14.10–15.10 Practical Workshop: Wrist and hand



15.10–15.30 Break

15.30-16.30 Practical Review and Workshop: Injection Techniques



16.30 Close

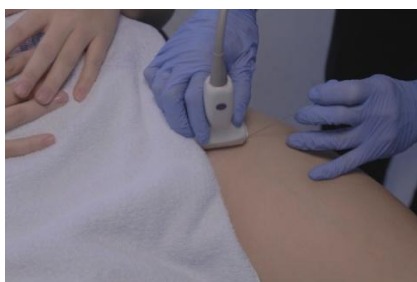
DAY 2:

Lower Limb

09.00-9.30 Lecture: Hip Ultrasound

- Anatomy and technique. Normal and pathological including assessment of the anterior hip joint. Tendinopathy of the gluteus medius and hamstrings. Injection techniques.
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09.30-10.30: Practical Workshop: Hip



10.30-10.50 Break

10.50-11.20 Lecture: Knee Ultrasound

- Anatomy and technique. Normal and pathological including assessment of the tendons and, ligament integrity. Tendinopathy. Injection techniques.

11.20-12.20 Practical Workshop: Knee

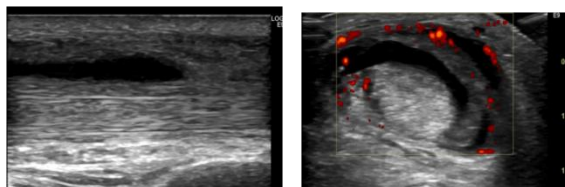


12.20-13.00 Lunch Break

13.00-13.20 Lecture: Ankle Ultrasound

- Anatomy and technique. Normal and pathological including articular assessment, ligament integrity and tendinopathy. Injection techniques.
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13.20-14.00 Practical Workshop: Ankle



14.00-14.20 Lecture: Foot Ultrasound

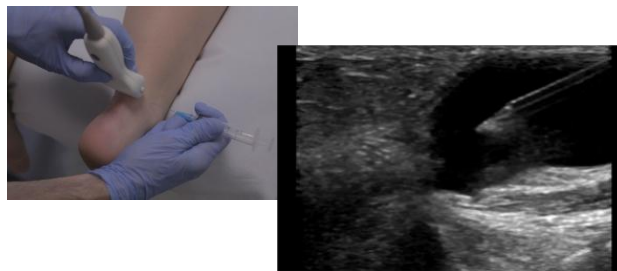
- Anatomy and technique. Normal and pathological including articular assessment, ligament integrity and tendinopathy, Assessment of the plantar fascia, and Morton's neuroma. Injection techniques.
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14.20-14.40 Break

14.40-15.30 Practical Workshop: Foot



15.30-16.30 Practical Review and Workshop: Injection Techniques



16.30 Close
