

## 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)

SC Joint Injections (Prolo/PRP)

##### Supra & Infraspinatus Tendon Tears (Prolo/PRP)

##### Calcific Tendinopathy Barbotage

Posterior Approach for Injection (Prolo/PRP)

Long Head of Biceps Tendon (Prolo/PRP)

Pectoralis Major Tear (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)

Radial Collateral Ligament (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

##### Skier's Thumb (UCL Tear) (Prolo/PRP)

##### 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 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)

##### Osgood Schlatter

& Sindig-Larsen-Johansson (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)

Plantaris Tendon Tear

##### 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

Axillary Nerve

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

Baxter's Nerve

##### 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

Ilioinguinal nerve

##### 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

##### Optional Upon Request

Sup/Middle/Inf Cluneals + PFCN

Superior/Inferior Gemellus & Obturator Internus

##### 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