

Day One

Day Two

Day Three

**Hands-On
Scanning Training:
Master the Top 10
Sports Medicine Injections**

**Hands-On
Scanning Training:
Learn the Top 25
Sports Medicine Injections**

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

9:00 ARRIVAL & REGISTRATION

Coffee & Tea
Muffins & Donuts
Introductions & Ice Breaker

**9:20 SPORTS MEDICINE SIMPLIFIED:
HOW TO EASILY TREAT THE TOP 10**

Tenotomy
Cortisone
Hyaluronic Acid
Prolotherapy / PRP
BMAC & Adipose

9:40 SHOULDER

Subacromial Bursa
+ BONUS Supraspinatus Tendon
Glenohumeral Joint
+ BONUS Infraspinatus Tendon

11:20 BREAK

11:30 ELBOW + HAND

Lateral Elbow
(Common Extensor Tendon)
Medial Elbow
(Common Flexor Tendon)
1st CMC Joint

12:30 LUNCH

1:30 HIP

Hip Joint
Greater Trochanteric Bursa
+ BONUS Gluteus Minimus &
Medius Tendon

2:30 BREAK

2:40 KNEE

Knee Joint (Suprapatellar recess)
+ BONUS Medial Patellar Approach
Medial Joint Line

4:00 ANKLE & FOOT

Tibiotalar Joint
Plantar Fascia

5:00 END OF DAY

9:00 SHOULDER

Subacromial Bursa
+ BONUS Supraspinatus
Tendon Tears
+ BONUS Calcific
Tendinopathy Barbotage
Long Head of Biceps Tendon
AC Joint
Glenohumeral Joint
+ BONUS Infraspinatus Tendon
Frozen Shoulder

10:10 ELBOW

Lateral Elbow
(Common Extensor Tendon)
Medial Elbow (Common Flexor Tendon)
Elbow Joint

10:50 BREAK

11:00 HAND & WRIST

1st CMC Joint
+ BONUS 1st MCP Joint
Trigger Finger
Wrist Joint (Radiocarpal JOINT)
De Quervain's Tendon
(1st extensor comp)

12:30 LUNCH

1:30 HIP

Hip Joint
Greater Trochanteric Bursa
+ BONUS Gluteus Minimus &
Medius Tendon
Sacroiliac Joint (SIJ)

2:50 BREAK

3:00 KNEE

Knee Joint
+ BONUS Medial Joint Line
+ BONUS MCL & Pes Anserine Bursa
Quadriceps Tendinitis
Patellar Tendinitis
Baker's Cyst

4:00 ANKLE & FOOT

Bunion & Gout (1st MTP)
Plantar Fascia
Ankle Joint
Ankle Sprain (ATFL & AITFL)
Achilles Tendinitis

5:00 END OF DAY

9:00 US-GUIDED CADAVER INJECTIONS

Subacromial Bursa
+ BONUS Supraspinatus Tears
(PRP & Prolo)
+ BONUS Calcific Tendinopathy
Barbotage
Long Head of Biceps Tendon
AC Joint
Glenohumeral Joint
+ BONUS Infraspinatus Tendon
Frozen Shoulder
1st CMC Joint
Trigger Finger
De Quervain's Tendon (1st extensor comp)
Lateral Elbow (Common Extensor Tendon)
Medial Elbow (Common Flexor Tendon)
Elbow Joint
Hip Joint
Greater Trochanteric Bursa
+ BONUS Gluteus Minimus &
Medius Tendon
Sacroiliac Joint (SIJ)
Knee Arthritis
+ BONUS Medial Joint Line
+ BONUS MCL & Pes Anserine Bursa
+ BONUS Medial Patellar Approach
Quadriceps Tendon
Patellar Tendon
Baker's Cyst
Ankle Joint
Bunion & Gout (1st MTP)
Ankle Sprain (ATFL & AITFL)
Plantar Fascia
Achilles Tendon

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