

# SPORT MEDICINE ULTRASOUND CANADA



**MSK Ultrasound Scanning  
and Cadaver Injection Training  
Specifically Designed for:**

**Sport Medicine  
Urban Family Medicine  
Rural Family Medicine**

**Emergency Room  
Rehabilitation Medicine  
Orthopedic Surgeons**

**Our courses have 2 Machines  
for every 3 Learners**

***You won't find this ratio anywhere else.***

***Spend your valuable time scanning,  
not watching someone else scan!***



**[sportmedicineultrasound.ca](http://sportmedicineultrasound.ca)**

## Scanning and Cadaver Training Workshops on Weekends

<b>LEVEL 100</b> <b>Top 10</b> <b>Injections</b> No Pre-Requisites	<b>DAY 1 - SCANNING FOR THE TOP 10</b> Top 10 Injections in Any Family Practice or Sport Medicine Clinic	<b>DAY 2 - SCANNING &amp; CADAVER TRAINING</b> 4 Hr of Cadaver Top 10 Injection Training Final Exam & Top Tips
<b>LEVEL 150</b> <b>Top 25</b> <b>Injections</b> REQUIRES: Top 10 or Similar Skill Level	<b>DAY 1 - SCANNING FOR THE TOP 25</b> Top 25 Injections in Any Family Practice or Sport Medicine Clinic	<b>DAY 2 - SCANNING &amp; CADAVER TRAINING</b> 4 Hr of Cadaver Top 25 Injection Training Final Exam & Top Tips
<b>LEVEL 200</b> <b>Ligaments for Prolo &amp; PRP</b> REQUIRES: Top 25 or Similar Skill Level	<b>DAY 1 - ADVANCED LIGAMENT SCANNING</b> To Treat with Prolotherapy, PRP & Cortisone Shoulder, Elbow, Wrist, Hip, Knee, Ankle & Spine	<b>DAY 2 - SCANNING &amp; CADAVER TRAINING</b> 4 Hr of Cadaver Ligament Injection Training Final Exam & Top Tips
<b>LEVEL 250</b> <b>Tendons for Prolo &amp; PRP</b> REQUIRES: Top 25 or Similar Skill Level	<b>DAY 1 - ADVANCED TENDON SCANNING</b> To Treat with Prolotherapy, PRP & Cortisone Shoulder, Elbow, Wrist, Hip, Knee, Ankle	<b>DAY 2 - SCANNING &amp; CADAVER TRAINING</b> 4 Hr of Cadaver Tendon Injection Training Final Exam & Top Tips
<b>LEVEL 300</b> <b>Top 20 Nerves</b> REQUIRES: Top 25 or Similar Skill Level	<b>DAY 1 - TOP 20 NERVE INJECTIONS</b> for Pain Management Trunk, Upper and Lower Extremities	<b>DAY 2 - SCANNING &amp; CADAVER TRAINING</b> 4 Hr of Cadaver Nerve Injection Training Final Exam & Top Tips

## Custom Workshops for Small Groups or Large Conferences

<b>1-Day Workshops</b> Ortho, PM&R, or Sport Med	<b>Example:</b> <b>AM SESSION - 3 Hours of Scanning for Visco and PRP injections for Hip, Knee, Shoulder and Elbow OA</b>	<b>Example:</b> <b>PM SESSION - 3 Hrs of US-Guided Cadaver Injection Training</b>
---	--	--



# LEVEL 100 - TOP 10 INJECTIONS

## DAY 1 - SCANNING FOR THE TOP 10

**LEVEL 100**  
**Top 10**  
**Injections**  
No Pre-Requisites

**DAY 1 - SCANNING FOR THE TOP 10**  
Top 10 Injections in Any Family Practice or  
Sport Medicine Clinic

**DAY 2 - SCANNING & CADAVER TRAINING**  
4 Hr of Cadaver Top 10 Injection Training  
Final Exam & Top Tips

**9 AM - 10 AM**

**TOP 10 INJECTIONS:**  
**WHAT TO CHOOSE & WHEN**

Cortisone  
Prolotherapy  
PRP  
Viscosupplementation  
Surgery

**10 AM - 12 PM**

**# 1 - SHOULDER BURSITIS**  
**# 2 - SHOULDER ARTHRITIS**

**US Anatomy of the:**  
Subacromial Bursa  
Subdeltoid Bursa  
Rotator Cuff Tendons  
Glenohumeral Joint

**12 PM- 1 PM**

**# 3 - ELBOW TENDONITIS**  
**# 4 - WRIST TENDONITIS**

**US Anatomy of the:**  
Medial Elbow Tendons  
Lateral Elbow Tendons  
De Quervain's Tendons  
Intersection Syndrome

**PROVIDED LUNCH 1 - 1:30 PM**

**1:30 PM - 2:45 PM**

**# 5 - KNEE ARTHRITIS**

**US Anatomy of the:**  
Anterior Knee Joint  
Medial Joint Line  
Pes Anserine Bursa

**2:45 PM - 4 PM**

**# 6- HIP ARTHRITIS**  
**# 7 - HIP BURSITIS**  
**# 8 - SI JOINT ARTHRITIS**

**US Anatomy of the:**  
Hip Joint  
Greater Trochanter  
Bursae of the Hip  
SI Joint

**4 PM - 4:30 PM**

**# 9 - PLANTAR FASCIITIS**  
**# 10 - ANKLE SPRAIN**

**US Anatomy of the:**  
Plantar Fascia  
Ankle Ligaments  
Ankle Joint





# LEVEL 100 - TOP 10 INJECTIONS

## DAY 2 - CADAVER INJECTIONS & FINAL EXAM

**LEVEL 100**  
**Top 10**  
**Injections**  
No Pre-Requisites

**DAY 1 - SCANNING FOR THE TOP 10**  
Top 10 Injections in Any Family Practice or  
Sport Medicine Clinic

**DAY 2 - SCANNING & CADAVER TRAINING**  
4 Hr of Cadaver Top 10 Injection Training  
Final Exam & Top Tips

**8:30 AM - 12:30 PM**

### **CADAVER INJECTION TRAINING FOR THE TOP 10**

Shoulder Bursitis	Wrist Tendonitis
Shoulder Arthritis	Elbow Tendonitis
Knee Arthritis	Hip Arthritis
Hip Bursitis	SI Joint Arthritis
Ankle Sprains	Plantar Fasciitis

**PROVIDED LUNCH 12:30 - 1:30 PM**

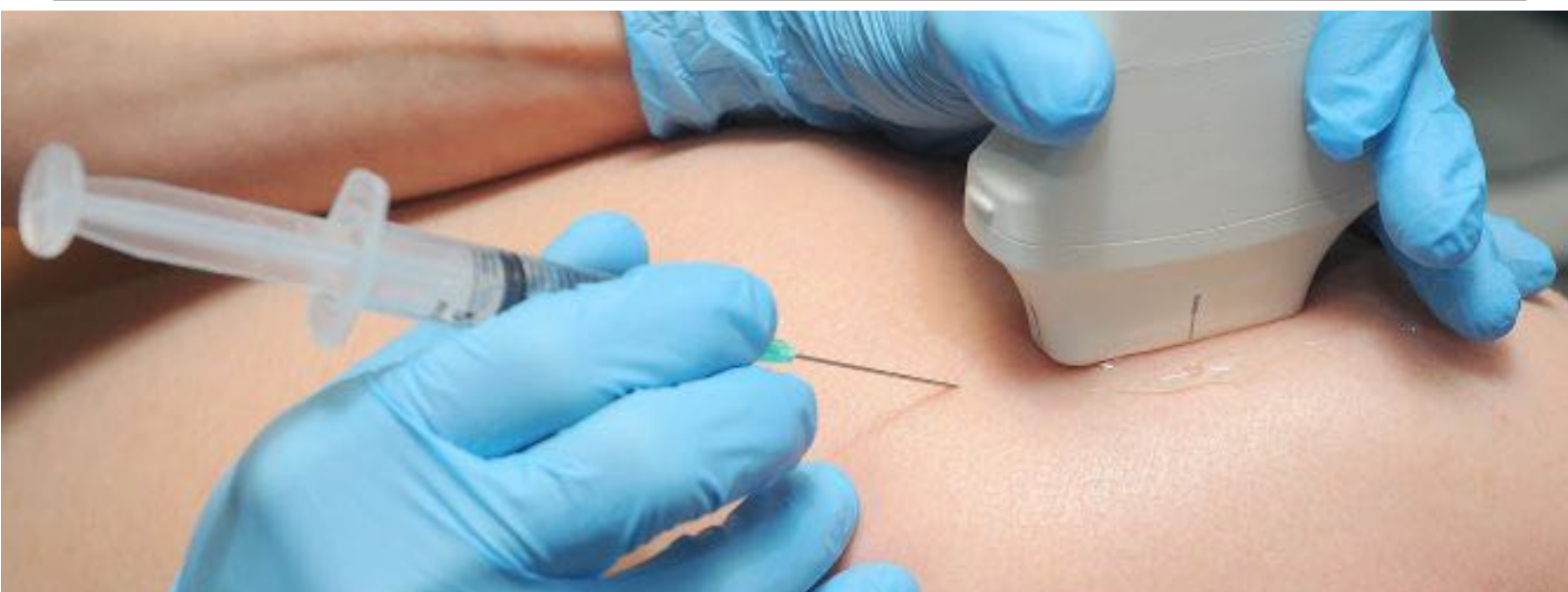
**1:30 PM - 4:30 PM**

### **SCANNING FINAL EXAM**

- Patient Positioning
- US-Machine Positioning
- Table Height Positioning
- Optimizing the Image
- Needle Entry Positions
- Finding the Needle

### **TOP TIPS**

- Safety First
- Patient Selection
- Product Selection
- Timing of Treatments
- Managing Patient Expectations
- Turning Your Patients in to Loyal Clients



# LEVEL 150 - TOP 25 INJECTIONS

## DAY 1 - SCANNING FOR THE TOP 25 INJECTIONS

### LEVEL 150 Top 25 Injections

REQUIRES: Top 10  
or Similar Skill Level

DAY 1 - SCANNING FOR THE TOP 25  
Top 25 Injections in Any Family Practice or  
Sport Medicine Clinic

DAY 2 - SCANNING & CADAVER TRAINING  
4 Hr of Cadaver Top 25 Injection Training  
Final Exam & Top Tips

#### 9 AM - 11 AM

##### # 1 - 7 SHOULDER

Subacromial/deltoid Bursitis  
Supraspinatus Tendon Tears  
LHB Tendonitis  
AC Joint Separations  
Glenohumeral Arthritis  
Frozen Shoulder  
Trapezius Trigger Points

#### 11 AM - 12 PM

##### # 8 - 10 ELBOW

Lateral Elbow Tendonitis  
Medial Elbow Tendonitis  
Elbow Arthritis

#### 12 PM - 12:45 PM

##### # 11 - 13 HAND & WRIST

Thumb Arthritis  
Wrist Tendonitis  
Trigger Finger

#### PROVIDED LUNCH 12:45 - 1:15 PM

#### 1:15 - 2:15 PM

##### # 14 - 17 KNEE

Knee Arthritis  
Anterior Knee Pain  
Medial Knee Pain  
Baker's Cyst

#### 2:15 - 3:45 PM

##### # 18 - 22 HIP

Hip Arthritis  
Hip Bursitis & Tendonitis  
Gluteus Trigger Points  
Lumbar Trigger Points  
SI Joint Arthritis

#### 3:45 PM - 4:30 PM

##### # 23 - # 25 FOOT & ANKLE

Ankle Sprain  
Plantar Fasciitis  
Achilles Tendonitis



# LEVEL 150 - TOP 25 INJECTIONS

## DAY 2 - CADAVER INJECTIONS & FINAL EXAM

### LEVEL 150 Top 25 Injections

REQUIRES: Top 10  
or Similar Skill Level

### DAY 1 - SCANNING FOR THE TOP 25

Top 25 Injections in Any Family Practice or  
Sport Medicine Clinic

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Top 25 Injection Training  
Final Exam & Top Tips

**8:30 AM - 12:30 PM**

### CADAVER INJECTION TRAINING FOR THE TOP 25

Subacromial/deltoid Bursitis  
Supraspinatus Tendon Tears  
LHB Tendonitis  
AC Joint Separations  
Glenohumeral Arthritis  
Frozen Shoulder  
Trapezius Trigger Points  
Lateral Elbow Tendonitis  
Medial Elbow Tendonitis

Elbow Arthritis  
Thumb Arthritis  
Wrist Tendonitis  
Trigger Finger  
Knee Arthritis  
Anterior Knee Pain  
Medial Knee Pain  
Baker's Cyst

Hip Arthritis  
Hip Bursitis & Tendonitis  
Gluteus Trigger Points  
Lumbar Trigger Points  
SI Joint Arthritis  
Ankle Sprain  
Plantar Fasciitis  
Achilles Tendonitis

**PROVIDED LUNCH 12:30 - 1:30 PM**

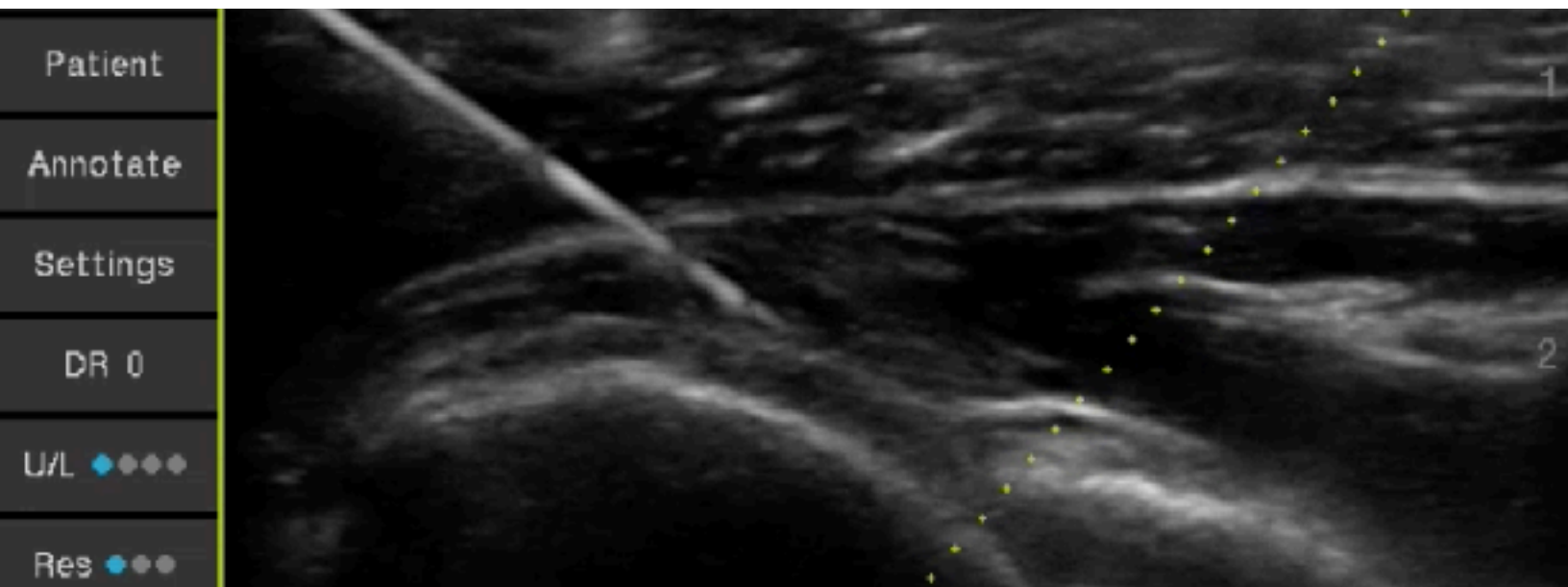
**1:30 PM - 4:30 PM**

### SCANNING FINAL EXAM

Patient Positioning  
US-Machine Positioning  
Table Height Positioning  
Optimizing the Image  
Needle Entry Positions  
Finding the Needle

### TOP TIPS

Safety First  
Patient Selection  
Product Selection  
Timing of Treatments  
Managing Patient Expectations  
Turning Your Patients in to Loyal Clients



# LEVEL 200 - LIGAMENTS FOR PROLO & PRP

## DAY 1 - ADVANCED LIGAMENT SCANNING

**LEVEL 200**  
Ligaments for  
Prolo & PRP  
REQUIRES: Top 25  
or Similar Skill Level

**DAY 1 - ADVANCED LIGAMENT SCANNING**  
To Treat with Prolotherapy, PRP & Cortisone  
Shoulder, Elbow, Wrist, Hip, Knee, Ankle & Spine

**DAY 2 - SCANNING & CADAVER TRAINING**  
4 Hr of Cadaver Ligament Injection Training  
Final Exam & Top Tips

**9:00 AM - 10:00 AM**

### SHOULDER

AC Ligaments  
SC Ligaments  
Coracohumeral  
Glenohumeral Ligaments

**10:00 AM - 11:30 AM**

### SPINE

Costo-transverse  
Facet joints  
Sacroiliac  
Iliolumbar  
Sacrotuberous

**11:30 AM - 12:30 PM**

### ELBOW, HAND & WRIST

UCL & RCL  
Annular Ligament  
TFCC  
Scapholunate  
Radioscaphoid  
Distal Radio-Ulnar

**WORKING LUNCH 12:30 - 1:30 PM**

### LIGAMENT INJURIES & THEIR INTERVENTIONS: WHAT WE USE & WHEN

REHABILITATION, CORTISONE, PROLOTHERAPY, PRP, SURGERY

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

### Hip & Knee

Ischiofemoral  
Iliofemoral  
Pubic Symphysis  
Knee MCL  
Knee LCL

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

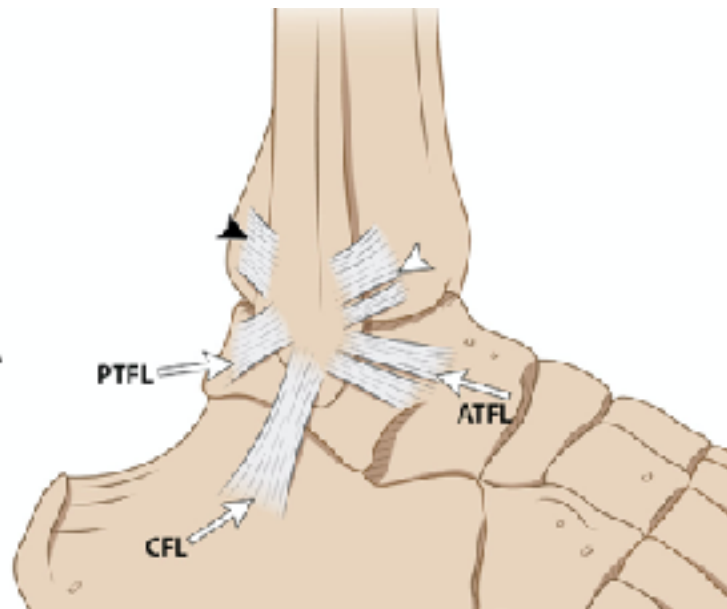
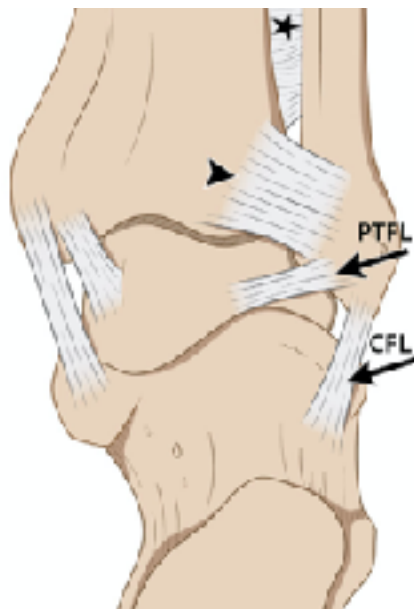
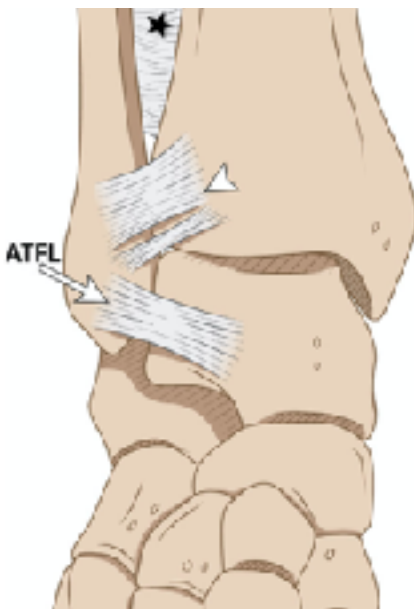
### Foot & Ankle

Lateral Ankle  
Medial Ankle  
Mid foot  
Bunion

**3:30 PM- 4:30 PM**

### Full Review

and  
Practice Your  
Own Priorities





# LEVEL 200 - LIGAMENTS FOR PROLO & PRP

## DAY 2 - CADAVER INJECTIONS & FINAL EXAM

### LEVEL 200 Ligaments for Prolo & PRP

REQUIRES: Top 25  
or Similar Skill Level

### DAY 1 - ADVANCED LIGAMENT SCANNING

To Treat with Prolotherapy, PRP & Cortisone  
Shoulder, Elbow, Wrist, Hip, Knee, Ankle & Spine

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Ligament Injection Training  
Final Exam & Top Tips

**8:30 AM - 12:30 PM**

### CADAVER LIGAMENT INJECTION TRAINING

AC Ligaments  
SC Ligaments  
Coracohumeral  
Glenohumeral Ligaments  
Costo-transverse  
Facet joints  
Sacroiliac  
Iliolumbar

Sacrotuberous  
UCL & RCL  
Annular Ligament  
TFCC  
Scapholunate  
Radioscaphoid  
Distal Radio-Ulnar  
Ischiofemoral

Iliofemoral  
Pubic Symphysis  
Knee MCL  
Knee LCL  
Lateral Ankle  
Medial Ankle  
Mid foot  
Bunion

**PROVIDED LUNCH 12:30 - 1:30 PM**

**1:30 PM - 4:30 PM**

### SCANNING FINAL EXAM

Patient Positioning  
US-Machine Positioning  
Table Height Positioning  
Optimizing the Image  
Needle Entry Positions  
Finding the Needle

### TOP TIPS

Safety First  
Patient Selection  
Product Selection  
Timing of Treatments  
Managing Patient Expectations  
Turning Your Patients in to Loyal Clients

Transducer

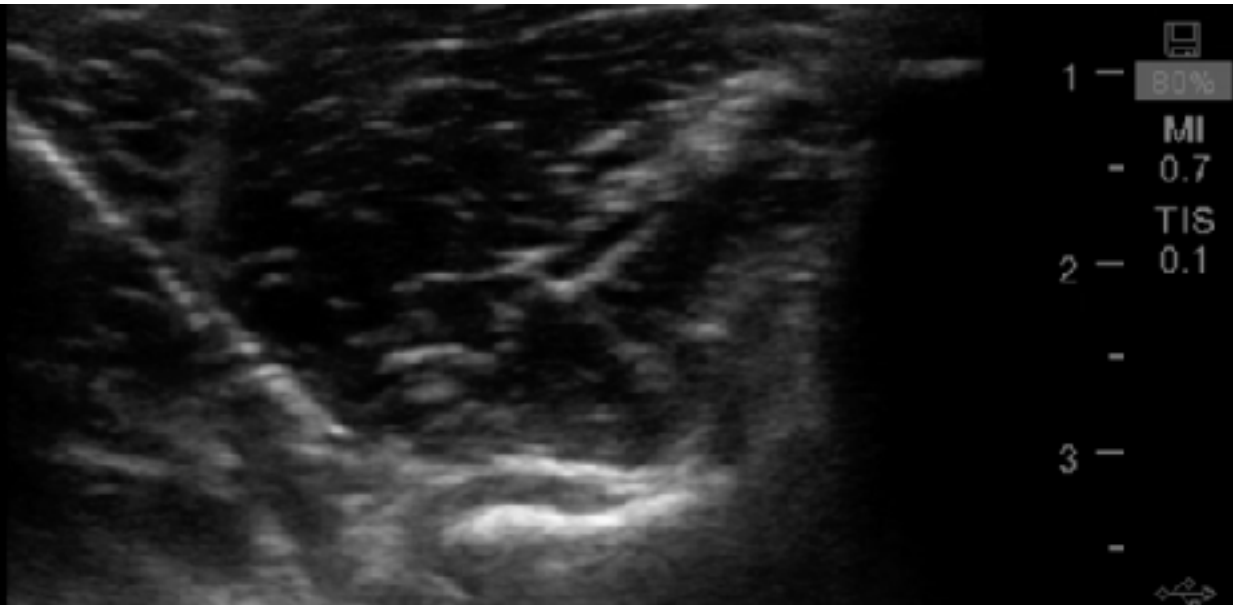
Patient

Annotate

Settings

DR 0

U/L ●●●●●





# LEVEL 250 - TENDONS FOR PROLO & PRP

## DAY 1 - ADVANCED TENDON SCANNING

### LEVEL 250 Tendons for Prolo & PRP

REQUIRES: Top 25  
or Similar Skill Level

**DAY 1 - ADVANCED TENDON SCANNING**  
To Treat with Prolotherapy, PRP & Cortisone  
Shoulder, Elbow, Wrist, Hip, Knee, Ankle

**DAY 2 - SCANNING & CADAVER TRAINING**  
4 Hr of Cadaver Tendon Injection Training  
Final Exam & Top Tips

#### 9:00 AM - 10:30 AM

##### SHOULDER

Supraspinatus  
Infraspinatus  
Subscapularis  
Long Head of Biceps  
Short Head of Biceps

#### 10:30 AM - 11:30 AM

##### ELBOW

Distal Biceps  
Flexors  
ECRB  
ECRL  
Extensors  
Supinator

#### 11:30 AM - 12:30 PM

##### HAND & WRIST

De Quervain's & Intersection  
Extensor Compartments 1-6  
Flexor Compartments  
Finger Pulleys  
Trigger Finger

#### WORKING LUNCH 12:30 - 1:30 PM

#### LIGAMENT INJURIES & THEIR INTERVENTIONS: WHAT WE USE & WHEN

REHABILITATION, CORTISONE, PROLOTHERAPY, PRP, SURGERY

#### 1:30 - 2:30 PM

##### HIP

Iliopsoas  
Rectus Femoris  
Adductors  
Gluteus Min & Med  
Proximal IT Band  
Conjoined Hamstring Tendon

#### 2:30 - 3:30 PM

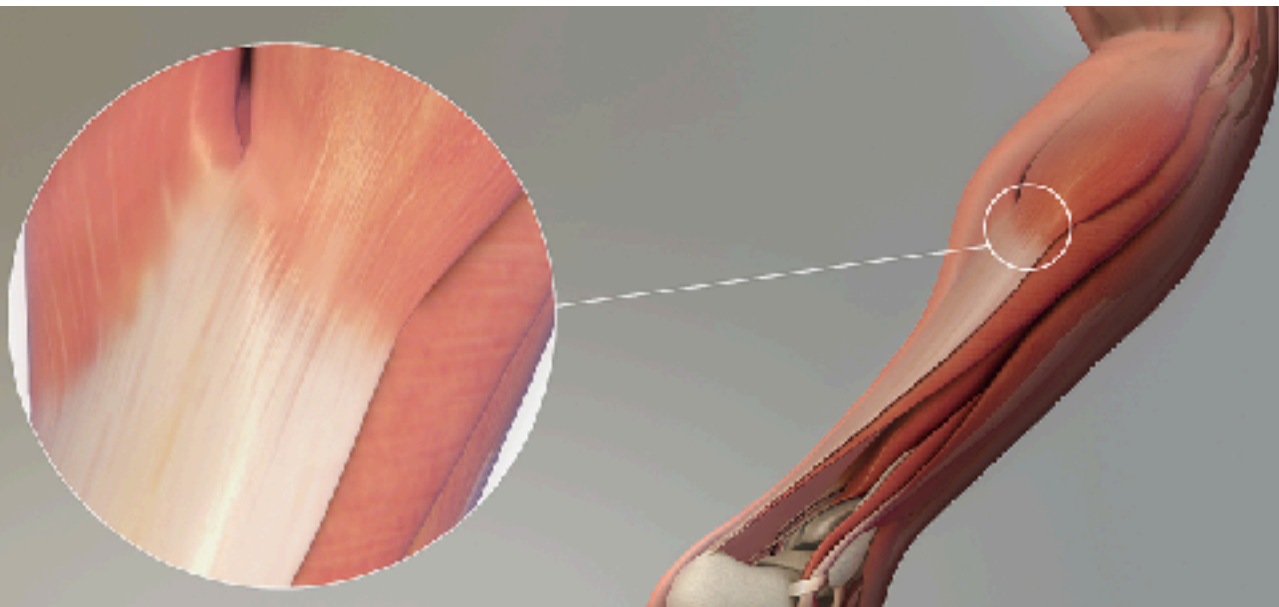
##### KNEE

Distal Hamstrings  
Fabella Syndrome  
Gastrocnemius Tendons  
Popliteus Tendon

#### 3:30 - 4:30

##### FOOT & ANKLE

Achilles Tendon  
Plantaris Tendon  
Flexor Digitorum Brevis  
Tibialis Posterior  
Tarsal Tunnel Syndrome  
Toe Flexor Tendons



# LEVEL 250 - TENDONS FOR PROLO & PRP

## DAY 2 - CADAVER INJECTIONS & FINAL EXAM

### LEVEL 250 Tendons for Prolo & PRP

REQUIRES: Top 25  
or Similar Skill Level

### DAY 1 - ADVANCED TENDON SCANNING

To Treat with Prolotherapy, PRP & Cortisone  
Shoulder, Elbow, Wrist, Hip, Knee, Ankle

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Tendon Injection Training  
Final Exam & Top Tips

**8:30 AM - 12:30 PM**

### CADAVER TENDON INJECTION TRAINING

Supraspinatus	ECRL	Iliopsoas	Achilles Tendon
Infraspinatus	Extensors	Rectus Femoris	Plantaris Tendon
Subscapularis	Supinator	Adductors	Flexor Dig. Brevis
Long Head of Biceps	De Quervains & Int.	Gluteus Minimus	Plantar Fascia Medial
Short Head of Biceps	Ext. Compartments 1-6	Gluteus Medius	& Lateral Bands
Distal Biceps	Flexor Compartments	Conjoined Hamstring	Tibialis Posterior
Flexors	Finger Pulleys	Proximal & Distal IT	Tarsal Tunnel
ECRB	Trigger Finger	Pes Anserinus	Toe Flexor Tendons

**PROVIDED LUNCH 12:30 - 1:30 PM**

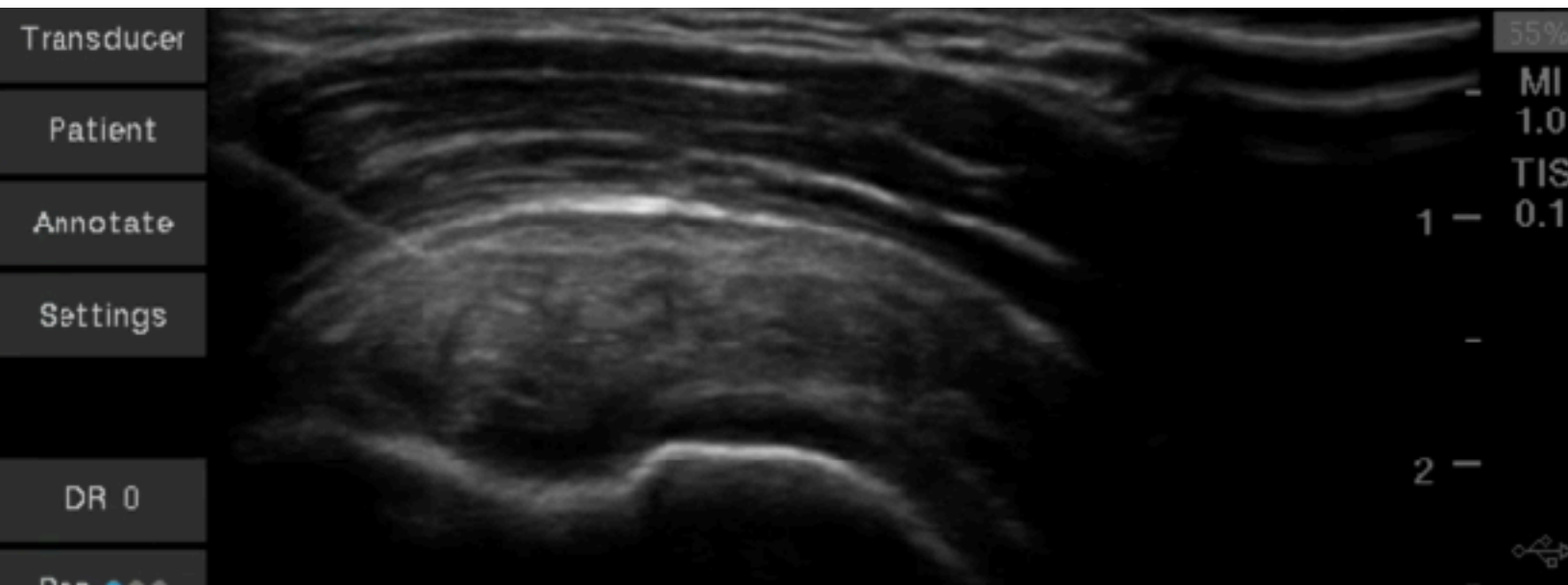
**1:30 PM - 4:30 PM**

### SCANNING FINAL EXAM

Patient Positioning  
US-Machine Positioning  
Table Height Positioning  
Optimizing the Image  
Needle Entry Positions  
Finding the Needle

### TOP TIPS

Safety First  
Patient Selection  
Product Selection  
Timing of Treatments  
Managing Patient Expectations  
Turning Your Patients in to Loyal Clients



# LEVEL 300 - TOP 20 NERVE INJECTIONS

## DAY 1 - ADVANCED NERVE SCANNING

### LEVEL 300 Top 20 Nerves

REQUIRES: Top 25  
or Similar Skill Level

### DAY 1 - TOP 20 NERVE INJECTIONS for Pain Management

Trunk, Upper and Lower Extremities

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Nerve Injection Training  
Final Exam & Top Tips

**9:00 AM - 10:00 AM**

#### TOP 20 NERVES:

#### WHAT TO CHOOSE & WHEN

Hydrodissection  
Lidocaine / Marcaine  
Cortisone  
Dextrose  
PRP  
Surgery

**10:00 AM - 11:30 AM**

#### #1-5 ARM, HAND & WRIST

#### US Anatomy of:

Carpal Tunnel / Median Nerve  
Elbow Pain / Ulnar Nerve  
Superficial Radial Nerve  
Supinator Syndrome  
Arm Pain / Radial Nerve

**11:30 AM - 12:30 PM**

#### #6-10 SHOULDER

#### US Anatomy of the:

Shoulder Pain / Suprascapular  
Scapular Pain / Dorsal Scapular  
Quadrilateral Space Syndrome  
Trapezius Trigger Points  
Levator Scapulae

**PROVIDED LUNCH 12:30 - 1:00 PM**

**1:00 PM - 2:30 PM**

#### #11-15 KNEE, ANKLE & FOOT

Knee & Calf / Peroneal (Fibular)  
Saphenous Nerve  
Knee Genicular Nerves  
Foot Pain / Morton's Neuroma  
Tarsal Tunnel

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

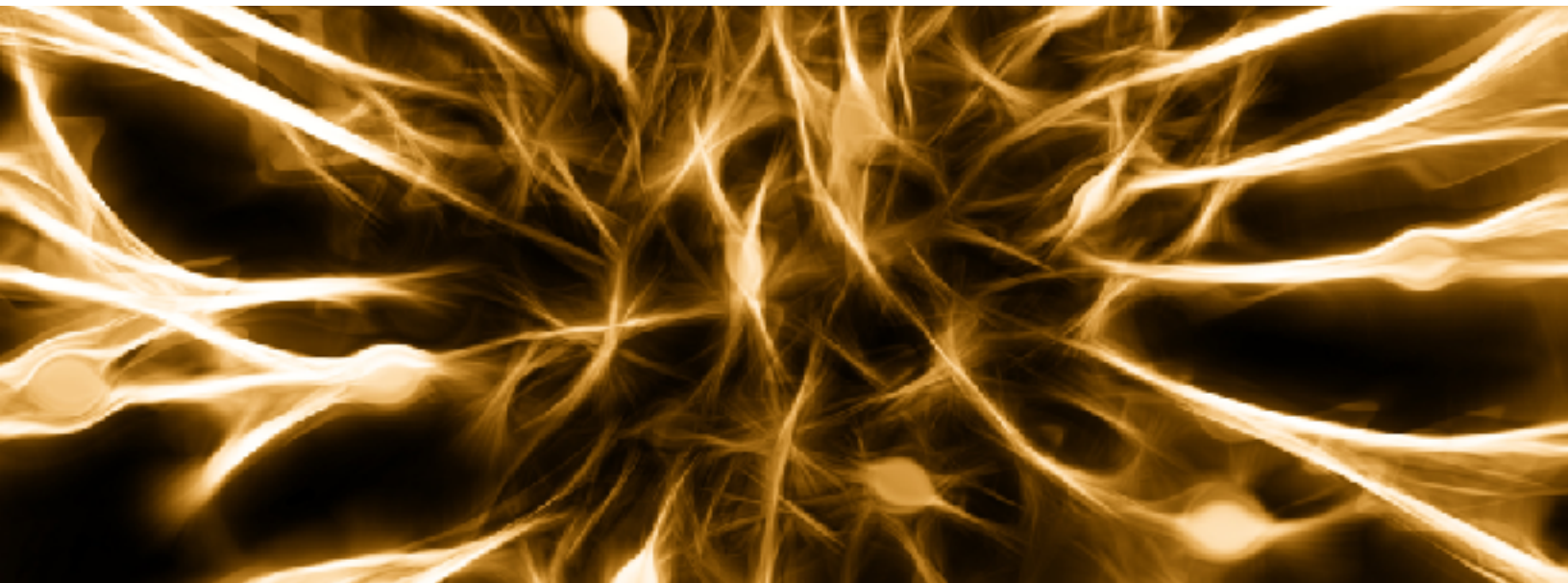
#### #16-20 TRUNK, HIP & THIGH

Intercostal Nerve Pain  
Ilioinguinal Nerve Pain  
Lateral Thigh Pain / LFCN  
Piriformis Syndrome / Sciatic  
Low Back Pain / Cluneal Nerves

**3:30 PM- 4:30 PM**

**Full Review  
and**

**Practice Your  
Own Priorities**



# LEVEL 300 - TOP 20 NERVE INJECTIONS

## DAY 2 - CADAVER INJECTIONS & FINAL EXAM

### LEVEL 300 Top 20 Nerves

REQUIRES: Top 25  
or Similar Skill Level

### DAY 1 - TOP 20 NERVE INJECTIONS for Pain Management

Trunk, Upper and Lower Extremities

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Nerve Injection Training  
Final Exam & Top Tips

**8:30 AM - 12:30 PM**

### CADAVER INJECTION TRAINING FOR THE TOP 20

Carpal Tunnel / Median Nerve  
Elbow Pain / Ulnar Nerve  
Superficial Radial Nerve  
Supinator Syndrome  
Arm Pain / Radial Nerve  
Shoulder Pain / Suprascapular  
Scapular Pain / Dorsal Scapular

Quadrilateral Space Syndrome  
Trapezius Trigger Points  
Levator Scapulae  
Knee & Calf / Peroneal (Fibular)  
Saphenous Nerve  
Knee Genicular Nerves  
Foot Pain / Morton's Neuroma

Tarsal Tunnel  
Intercostal Nerve Pain  
Ilioinguinal Nerve Pain  
Lateral Thigh Pain / LFCN  
Piriformis Syndrome / Sciatic  
Low Back Pain / Cluneal Nerves

**PROVIDED LUNCH 12:30 - 1:00 PM**

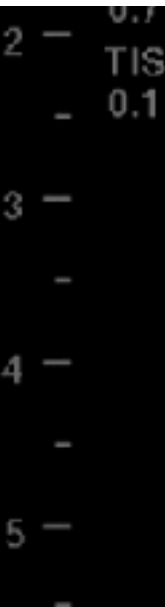
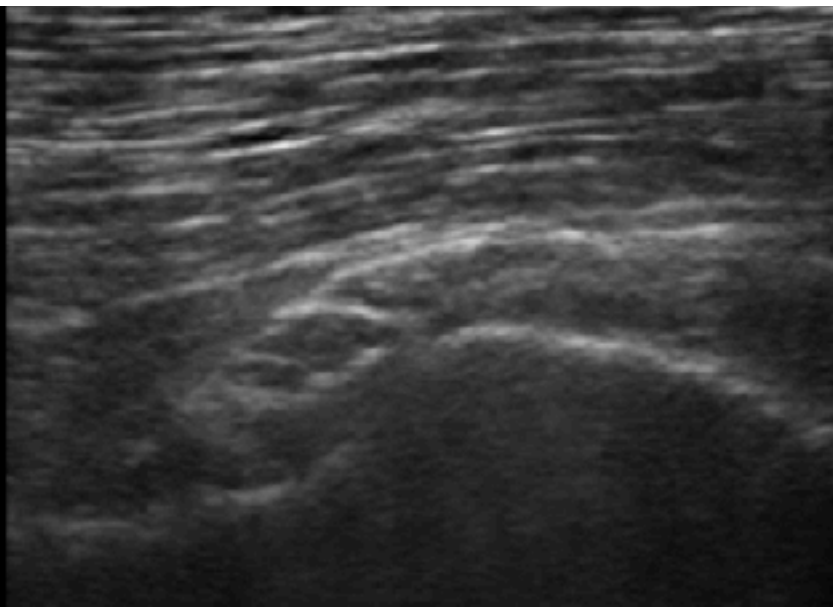
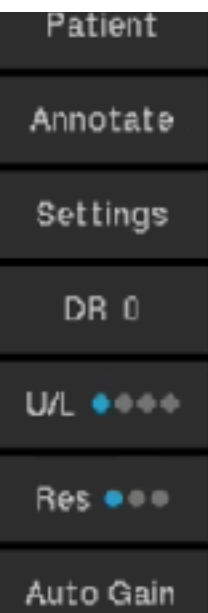
**1:30 PM - 4:30 PM**

### SCANNING FINAL EXAM

Patient Positioning  
US-Machine Positioning  
Table Height Positioning  
Optimizing the Image  
Needle Entry Positions  
Finding the Needle

### TOP TIPS

Safety First  
Patient Selection  
Product Selection  
Timing of Treatments  
Managing Patient Expectations  
Turning Your Patients in to Loyal Clients





# ORTHO10 - TOP 10 FOR ORTHOPEDIC SURGEONS

## DAY 1 - SCANNING FOR THE TOP 10

**Ortho100**  
**Top 10**  
**Injections**  
Ortho Only

### DAY 1 - SCANNING FOR THE TOP 10

AM: UPPER BODY

PM: LOWER BODY

### DAY 2 - SCANNING & CADAVER TRAINING

4 Hr of Cadaver Top 10 Injection Training  
What You Must Know & Final Run Through

**9 AM- 10 AM**

#### ELBOW

**# 1 - ELBOW TENDONITIS**

**# 2 - ELBOW ARTHRITIS**

#### US Anatomy of the:

Medial Elbow Tendons

Lateral Elbow Tendons

Elbow Articulations

Wrist Articulations

**10 AM - 12:30 PM**

#### SHOULDER

**# 3 - RTC TEARS**

**# 4 - SHOULDER ARTHRITIS**

Subacromial Bursa

Rotator Cuff Tendons

Long Head of Biceps

Glenohumeral Joint

AC Joint

### PROVIDED LUNCH 12:30 - 1:30 PM

#### WHAT TO CHOOSE & WHEN

Cortisone    Prolotherapy    Leukocyte Rich-PRP    Leukocyte Poor-PRP

Viscosupplementation: Cingal Durolane Monovisc Orthovisc Synvisc

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

#### KNEE

**# 5 - KNEE ARTHRITIS**

#### US Anatomy of the:

Anterior Knee Joint

Medial Joint Line

Lateral Joint Line

Baker's Cyst

**2:30 PM - 4 PM**

**# 6- HIP ARTHRITIS**

**# 7 - HIP BURSITIS**

**# 8 - SI JOINT ARTHRITIS**

#### US Anatomy of the:

Hip Joint

Greater Trochanter

Bursae of the Hip

SI Joint

**4 PM - 4:30 PM**

**# 9 - PLANTAR FASCIITIS**

**# 10 - ANKLE LIGAMENTS**

#### US Anatomy of the:

Plantar Fascia

Achilles Tendon

Ankle Ligaments

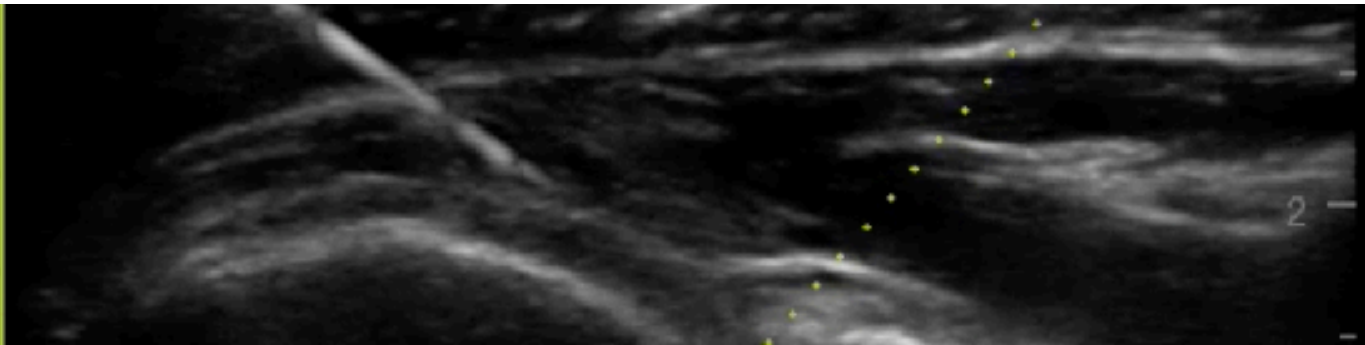
Ankle Articulations

Annotate

Settings

DR 0

U/L



# ORTHO10 - TOP 10 FOR ORTHOPEDIC SURGEONS

## DAY 2 - CADAVER INJECTIONS & PROTOCOLS

**LEVEL 100**

**Top 10**

**Injections**

No Pre-Requisites

**DAY 1 - SCANNING FOR THE TOP 10**

**AM: UPPER BODY**

**PM: LOWER BODY**

**DAY 2 - SCANNING & CADAVER TRAINING**

**4 Hr of Cadaver Top 10 Injection Training  
What You Must Know & Final Run Through**

**8:30 AM - 12:30 PM**

### **CADAVER INJECTION TRAINING FOR THE TOP 10**

Elbow Tendonitis

Hip Arthritis

Wrist Arthritis

Hip Bursitis

RTC Tendons

SI Joint Arthritis

Shoulder Arthritis

Ankle Ligaments

Knee Arthritis

Plantar Fasciitis

**TRANSPORT FROM LAB TO CLINIC FOR A PROVIDED LUNCH 12:30 - 2 PM**

### **Lunchtime Workshop: Strategies for Improving Outcomes in Non-operative Orthopaedics**

Orthopaedic central intake strategies  
Recruiting & Training non-operative personnel

Purchasing the right equipment & Paying it off  
Billing tips to make it all financially successful

**2 PM - 3 PM**

### **WHAT YOU ABSOLUTELY MUST KNOW ABOUT:**

Patient Selection  
Patient Management Protocols  
Post Injection Management  
Viscosupplement Selection  
Leukocyte Rich vs Poor PRP

**3 PM - 4:30 PM**

### **FINAL RUN-THROUGH**

You Choose Your Own Priorities and Practice:

Patient Positioning  
US-Machine Positioning  
Table Height Positioning  
Optimizing the Image  
Needle Entry Positions

Annotate

Settings

DR 0

1 - 0.1

2 -

# ORTHO10 - MASTERCLASS (OPTIONAL)

## DAY 3 - SCANNING IN OFFICE ON REAL PATIENTS

**LEVEL 100**  
**Top 10**  
**Injections**  
No Pre-Requisites

**ORTHO10 DAY 3 - MASTERCLASS**  
**SCANNING PRACTICE IN OFFICE ON REAL PATIENTS WITH PATHOLOGY**

**9 AM - 3 PM**

### **Live Scanning and Treatments in Sport Med Office with Dr. Johnson**

You have one day to practice your scanning on live patients. Once you have lined up everything perfectly, Dr. Johnson will do the injection to see what the image should look like.

*Learners performing the injection on patients in Alberta is possible, but requires an active Alberta license.*

Can Be Customized, but the highest yield is:

RTC Tears (PRP)	Massive RTC Tears (Cortisone)	Glenohumeral Joint OA (Visco)
Knee Joint (PRP & Visco)	Hip Joint (PRP & Visco)	Ankle Joint OA (PRP & Visco)

### **Recap and Further practice of:**

Patient Positioning	US-Machine Positioning	Table Height Positioning
Optimizing the Image	Needle Entry Positions	

### **Final Advice on:**

US Machines	Viscosupplementation Products	PRP Products	Required Consumables to Stock
-------------	-------------------------------	--------------	-------------------------------



**WILL TRAVEL  
ANYWHERE  
IN CANADA**

# CUSTOM WORKSHOPS FOR ORTHO, PHYSIATRY & SPORT MEDICINE

**Custom  
Workshops**  
Ortho, PM&R,  
or Sport Med

**Example:**

**AM SESSION - 3 Hours of Scanning for  
Visco and PRP injections for  
Hip, Knee, Shoulder and Elbow OA**

**Example:**

**PM SESSION - 3 Hrs of US-Guided  
Cadaver Injection Training**

**9 - 10:30 AM  
SHOULDER**

**20m Presentation & 70m Scanning**

**Fundamentals Targets**

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

**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  
RADIOCAPHOID & 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 & FLEXOR 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 TARSII  
KNOT OF HENRY  
TIBIAL NV. & SUP. PERONEAL NV.

**4 - 5 PM  
HIP**

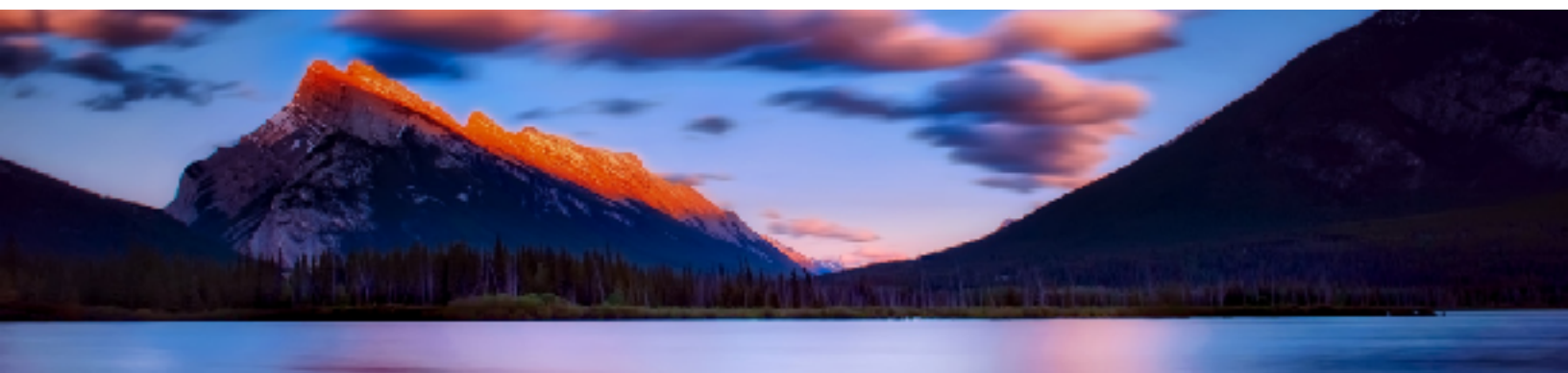
**15m Presentation & 45m Scanning**

**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.





**CADAVER LABS  
IN CALGARY,  
HAMILTON AND  
TORONTO**

# **CUSTOM CADAVER WORKSHOPS FOR VISCOSUPPLEMENTATION & PRP**

## **1-Day WORKSHOPS**

### **1-DAY CADAVER WORKSHOPS FOR VISCOSUPPLEMENTS & PRP**

Learn Proven Treatment Protocols. Brief Presentations with 1 US Machine : 2 Attendees  
Learn how to accurately injection Visco and PRP into the joint space 100% of the time.

**9 - 9:30AM**

#### **TOP 10 SMUC PROTOCOLS WHAT TO CHOOSE... AND WHEN**

With your vast knowledge of MSK medicine, learn the SMUC patient management protocols you need to help your patients find lasting pain relief and build a panel of repeat clients.

**9:30 - 10:15 AM**

#### **SCANNING PRACTICE: SHOULDER VISCO & PRP** Glenohumeral OA RTC Pain

**11:00 - 11:45 PM**

#### **SCANNING PRACTICE: HIP VISCO & PRP** HIP OA Gluteal Tendon Pain

**10:15 - 11:00 AM**

#### **SCANNING PRACTICE: KNEE VISCO VISCO & PRP** Knee OA Medial & Lateral Joint Line Pain

**11:45 - 12:15 PM**

#### **SCANNING PRACTICE: ELBOW VISCO & PRP** Elbow OA Medial & Lateral Tendon Pain

**GRAB & GO LUNCH 12:15 - 1 PM**

**1 PM - 4 PM**

#### **CADAVER INJECTION TRAINING FOR VISCO & PRP FOR:**

Glenohumeral OA

Hip OA

RTC Pain

Gluteal Tendon Pain

Knee OA

Elbow OA

Medial & Lateral Joint Line Pain

Medial & Lateral Tendon Pain

Patient

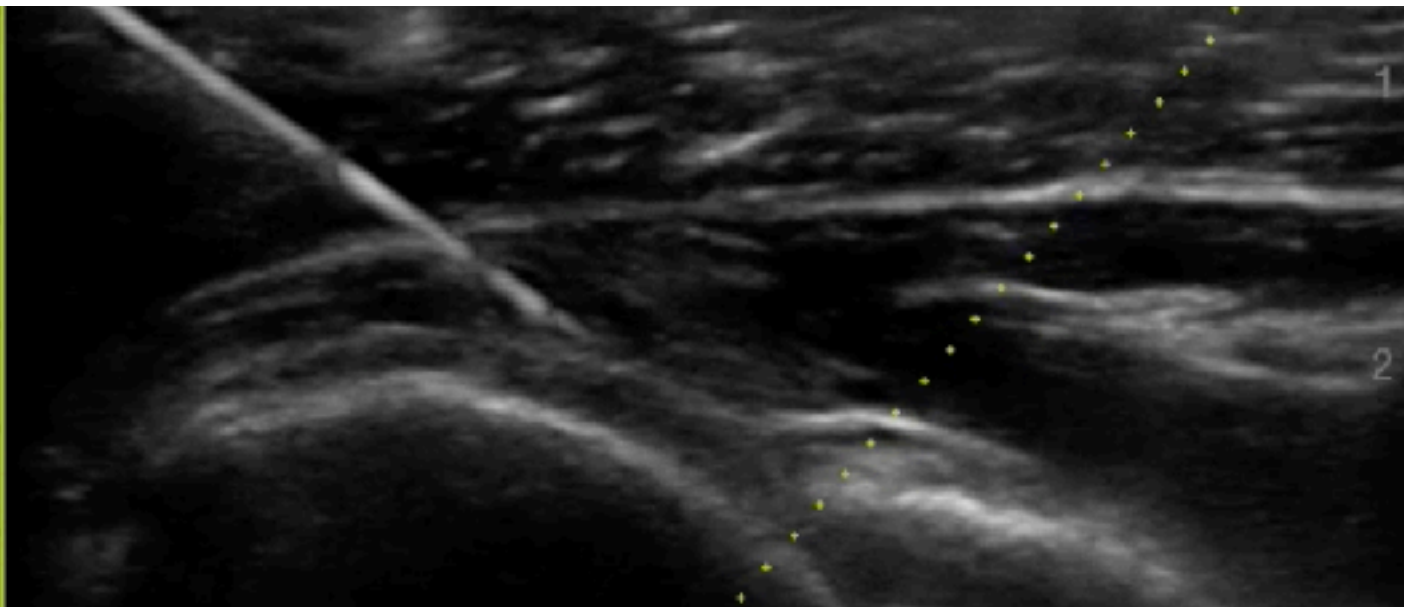
Annotate

Settings

DR 0

U/L   

Res   



# SPORT MEDICINE ULTRASOUND CANADA



## MSK Ultrasound Scanning & Injection Training for

- Sport Medicine Physicians
- Family Medicine Physicians
- Emergency Room Physicians
- Physical Medicine Physicians
- Orthopedic Surgeons



- **DR. MICHAEL GALBRAITH, DO, CCFP (SEM)**
  - 1000 SCANS EACH YEAR
  - 3000 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**
  - 3000 SCANS EACH YEAR
  - 10,000 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.*