

S P O R T M E D
ULTRASOUND
C A N A D A



Sport Medicine & Emergency Room MSK Ultrasound Scanning & Injection Training

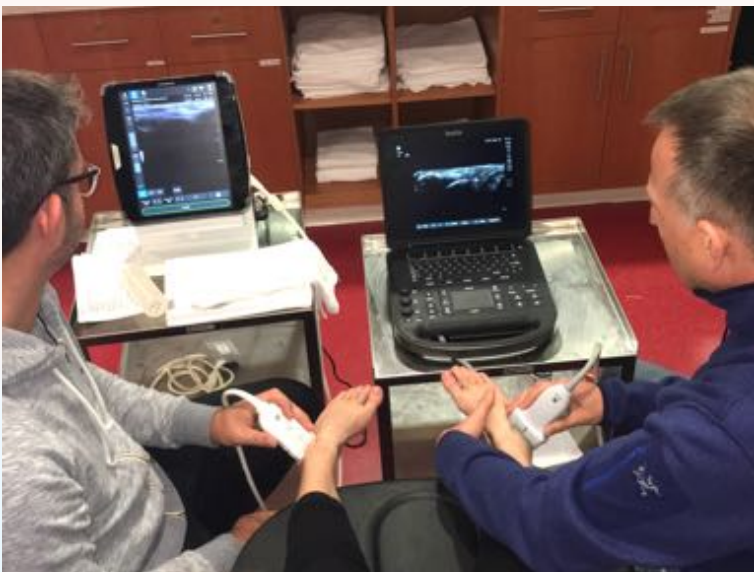
Highly Practical Programs to Build Your MSK-US Skills

1 machine to 2 delegates... a ratio you won't see anywhere else!

Online forum to support learning after the courses are over

Go from Novice to RMSK certification in 12 months

100% scholarships available for 10 Residents or Fellows



sportmedicineultrasound.ca

Full Day April 29, 2020
Pre-Conference

Half Day May 2, 2020
Post-Conference
Same Format

1-DAY WORKSHOP IN BANFF MSK US FOR SPORT & EXERCISE MEDICINE

BANFF1Day
MSK for SEM

1 DAY OF MSK SCANNING FOR SEM

Scan, Scan & Scan Some More! Brief Presentations with 1 Machine : 2 Attendees
Each Session has Fundamental Targets & Advanced Targets for all Skill Levels

9 - 10:30 AM
SHOULDER

20m Presentation & 70m Scanning

Fundamentals Targets

LONG HEAD OF BICEPS & SUBSCAP
ACJ & SUBACROMIAL BURSA
SUPRASPINATUS & INFRASPINATUS
POSTERIOR GHJ & SPINOGLYNOID

Advanced Targets

BICEPS FULL LENGTH
TRICEPS FULL LENGTH
PEC MAJOR & MINOR
CORACOID TENDONS & LIGS
RADIAL NV. AT HUMERUS
AXILLARY POUCH & CHL FOR ADH.CAPS.
ALL DELTOID & SUBDELTOID BURSA

10:30 - 11:45 AM
KNEE

20m Presentation & 55m Scanning

Fundamentals Targets

QUADS & PAT TENDON & RECESSES
MEDIAL JOINT & PES ANSERINUS
LATERAL JOINT LINE & ITB
POPLITEAL FOSSA & BAKER'S CYST

Advanced Targets

RECTUS FEMORIS
VASTUS MED, LAT, INT
BICEPS FEMORIS
SEMIMEMB & SEMITEND
SARTORIUS & GRACILIS
ADDUCTORS & SAPHENOUS NV.
TIB-FIB JOINT & COMM. PERON. NV.

11:45 - 12:30 PM
WRIST

10m Presentation & 35m Scanning

Fundamentals Targets

DRUJ & SCAPHOLUNATE
RADIOUSCAPHOID & TFCC
1ST CMC & MCP
MEDIAN NV. AT CARPAL TUNNEL

Advanced Targets

EXTENSOR COMP. 1-6
GUYON'S CANAL
CARPAL TUNNEL CONTENTS
FLEXOR CARPI ULNARIS
TRIGGER FINGER
FINGER PULLEYS

WORKING LUNCH 12:30 - 1:30 PM

CLINICAL CONDITIONS & THEIR INTERVENTIONS: WHAT WE USE & WHEN

REHABILITATION, CORTISONE, VISCO/HA, NERVE BLOCKS,
HIGH VOLUME INJECTION, PROLOTHERAPY, PRP, SURGERY

1:30 - 2:30 PM
ELBOW

15m Presentation & 45m Scanning

Fundamentals Targets

COMMON EXTENSOR & FEXOR TEND.
RADIAL & ULNAR COLLATERAL LIGS.
ULNAR NV. & CUBITAL TUNNEL
OLECRANON FOSSA & BURSA

Advanced Targets

ECRL & ECRB
BRACHIALIS
BRACHIODRADIALIS
DISTAL BICEPS PRONATOR
SUPINATOR & PIN
FLEXOR DIGITORUM

2:30 - 4 PM
ANKLE

20m Presentation & 70m Scanning

Fundamentals Targets

ATFL & AITFL & ANTERIOR JOINT
PERONEUS BREVIS, LONGUS & CFL
TIBIALIS ANT, POST TARSAL TUNNEL
DELTOID, ACHILLES

Advanced Targets

PLANTARIS & PERONEAL TENDONS
PLANTAR FASCIA MAIN & LATERAL
METATARSALGIA & MORTON'S
TARSAL TUNNEL & SINUS TARSAL
KNOT OF HENRY
TIBIAL NV. & SUP. PERONEAL NV.

4 - 5 PM
HIP

15m Presentation & 45m Scanning

Fundamentals Targets

GREATER TROCHANTER FACETS
GLUTEUS MAXIMUS, MED & MIN
BURSAE OF THE HIP
HIP JOINT

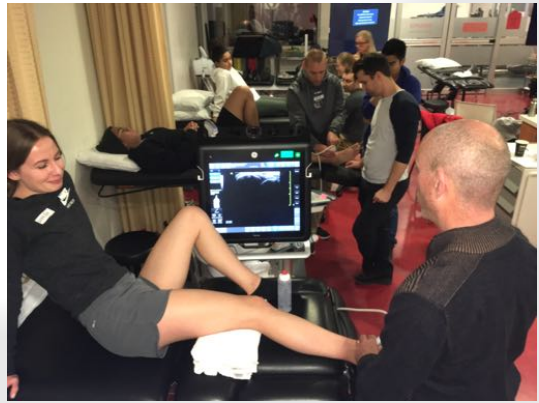
Advanced Targets

ILIACUS & PSOAS TENDONS
SI JOINT - FIBROUS & SYNOVIAL
HIP CAPSULAR LIGAMENTS (A&P)
HAMSTRING & ADDUCTOR ORIGINS
RECTUS ABD/ADDUCTOR TEAR/HERNIA
LATERAL FEM. CUT NV.

Multiple Levels of Ultrasound Training

Early or Late in Your Career, We Have Courses for Every Skill Level

<p>ER100 MSK for ER</p>	<p>1 DAY OF MSK SCANNING FOR THE EMERGENCY ROOM Identification and Management of Bone, Ligament, Tendon and Muscle Disruptions Nerve Scanning for Regional Anesthesia</p>	
<p>LEVEL 100 For those with <1000 scans</p>	<p>DAY 1 - ESSENTIAL SCANNING Shoulder, Knee, Elbow Wrist, Ankle, Hip</p>	<p>DAY 2 - ESSENTIAL INJECTIONS Scanning Sessions to Determine Optimal Patient Positioning and Needle Placement</p>
<p>LEVEL 200 For those with >1000 scans</p>	<p>DAY 1 - ADVANCED SCANNING Upper Limb & Lower Limb</p>	<p>DAY 2 - ESSENTIAL INJECTIONS Cadaver Injection Lab* (*Demonstrated US competence required)</p>
<p>LEVEL 300 MASTER CLASS</p>	<p>DAY 1 - ESSENTIAL NERVE SCANNING and Perineural Pain Injections</p>	<p>DAY 2 - ADVANCED INJECTIONS Cortisone, Prolotherapy & PRP Protocols</p>



NEW FOR 2020

Check Website for
Dates & Prices

ER100

MSK SCANNING FOR EMERGENCY PHYSICIANS

ER100
MSK for ER

1 DAY OF MSK SCANNING FOR THE EMERGENCY ROOM
Identification and Management of Bone, Ligament, Tendon and Muscle Disruptions
Nerve Scanning for Regional Anesthesia

9 - 10:30 AM
SHOULDER

BICEPS WNL / PTT / FTT
SA BURSA WNL / EFFUSION
SUPRASPIN. WNL / PTT / FTT
GHJ WNL / EFFUSION
ACJ WNL / EFFUSION
RADIAL NERVE AT MID-SHAFT
SUPRASCAP. NERVE BLOCK

10:30 - 11:30 AM
KNEE

KNEE JOINT WNL / EFFUSION
MCL WNL / PTT / FTT
BAKER'S CYST +/-
MENISCUS TEAR +/-
PATELLAR / QUADS TENDON
WNL / PTT / FTT
SUBTLE FRACTURES

11:30 - 12:30 PM
ELBOW

EXTENSOR T. WNL / PTT / FTT
DISTAL BICEPS T. WNL / PTT / FTT
ULNAR COL LIG. WNL / PTT / FTT
OL. BURSA WNL / EFFUSION
JOINT WNL / EFFUSION
ULNAR NERVE INSTABILITY
SUBTLE FRACTURES

WORKING LUNCH - ABNORMAL SCANS & MANAGEMENT

1:30 - 3 PM
WRIST & HAND

FLEX. TENDONS WNL / PTT / FTT
EXT. TENDONS WNL / PTT / FTT
THUMB LIGS WNL / PTT / FTT
MEDIAN NV WNL / MASS
JOINT WNL / EFFUSION
CARPAL TUNNEL INJECTION
SUBTLE FRACTURES

3 - 4:15 PM
ANKLE

ATFL WNL / PTT, FTT
AITFL WNL / UNSTABLE
ACHILLES WNL / PTT / FTT
PLANTARIS WNL / FTT
TIBIAL NERVE BLOCKS
SUBTLE FRACTURES

4:15 - 5 PM
HIP

ADDUCTOR T. WNL / PTT / FTT
HAMSTRING T. WNL / PTT / FTT
RECTUS FEM. WNL / PTT / FTT
GT BURSA WNL / EFFUSION
JOINT WNL / EFFUSION
SCIATIC NOTCH & NERVE

Option 1:

To improve injection skills,
add the Level 200
(including cadaver lab)

Option 2:

To improve management &
nerve scanning skills,
add the Level 300

Option 3:

To truly prepare for MSK-US
mastery and prepare for the
RMSK exam, add both
Levels 200 and 300

LEVEL 100 - DAY 1

ESSENTIAL SCANNING

LEVEL 100
For those with
<1000 scans

DAY 1 - ESSENTIAL SCANNING
Shoulder, Knee, Elbow
Wrist, Ankle, Hip

DAY 2 - ESSENTIAL INJECTIONS
Scanning Sessions to Determine Optimal
Patient Positioning & Needle Placement

9 - 10:30 AM
SHOULDER

LONG HEAD OF BICEPS
SUBSCAPULARIS
SUBACROMIAL BURSA
SUPRASPINATUS
INFRASPINATUS
POSTERIOR GHJ

10:30 - 11:30 AM
KNEE

MEDIAL JOINT
PES ANSERINUS
LATERAL JOINT LINE
ITB BURSA
POPLITEAL FOSSA
BAKER'S CYST
TIB-FIB JOINT

11:30 - 12:30 PM
ELBOW

COMMON EXTENSOR
RADIAL CL&ANNULAR LIG.
BICEPS TENDON
COMMON FLEXOR TEND.
ULNAR COLLATERAL LIG.
OLECRANON BURSA

1:30 - 2:30 PM
WRIST

DRUJ
SCAPHOLUNATE
RADIOSCAPHOID
TFCC
1ST CMC & MCP
CARPAL TUNNEL

2:30 - 4 PM
ANKLE

ATFL
AITFL
CFL, PTFL
TIBIALIS ANT & POST
TARSAL TUNNEL
DELTOID
ACHILLES & PLANTARIS

4 - 5 PM
HIP

GREATER TROCHANTER
GLUTEUS MAXIMUS
GLUTEUS MEDIUS
GLUTEUS MINIMUS
BURSAE OF THE HIP
HIP JOINT
ILIOPSOAS TENDON

WELCOME TO
ALBERTA
WILD ROSE COUNTRY

LEVEL 100 - DAY 2

ESSENTIAL INJECTIONS

LEVEL 100
For those with
<1000 scans

DAY 1 - ESSENTIAL SCANNING
Shoulder, Knee, Elbow
Wrist, Ankle, Hip

DAY 2 - ESSENTIAL INJECTIONS
Scanning Sessions to Determine Optimal
Patient Positioning & Needle Placement

9 - 10:30 AM	10:30 - 11:30 AM	11:30 - 12:30 PM
SHOULDER	KNEE	ELBOW
LONG HEAD OF BICEPS	PATELLAR TENDON	COMMON EXTENSOR
SUBACROMIAL BURSA	MED & LAT MID-PATELLAR	COMMON FLEXOR
POSTERIOR GHJ	QUADS TENDON	ELBOW JOINT
RTC TEARS	SUPRAPATELLAR RECESS	BICEPS TENDON

1:30 - 2:30 PM	2:30 - 4 PM	3:10-3:50PM
WRIST	ANKLE	HIP
RADIOCAPHOID	ANKLE JOINT ANTERIOR	GREATER TROCH BURSA
TFCC	ANKLE JOINT	BURSAE OF THE HIP
1ST CMC & MCP	LATERAL LIGAMENTS	ITB @ GREATER TROCH
MEDIAN NERVE	ACHILLES	HIP JOINT



LEVEL 200 - DAY 1

ADVANCED SCANNING

LEVEL 200

For those with
>1000 scans

DAY 1 - ADVANCED SCANNING Upper Limb & Lower Limb

DAY 2 - ESSENTIAL INJECTIONS
Cadaver Injection Lab*
(*Demonstrated US competence required)

9 - 10:30 AM

ARM

BICEPS
TRICEPS
PEC MAJOR & MINOR
CORACOID STRUCTURES
DELTOID
SUBDELTOID BURSA

10:30 - 11:45 AM

UPPER LEG

RECTUS FEMORIS
VASTUS MED, LAT, INT
BICEPS FEMORIS
SEMIMEMB & TEND
GRACILIS
ADDUCTORS

11:45 - 12:30 PM

WRIST & HAND

EXTENSOR COMP. 1-6
CARPAL TUNNEL
FLEXOR CARPI ULNARIS
TRIGGER FINGER
FINGER PULLEYS

1:30 - 2:30 PM

FOREARM

ECRL & ECRB
BRACHIALIS
BRACHIODRADIALIS
DISTAL BICEPS 3 VIEWS
FLEXOR DIGITORUM

2:30 - 3:30 PM

LOWER LEG

GASTROC ORIGIN
BAKER'S CYST
GASTROC MTJ
SOLEUS
ACHILLES MIDPORTION
ACHILLES INSERTION

3:30 - 5 PM

ANKLE

PLANTARIS
PERONEAL TENDONS
PLANTAR FASCIA MAIN/ LAT
METATARSALGIA
TARSAL TUNNEL
SINUS TARSI



LEVEL 200 - DAY 2

CADAVER LAB ESSENTIAL INJECTIONS

LEVEL 200
For those with
>1000 scans

DAY 1 - ADVANCED SCANNING
Upper Limb & Lower Limb

DAY 2 - ESSENTIAL INJECTIONS
Cadaver Injection Lab*
(*Demonstrated US competence required)

MORNING CADAVER INJECTION LAB

9 - 10:30 AM	10:30 - 11:15 AM	11:15 - 12:30 PM
SHOULDER	ELBOW	ANKLE
LONG HEAD OF BICEPS	COMMON EXTENSOR	ANKLE JOINT ANTERIOR
SUBACROMIAL BURSA	COMMON FLEXOR	ANKLE JOINT
POSTERIOR GHJ	ELBOW JOINT	LATERAL LIGAMENTS
RTC TEARS	BICEPS TENDON	ACHILLES

AFTERNOON CADAVER INJECTION LAB

1:30 - 2:30 PM	2:30 - 3:30 PM	3:30 - 5:00 PM
WRIST	KNEE	HIP
RADIOSCAPHOID	PATELLAR TENDON	GREATER TROCH BURSA
TFCC	MED & LAT MID-PATELLAR	BURSAE OF THE HIP
1ST CMC & MCP	QUADS TENDON	ITB @ GREATER TROCH
MEDIAN NERVE	SUPRAPATELLAR RECESS	HIP JOINT



MASTERCLASS (LEVEL 300) - DAY 1

ESSENTIAL NERVE SCANNING

LEVEL 300

Advanced
Scanning

**DAY 1 - ESSENTIAL NERVE SCANNING
and Perineural Pain Injections**

**DAY 2 - ADVANCED INJECTIONS
Cortisone, Prolotherapy & PRP Protocols**

9 - 10 AM

ESSENTIAL NERVES I

SUPRASCAPULAR
DORSAL SCAPULAR Nv
INTERCOSTAL NERVES
AXILLARY NERVE

10 - 11:30 AM

ESSENTIAL NERVES II

TIBIAL NERVE
SURAL NERVE
COMMON PERONEAL Nv
MORTON'S & HAUSER'S

11:30 - 12:30 PM

ESSENTIAL NERVES III

MEDIAN NERVE
RADIAL NERVE
ULNAR NERVE
MUSCULOCUTANEOUS

1:30 - 2:15 PM

NERVE INJECTION PEARLS & PITFALLS

HYDRODISSECTION
CORTISONE
COMPLICATIONS

2:30 - 3:15 PM

ESSENTIAL NERVES IV

FEMORAL NERVE
SAPHENOUS NERVE
MEDIAL GENICULAR

3:15 - 4:30 PM

ESSENTIAL NERVES V

SCIATIC NERVE AT HIP
SCIATIC NERVE AT KNEE
CLUNEAL NERVES
LAT FEM CUT NERVE
ILIOINGUINAL & GENITO.

MASTERCLASS (LEVEL 300) - DAY 2

ADVANCED INJECTIONS

LEVEL 300
Advanced
Scanning

**DAY 1 - ESSENTIAL NERVE SCANNING
and Perineural Pain Injections**

**DAY 2 - ADVANCED INJECTIONS
Cortisone, Prolotherapy & PRP Protocols**

**9 - 10:30 AM
SHOULDER**

ANTERIOR SHOULDER PAIN
LABRAL TEARS
SUBACROMIAL HA & PRP
LONG HEAD BICEPS PRP
SUPRASCAPULAR NV

**10:30 - 11:30 AM
KNEE**

MEDIAL JOINT PAIN
LATERAL JOINT PAIN
PROXIMAL TIB-FIB JOINT
ITB BURSA CORTISONE
PRP - QUADS/PAT TENDON

**11:30 - 12:30 PM
ELBOW**

PRP - DISTAL BICEPS
AWB vs PRP vs TENOTOMY
for
COMMON EXTENSOR &
COMMON FLEXOR

**1:30 - 2:30 PM
WRIST**

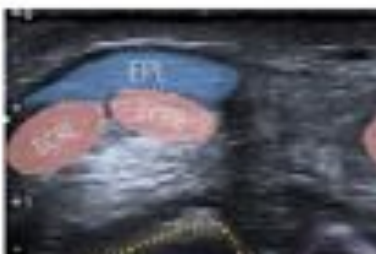
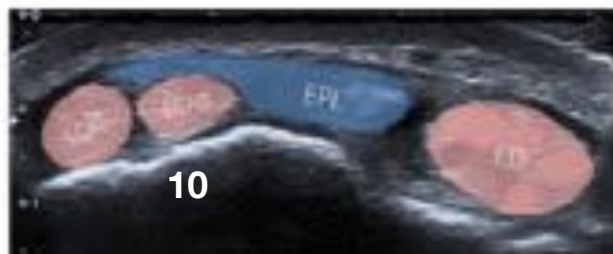
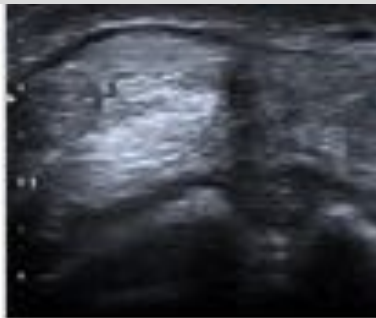
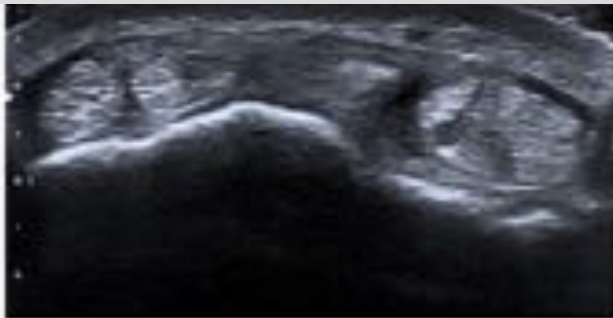
CARPAL TUNNEL
PRP - TFCC
PROLO - WRIST
PROLO - CMC
PROLO - SCAPHOLUNATE

**2:30 - 3:30 PM
ANKLE**

ANKLE INSTABILITY
SUBTALAR JOINT
CFL, PTFL, AITFL
PRP - PLANTAR FASCIA

**3:30 - 5PM
HIP**

DEEP GLUTEAL PAIN
LUMBOSACRAL SYNDROME
PIRIFORMIS CORT VS PRP
LABRAL TEARS
PROLO vs PRP



LEVEL 400

TOP 10 RMSK & TOP 10 CLINICAL MANAGEMENT

LEVEL 400
Complex
Management

**DAY 1 - Top 10 Upper Limb
Top 10 for RMSK Exam Prep &
Top 10 Complex Case Management**

**DAY 2 - Top 10 Lower Limb
Top 10 for RMSK Exam Prep &
Top 10 Complex Case Management**

IN DEVELOPMENT

IN DEVELOPMENT



Sport Medicine & Emergency Room MSK Ultrasound Scanning & Injection Training



- **DR. MICHAEL GALBRAITH, DO, CCFP (SEM)**
 - > 1000 SCANS EACH YEAR
 - > 2000 INJECTIONS EACH YEAR
- *My Sports Medicine fellowship at the University of Notre Dame provided amazing experiences to learn both diagnostic MSK ultrasound and guided interventions.*
- *I believe there is a need for young physicians to have a comprehensive Continuing Education program to learn the fundamentals of ultrasound. I believe our "Foundations" program can help fill that need.*
- *MSK ultrasound is the future of our specialty. I truly believe we can deliver a better service to our patients if we can dedicate ourselves to mastering this powerful skill*



- **DR. FRANK JOHNSON, MD, CCFP (SEM), RMSK Certification**
 - > 2000 SCANS EACH YEAR
 - > 4000 INJECTIONS EACH YEAR
- *After spending more than 8 years flying all over the USA and Mexico for prolotherapy, PRP and Stem Cell courses, I was still handcuffed by my lack of US skills.*
- *I finally found a comprehensive continuing education ultrasound training program in the UK. I spent the summer of 2017 flying to London 7 times for the program but it was worth every penny!*
- *By using our formula, you can radically accelerate your learning, but it takes desire and a dedication to scan almost every day.*