

## Day One

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

#### 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

## Day Two

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

#### 9:00 WHAT TO CHOOSE & WHEN

Protocols for Sports Medicine

#### 9:20 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

#### 10:20 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)  
Carpal Tunnel (Median Nerve)

#### 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

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

5:00 END OF DAY

## Day Three

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

#### 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  
Carpal Tunnel (Median Nerve)  
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  
Bunions & Gout (1st MTP)  
Ankle Sprain (ATFL & AITFL)  
Plantar Fascia  
Achilles Tendon

#### 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 your burning questions!

4:30 END OF DAY