

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

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