

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

9:15 Shoulder

GH Joint Injections

- Posterior Approach
- Rotator Interval Approach

AC joint injections (Prolo/PRP)

SC joint injections (Prolo/PRP)

Supraspinatus Tendon Tears (Prolo/PRP)

Infraspinatus Tendon Tears (Prolo/PRP)

Calcific Tendinopathy Barbotage

Long Head of Biceps Tendon (Prolo/PRP)

Pectoralis Major Tear (Prolo/PRP)

10:30 Elbow

Elbow Joint Injections

- Posterior Approach
- Lateral Approach

Common Extensor Tendons (Prolo/PRP)

Common Flexor Tendons for PRP

Radial Collateral Ligament for PRP

Ulnar Collateral Ligament for PRP

Distal Biceps

- Pronator Window for Assessment
- Posterior Approach for Injection (Prolo/PRP)

Bicipitoradial Bursa for Injection

Triceps Tendinopathy (Prolo/PRP)

11:30 Hand & Wrist

Dorsal Wrist Pain

- 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

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

- Iliopsoas Bursitis
- Greater Trochanteric Bursa

Hip Tendon Injections

- Gluteus Minimus (Prolo/PRP)
- Gluteus Medius (Prolo/PRP)

2:45 Knee

Knee Joint Injections

Baker's Cyst

Parameniscal Cyst Drainage

Medial + Lateral Collateral Ligaments (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)

3:30 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 AFL & CFL

- ATFL + High Ankle AITFL (Prolo/PRP)
- CFL (Prolo/PRP)
- Deltoid (Prolo/PRP)

Achilles Tendon (Prolo/PRP)

4:30 End of Day

9:00 Shoulder

Nerve Injections for the Shoulder

- Dorsal Scapular Nerve Injection
- Axillary Nerve
- Quadrilateral Space Syndrome

Spinoglenoid Notch Cyst Drainage

Frozen Shoulder Protocols

- Suprascapular Nerve Block
- Hydrodilatation Protocols

- Repeat Day 1 Scans until Perfect

- GHJ Rotator Interval + LHB
- ACJ & SCJ
- Pectoralis Major Tear

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
- Superficial Radial Nerve at Wrist

Ulnar Nerve

- Injection At Elbow
- Injection At Guyon's Canal

- Repeat Day 1 Scans until Perfect

- Distal Biceps 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 Bursitis

- Repeat Day 1 Scans until Perfect

12:30 Lunch

1:30 Hip - Anterior

Nerve Injections for the Hip

- PENG Block for Fracture & OA
- Fascia Iliaca Block for Fracture & OA
- Ilioinguinal Nerve Block
- 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

- 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)

3:30 Knee

Genicular Nerve Blocks

- Supero & Inferomedial and lateral
- Nerve to Vastus Intermedius

Hamstring Tears

- Scanning for tears
- Treatments for tears (Prolo/PRP)

Sciatic Nerve at the Knee

- Adductor Canal Block
- Tibial Nerve at Knee
- Common Fibular Nerve

Full Sciatic Nerve Scanning from Hip

4:30 End of Day