

## 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 Joint Line  
+ BONUS MCL & Pes Anserine Bursa  
+ 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 Joint Line  
+ BONUS MCL & Pes Anserine Bursa  
+ BONUS Medial Patellar Approach
- 9 Tibiotalar Joint  
+ BONUS 1st MTP Joint
- 10 Plantar Fascia

#### 1:00 LUNCH

#### 2:00 MANAGING ADVERSE EVENTS + STERILE PREP FOR INJECTION

Tenotomy & Cortisone  
Hyaluronic Acid  
Prolotherapy & PRP  
BMAC & Adipose  
Cleaning the transducers and the skin

#### FINAL SCANNING SESSION \*\*Not In Cadaver Lab\*\*

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

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

#### 4:30 END OF DAY