

Day One

**Hands-On
Scanning Training
The Top 5
Sports Medicine Injections**

9:00 ARRIVAL & REGISTRATION
Coffee & Tea
Muffins & Donuts
Introductions & Ice Breakers

**9:20 SPORTS MEDICINE SIMPLIFIED:
HOW TO EASILY TREAT
THE TOP 10**
Tenotomy
Cortisone
Hyaluronic Acid
Prolotherapy / PRP
BMAC & Adipose

9:40 SCREENOLOGY

10:10 SHOULDER
Subacromial Bursa
+ BONUS Supraspinatus Tendon

11:20 BREAK

11:30 ELBOW + HAND
Lateral Elbow
(Common Extensor Tendon)
1st CMC Joint

12:30 LUNCH

1:30 HIP
Hip Joint

2:30 BREAK

2:40 KNEE
Knee Joint (Suprapatellar recess)

3:50 BREAK

4:00 ANKLE
Tibiotalar Joint

5:00 END OF DAY

Day Two

**Hands-On
Scanning Training
The Top 10
Sports Medicine Injections**

9:00 WHAT TO CHOOSE & WHEN
Protocols for Sports Medicine

9:20 KNEE
Knee Joint (Suprapatellar recess)
+ BONUS Medial Patellar Approach

10:50 BREAK

11:00 HIP
Hip Joint
Greater Trochanteric Bursa
+ BONUS Gluteus Minimus &
Medius Tendon

12:30 LUNCH

1:30 SHOULDER
Subacromial Bursa
+ BONUS Supraspinatus Tendon
Glenohumeral Joint
+ BONUS Infrapinatus Tendon

2:50 BREAK

3:00 ELBOW + HAND
Lateral Elbow
(Common Extensor Tendon)
Medial Elbow
(Common Flexor Tendon)
1st CMC Joint
+ BONUS 1st MCP Joint

4:00 ANKLE & FOOT
Tibiotalar Joint
+ BONUS 1st MTP Joint
Plantar Fascia

5:00 END OF DAY

Day Three

**US-Guided Injection Training
on Cadaveric Specimens
+ Final Scanning
Mentoring**

9:00 US-GUIDED CADAVER INJECTIONS

- 1** Subacromial Bursa
+ BONUS Supraspinatus Tendon
- 2** Glenohumeral Joint
+ BONUS Infrapinatus Tendon
- 3** 1st CMC Joint
+ BONUS 1st MCP Joint
- 4** Lateral Elbow
(Common Extensor Tendon)
- 5** Medial Elbow
(Common Flexor Tendon)
- 6** Hip Joint
- 7** Greater Trochanteric Bursa
+ BONUS Gluteus Minimus &
Medius Tendon
- 8** Knee Joint (Suprapatellar recess)
+ BONUS Medial Patellar Approach
- 9** Tibiotalar Joint
+ BONUS 1st MTP Joint
- 10** Plantar Fascia

1:00 LUNCH

2:00 FINAL SCANNING SESSION
****Not in Cadaver Lab****

Bring loose shorts and t-shirt

This session is very important to help you consolidate your learning from the Boot Camp

Practice your patient positioning, probe skills, and ask all your burning questions!

4:00 END OF DAY