

ESSR OUTREACH MSK ULTRASOUND COURSE

UPPER & LOWER LIMB
JOINTS, MUSCLES, AND NERVES

26–29 SEPTEMBER 2019

WARSAW, POLAND

Hotel Mercure Warszawa Centrum, Żłota Street 48/54

ORGANISERS

Gina Allen

(UNITED KINGDOM)

and

Iwona Sudół-Szopińska

(POLAND)

LECTURERS and TUTORS

Gina Allen (UK)

Maciej Bień (PL)

Beata Ciszowska-Łysoń (PL)

Miriam De Dea (IT)

Elena Drakonaki (GR)

Davide Orlandi (IT)

Grzegorz Pracoń (PL)

Saulius Rutkauskas (LT)

Iwona Sudół-Szopińska (PL)

David Wilson (UK)

www.essrcourse2019.pl



PROGRAMME – ESSR OUTREACH MSK ULTRASOUND COURSE

UPPER & LOWER LIMB JOINTS, MUSCLES, AND NERVES

THURSDAY, 26 SEPTEMBER 2019

19:00–21:00 Welcome reception at Hotel Mercure Warszawa Centrum

DAY ONE – FRIDAY, 27 SEPTEMBER 2019

08:00–08:50 Registration

08:50–09:00 Welcome and Introduction – *Gina Allen*

SHOULDER

9:00–9:40 Normal anatomy and examination technique – lecture and live demo
– *Davide Orlandi and Saulius Rutkauskas*

9:40–9:55 Rotator cuff injury: how to detect complete and partial tears
– *Miriam De Dea*

9:55–10:05 Biceps tendon disease – fluid in the tendon sheath and tendinosis and
treatment – *Saulius Rutkauskas*

10:05–10:20 US of impingement and treatment – bursitis, supraspinatus
tendinopathy – *Gina Allen*

10:20–10:30 US assessment of muscle – *David Wilson*

10:30–10:45 COFFEE BREAK

10:45–10:55 Acromioclavicular joint problems – ganglia, osteoarthritis, injury and
instability – and treatment – *Elena Drakonaki*

10:55–11:05 Glenohumeral joint disease – Frozen Shoulder, OA and RA: Diagnosis
& Treatment – *Gina Allen*

11:05–11:15 Calcific tendinopathy and treatment – *Davide Orlandi*

11:15–11:25 US of the post-operative shoulder – *Davide Orlandi*

11:25–11:35 US brachial plexus and branches – *David Wilson*

11:35–11:50 COFFEE BREAK

11:50–13:20 Hands on training all Delegates and all Tutors (Shoulder)

13:20–14:00 LUNCH BREAK

14:00–16:30 Hands on training all Delegates and all Tutors (Shoulder)

16:30–17:00 COFFEE BREAK

ELBOW

- 17:00–17:30 Normal elbow anatomy: lecture and live demo – *Gina Allen and Elena Drakonaki*
- 17:30–17:40 Distal biceps brachii disease tendinosis and tearing – *David Wilson*
- 17:40–17:55 Epicondylitis: diagnosis and treatment – *Davide Orlandi*
- 17:55–18:10 Nerves – entrapment at the elbow – *Elena Drakonaki*
- 18:10–18:20 Elbow joint problems – OA and inflammatory arthropathy and treatment – *Iwona Sudół-Szopińska*
- 19:00–21:00 **DINNER AT HOTEL MERCURE WARSZAWA CENTRUM**

DAY 2 – SATURDAY, 28 SEPTEMBER 2019

HAND AND WRIST

- 8:00–8:30 US of wrist and hand anatomy: lecture and live demo – *Saulius Rutkauskas and Miriam De Dea*
- 8:30–8:45 Tendon disease in the hand and wrist and treatment – tendinosis, injury – *David Wilson and Gina Allen*
- 8:45–8:55 Entrapment neuropathies around the wrist – *Gina Allen and David Wilson*
- 8:55–9:05 Ligament problems – Stener, A1 and A2 – *Saulius Rutkauskas*
- 9:05–9:15 Joint problems – how to detect OA and arthropathy – *Grzegorz Pracoń*
- 9:15–9:30 **COFFEE BREAK**
- 9:30–12:00 Hands on training all Delegates and all Tutors (Elbow)
- 12:00–14:00 Hands on training all Delegates and all Tutors (Hand & Wrist)

LUNCH BREAK

HIP

- 14:45–15:25 Hip Anatomy – lecture and demonstration including hernias, greater trochanter and hip – *David Wilson and Davide Orlandi*
- 15:25–15:40 Groin disease – hip joint, muscle injury and hernias – *David Wilson*
- 15:40–15:50 US of snapping hip syndrome – *Gina Allen*
- 15:50–16:00 US of greater trochanteric pain syndrome – *Elena Drakonaki*
- 16:00–16:30 **COFFEE BREAK**
- 16:30–18:00 Hands on training all Delegates and all Tutors (Hip)

DAY 3 – SUNDAY, 29 SEPTEMBER 2019

KNEE AND ANKLE

Lecture and live demo of the following

- 8:00–8:20 Joints and muscles from knee to ankle – *Miriam De Dea and Elena Drakonaki*
- 8:20–8:50 US of Ankle Tendons and Ligaments – anterior and lateral – *David Wilson and Gina Allen*
- 8:50–9:20 US of Ankle Tendons and Ligaments – medial and posterior – *David Wilson and Gina Allen*
- 9:20–9:35 US of knee joint, tendon and other disease – *Elena Drakonaki*
- 9:35–9:55 US of ankle tendon and ligament disease – *Saulius Rutkauskas*
- 9:55–10:05 US of Morton's neuroma diagnosis and treatment – *Miriam De Dea*
- 10:05–10:15 US of the Plantar Fascia: diagnosis and treatment – *Davide Orlandi*

COFFEE BREAK

- 10:15–10:30
- 10:30–13:00 Hands on training all Delegates and all Tutors (Knee and Ankle)

LUNCH AND END OF THE COURSE

- 13.00–14:00