

# RSSA | SAMSIG MUSCULOSKELETAL ULTRASOUND COURSE SOUTH AFRICA PROGRAMME

21 – 23 APRIL 2023

## FRIDAY 21 APRIL 2023

09:00 – 09:15	Welcome and introduction	Catherine McCarthy (Co-Chair) Paul Rischbieter (Co-Chair)
<b>09:15 – 10:00</b>	<b>Key review of shoulder US Anatomy How I scan the shoulder – DEMO</b>	<b>Andrew Grainger Eugene McNally</b>
10:00 – 10:15	Biceps Brachii and rotator interval	Jon Jacobson
10:15 – 10:35	US of rotator cuff tears	Eugene McNally
10:35 – 10:50	Dynamic imaging of the shoulder	Jon Jacobson
10:50 – 11:00	Rotator cuff muscle atrophy – Can US assess it?	Andrew Grainger
<b>11:00 – 11:25</b>	<b>BREAK</b>	
11:25 – 11:45	Shoulder US beyond the rotator cuff	Andrew Grainger
11:45 – 12:00	US of the postoperative shoulder	Jon Jacobson
12:00 – 12:15	Barbotage - Tips and Tricks	Catherine McCarthy
12:15 – 12:30	Nerve blocks around the shoulder	Yaron Berkowitz
<b>12:30 – 13:00</b>	<b>Key review of elbow US Anatomy How I scan the elbow – DEMO</b>	<b>Catherine McCarthy Jon Jacobson</b>
<b>13:00 – 14:00</b>	<b>LUNCH</b>	
14:00 – 14:20	The biceps and triceps	Jon Jacobson
14:20 – 14:40	Elbow ligaments	Catherine McCarthy
<b>14:40 – 15:00</b>	<b>Nerves of the Upper Limb – DEMO</b>	<b>Andrew Grainger</b>
15:00 – 15:15	Nerve compression around the elbow	Eugene McNally
15:15 – 15:30	Epicondylitis and how I treat it	Catherine McCarthy
<b>15:30 – 16:00</b>	<b>BREAK</b>	
16:00 – 16:20	Muscle Injury - assessment and grading	Eugene McNally
16:20 – 16:40	Tendon Therapy - What do we inject & when?	Jon Jacobson
16:40 – 17:00	Soft Tissue Masses - What US tells us & what need biopsy?	Catherine McCarthy
<b>17:00 – 17:30</b>	<b>Q &amp; A</b>	
<b>17:30 – 19:00</b>	<b>Welcome function: Protea Technopark Hotel</b>	

## SATURDAY 22 APRIL 2023

<b>09:00 – 09:40</b>	<b>Key review of Hand &amp; Wrist US Anatomy How I scan the Hand &amp; Wrist – DEMO</b>	<b>Andrew Grainger Eugene McNally</b>
09:40 – 10:00	Hand & Wrist Retinaculæ and Ligaments	Catherine McCarthy
10:00 – 10:20	Tendon Disease and Injury of the wrist	Eugene McNally
10:20 – 10:30	Carpal Tunnel Syndrome - What do I look for	Andrew Grainger
10:30 – 10:45	US guided intervention for trigger finger	Eugene McNally
10:45 – 11:00	Imaging in Arthritis - Synovitis & Crystal Disease	Andrew Grainger
<b>11:00 – 11:30</b>	<b>BREAK</b>	
<b>11:30 – 12:10</b>	<b>Key review of Hip US Anatomy How I scan the Hip – DEMO</b>	<b>Catherine McCarthy Jon Jacobson</b>
12:10 – 12:25	US of greater trochanteric pain syndrome	Jon Jacobson
12:25 – 12:45	Other Hip Pathology - What use is ultrasound	Catherine McCarthy
12:45 – 13:05	Athletic Groin and Hernia	Jon Jacobson
<b>13:05 – 14:00</b>	<b>LUNCH</b>	

<b>14:00 – 14:20</b>	<b>Knee, Quads &amp; Hamstrings Anatomy and DEMO</b>	<b>Andrew Grainger</b>
14:20 – 14:40	Knee Pathology - What use is ultrasound	Jon Jacobson
<b>14:40 – 15:20</b>	<b>Key review of Foot &amp; Ankle US Anatomy How I scan the Foot and Ankle – DEMO</b>	<b>Eugene McNally Andrew Grainger</b>
15:20 – 15:30	Plantar fascia - Diagnosis and intervention	Eugene McNally
<b>15:30 – 16:00</b>	<b>BREAK</b>	
16:00 – 16:20	Medial ankle tendon disease and ankle ligaments	Andrew Grainger
16:20 – 16:35	Peroneal tendon disease	Catherine McCarthy
16:35 – 16:55	Foot and Ankle Nerve Entrapments & Morton's neuroma	Andrew Grainger
16:55 – 17:10	US of the plantar Plate	Catherine McCarthy
<b>17:10 – 17:30</b>	<b>Q &amp; A</b>	

## SUNDAY 23 APRIL 2023

Small group hands-on workshops

08:30 – 09:45 Session 1

09:45 – 11:00 Session 2

**11:00 – 11:30 BREAK**

11:30 – 12:45 Session 3

**12:45 – 13:30 LUNCH**

13:30 – 14:45 Session 4

14:45 – 16:00 Session 5

**16:00 CLOSE**