

Next Step Interventional Ultrasound Course: Hands-on PM&R Applications

Day 1: Dry Lab Stations

There will be 3 pods teaching on the areas described below with 3 stations at each pod. Participants will be placed in groups of 3-4 and rotate to each pod throughout the afternoon. 40 minutes are allotted for each rotation. There will be 1 faculty at each station.

Pod 1. Physical Exam Ultrasound Correlates

- Shoulder – ACJ, long head biceps tendon, supraspinatus tendon
- Elbow – cubital tunnel, common extensor tendon, common flexor-pronator tendon
- Wrist/Hand – 1st CMC
- Hip – gluteus medius tendon at greater trochanter
- Knee – MCL, distal ITB, patellar tendon
- Ankle/Foot – ATFL, plantar fascia, navicular bone

Pod 2. Upper Extremity Nerve & Muscle Identification

- Median nerve
- Ulnar nerve
- Arm muscles – brachialis, brachioradialis
- Forearm muscles – flexor carpi ulnaris, flexor digitorum profundus, flexor digitorum superficialis, pronator teres, flexor pollicis longus
- Wrist muscles – Pronator quadratus

Pod 3. Lower Extremity Nerve & Muscle Identification

- Tibial nerve
- Common peroneal nerve
- Sural nerve
- Thigh muscles – adductor magnus/longus/brevis
- Leg muscles – gastrocnemius, soleus, posterior tibialis

Next Step Interventional Ultrasound Course: Hands-on PM&R Applications

Day 1 and 2: Cadaver Stations

There will be 9 stations teaching on areas as described below. Participants will be placed in groups of 3-4 and rotate to each station throughout the rest of the course. 60 minutes per rotation. There will be one faculty member at each station.

Station 1. Shoulder Injections

- AC joint
- GH joint
- Biceps tendon sheath
- Subacromia/subdeltoid bursa
- *Rotator interval

Station 2. Knee Injections

- Knee joint
- Pes anserine bursa
- Distal ITB
- Patellar tendon tenotomy
- *Patellar tendon scraping

Station 3. Wrist and Hand Injections

- Carpal tunnel
- APL/EPB tendon sheath at the wrist
- Finger flexor tendon sheath
- CMC joint

Station 4. Hip Injections

- Hip joint
- Greater trochanter bursa
- Iliopsoas tendon sheath
- Ischiogluteal bursa injection

Station 5. Spasticity Management: Forearm Flexors Station

- Flexor carpi ulnaris
- palmaris longus
- flexor carpi radialis
- pronator teres
- flexor digitorum superficialis
- flexor digitorum profundus
- flexor pollicis longus
- pronator quadratus

Station 6. Spasticity Management: Lower Leg Station

- gastrocnemius, soleus
- posterior tibialis
- extensor digitorum
- extensor hallucis longus

Station 7. Ankle

- Tibiotalar joint
- Peroneus longus and brevis tendons
- *Achilles tendon
- Subtalar joint
- *Posterior tibialis tendon
- Plantar fascia
- 1st MTP joint

Station 8. Elbow

- Elbow joint
- Common extensor tendon tenotomy
- Distal biceps
- Perineural ulnar nerve
- **Common flexor tendon

Station 9. Anatomy (Scan Live Model)

- Shoulder