

**Day One**

**Day Two**

**Hands-On Scanning  
Master the Top Sports Medicine Injections  
(SMU Top 1-50)**

**Hands-On Scanning  
Advanced Scanning for Nerve Injections  
(SMU 50-75)**

**9:00 What to Choose & When**

Cortisone, Hydrodissection, HA, PRP, Stem Cells & Surgery

**9:10 SHOULDER**

**GH Joint Injections**  
Posterior Approach  
Rotator Interval Approach  
**AC Joint Injections (Prolo/PRP)**

**Supra & Infraspinatus Tendon Tears (Prolo/PRP)**  
**Calcific Tendinopathy Barbotage**  
**Long Head of Biceps Tendon (Prolo/PRP)**

10:20 Break

**10:30 ELBOW**

**Elbow Joint Injections**  
Posterior Approach  
Lateral Approach  
**Common Extensor Tendons (Prolo/PRP)**  
**Common Flexor Tendons (Prolo/PRP)**  
**Ulnar Collateral Ligament (Prolo/PRP)**

**Distal Biceps & Bicipitoradial Bursa**  
Pronator Window for Assessment  
Posterior Approach for Injection (Prolo/PRP)  
**Triceps Tendinopathy (Prolo/PRP)**

**11:30 HAND & WRIST**

**Dorsal Wrist Pain**  
Wrist Joint OA  
Triscaphe OA  
Dorsal Ganglion Cysts  
**Volar Wrist Pain**  
Volar Ganglion Cysts

**Lateral Wrist Pain**  
ECU Injections  
TFCC Injections (Prolo/PRP)  
**Pulley Injuries**

**12:30 LUNCH**

**1:30 HIP**

**Anterior Hip**  
**Hip Joint Injections**  
**Iliopsoas Bursitis**  
**Rectus Femoris Direct & Indirect Head (Prolo/PRP)**  
**Pubic Symphysis (Prolo/PRP)**  
**Sports Hernia Scanning & Injections**  
Rectus Abdominis Tendons (Prolo/PRP)  
Adductor Tendons (Prolo/PRP)

**Lateral Hip**  
**Hip Bursa Injections**  
Greater Trochanteric Bursa  
**Hip Tendon Injections**  
Gluteus Minimus (Prolo/PRP)  
Gluteus Medius (Prolo/PRP)  
IT Band (Prolo/PRP)

**2:45 KNEE**

**Knee Joint Injections**  
**Baker's Cyst**  
**Parameniscal Cyst Drainage**  
**Medial Collateral Ligament (Prolo/PRP)**  
**Lateral Collateral Ligament (Prolo/PRP)**  
**Pes Anserine Tendons & Bursa**  
**Tibia-Fibula Joint (Prolo/PRP)**

**Quadriceps Tears**  
Scanning for tears  
Treatments for tears (Prolo/PRP)

3:20 Break

**3:30 FOOT & ANKLE**

**Ankle Joint Injections**  
Tibiotalar Joint Injection  
Sinus Tarsi Injection  
Subtalar Joint Injection  
**"Tennis Leg"**  
Medial Head Gastroc Tear (Prolo/PRP)

**Ankle Ligaments**  
ATFL + High Ankle AITFL (Prolo/PRP)  
CFL (Prolo/PRP)  
Deltoid (Prolo/PRP)  
**Achilles Tendon (Prolo/PRP)**

**5:00 END OF DAY**

**9:00 SHOULDER**

**Nerve Injections for the Shoulder**  
Dorsal Scapular Nerve Injection  
Suprascapular Nerve Block  
**Spinoglenoid Notch Cyst Drainage**

**Repeat Day 1 Scans until Perfect**

*GHJ Rotator Interval + LHB*

*ACJ & SCJ*

*Pectoralis Major Tear*

10:20 Break

**10:30 ELBOW, HAND & WRIST**

**Median Nerve with Gel Standoff**  
Inside the Carpal Tunnel  
Proximal to the Carpal Tunnel  
**Radial Nerve**  
Mid-humerus injury / entrapment  
Posterior Interosseous entrapment

**Ulnar Nerve**

Injection At Elbow

Injection At Guyon's Canal

**Repeat Day 1 Scans until Perfect**

*Distal Bicep Pronator Window*

*Distal Biceps Approach for Injection*

**11:30 FOOT & ANKLE**

**Medial Ankle Nerves**  
Tarsal Tunnel Syndrome  
Tibial Nerve Block

**Forefoot Nerves**

Morton's Neuroma & Intermetatarsal Bursa

**Repeat Day 1 Scans until Perfect**

**12:30 LUNCH**

**1:30 HIP - ANTERIOR**

**Nerve Injections for the Hip**  
PENG Block for Fracture & OA  
Lateral Femoral Cutaneous Nerve Block

**Repeat Day 1 Scans until Perfect**

*Rectus Femoris (Prolo/PRP)*

*Sports Hernia (Prolo/PRP)*

*Hip Bursa Injections*

*Hip Tendon Injections (Prolo/PRP)*

**2:30 HIP - POSTERIOR**

**SI Joint Injections**  
**Piriformis Injections**  
**Conjoined Hamstring Tendon**  
**Ischiofemoral Impingement**

**Repeat Day 1 Scans until Perfect**

*Adductor Tendons (Prolo/PRP)*

*Gluteus Minimus (Prolo/PRP)*

*Gluteus Medius (Prolo/PRP)*

3:20 Break

**3:30 KNEE**

**Genicular Nerve Blocks**  
Supero & Inferomedial and lateral  
**Hamstring Tears**  
Scanning for tears  
Treatments for tears (Prolo/PRP)

**Sciatic Nerve at the Knee**

Tibial Nerve at Knee

Common Fibular Nerve

**Full Sciatic Nerve Scanning from Hip**

**5:00 END OF DAY**