

LEVEL 1 BOOT CAMP - YYZ

**DAY 1 HANDS-ON SCANNING TRAINING
 THE TOP 5 SPORT MEDICINE INJECTIONS**

9:30 AM - 9:55 AM
SPORT MEDICINE SIMPLIFIED: HOW TO EASILY TREAT THE TOP 10 COMPLAINTS
 Cortisone
 Prolotherapy
 PRP
 Hyaluronic Acid
 Stem Cells
 Surgery

10AM - 11:15AM SHOULDER BURSITIS	11:30 AM - 12:30 PM ELBOW TENDONITIS WRIST TENDONITIS	1:10 PM - 2:25 PM HIP ARTHRITIS	2:40 PM - 4 PM KNEE ARTHRITIS
---	--	--	--

**DAY 2 HANDS-ON SCANNING TRAINING
 THE TOP 10 SPORT MEDICINE INJECTIONS**

9:30 AM - 10:40 AM SHOULDER BURSITIS SHOULDER ARTHRITIS	11 AM - 12:30 PM ELBOW TENDONITIS WRIST TENDONITIS
--	---

1:10 PM - 2:40 PM HIP ARTHRITIS HIP BURSITIS HIP TENDONITIS	3 PM - 3:40 PM KNEE ARTHRITIS	3:50 PM - 4:45 PM PLANTAR FASCIITIS ANKLE SPRAIN
--	--	---

**DAY 3 INJECTION TRAINING
 CADAVER INJECTIONS + FINAL SCANNING MENTORING**

4 HRS US-GUIDED CADAVER INJECTION TRAINING
9 AM - 1:30 PM
 Shoulder Bursitis Wrist Tendonitis
 Shoulder Arthritis Elbow Tendonitis
 Knee Arthritis Hip Arthritis
 Hip Bursitis Hip Tendonitis
 Ankle Sprain Plantar Fasciitis

MANAGING ADVERSE EVENTS: Cortisone PRP Prolotherapy Hyaluronic Acid	2 PM - 4 PM	FINAL SCANNING SESSION
--	--------------------	-------------------------------

**DAY 1 HANDS-ON SCANNING TRAINING
 MASTER THE TOP 10 SPORT MEDICINE INJECTIONS**

<p>9:30 AM - 9:55 AM SPORT MEDICINE SIMPLIFIED: HOW TO EASILY TREAT THE TOP 10 COMPLAINTS Cortisone & Hyaluronic Acid Prolotherapy, PRP Stem Cells Surgery</p>	<p>10:10 AM - 11:15 PM SHOULDER BURSTITIS SHOULDER ARTHRITIS Subacromial Bursa Subdeltoid Bursa Rotator Cuff Tendons Glenohumeral Joint</p>	<p>11:30 AM- 12:30 PM ELBOW TENDONITIS WRIST TENDONITIS <i>Joint Session with L1</i> Medial Elbow Tendons Lateral Elbow Tendons De Quervain's Tendons</p>
<p>1:20 PM - 2:35 PM HIP ARTHRITIS HIP BURSTITIS HIP TENDONITIS Hip Arthritis Hip Bursitis Hip Tendonitis</p>	<p>2:50 PM - 3:40 PM KNEE ARTHRITIS Knee Joint Medial Joint Line</p>	<p>3:50 PM - 5 PM PLANTAR FASCIITIS ANKLE SPRAIN Plantar Fascia Ankle Sprain & Arthritis</p>

**DAY 2 HANDS-ON SCANNING TRAINING
 LEARN THE TOP 25 SPORT MEDICINE INJECTIONS**

<p>9:30 AM - 10:40 AM SHOULDER Subacromial/deltoid Bursitis Supraspinatus Tendon Tears LHB Tendonitis AC Joint Separations Glenohumeral Arthritis Frozen Shoulder Trapezius Trigger Points</p>	<p>11:00 AM - 11:40 AM ELBOW Lateral Elbow Tendonitis Medial Elbow Tendonitis Elbow Arthritis</p>	<p>11:50 AM - 12:30 PM # 11 - 13 HAND & WRIST Thumb Arthritis (CMC & MCP) De Quervain's Tendons Intersection Syndrome Trigger Finger</p>
<p>1:20 - 2:40 PM HIP Hip Arthritis Hip Bursitis Hip Tendonitis Gluteus Trigger Points Lumbar Trigger Points</p>	<p>2:50 - 3:40 PM # 14 - 17 KNEE Knee Arthritis Anterior & Medial Knee Pain (+Pes Anserine Bursa) Baker's Cyst</p>	<p>3:50 PM - 5 PM # 23 - # 25 FOOT & ANKLE Plantar Fasciitis Ankle Sprain & Arthritis Achilles Tendonitis</p>

**DAY 3 INJECTION TRAINING
 CADAVER INJECTIONS + FINAL SCANNING MENTORING**

4 HRS ULTRASOUND-GUIDED CADAVER INJECTION TRAINING
9 AM - 1:30 PM
 Injection Training for all the above-listed structures
 There will also be time you can dedicate to practicing procedures you perform infrequently or would like mentoring on.

<p>MANAGING ADVERSE EVENTS: Cortisone PRP Prolotherapy Hyaluronic Acid</p>	<p>2 PM - 4 PM</p>	<p>FINAL SCANNING SESSION</p>
---	---------------------------	--------------------------------------

**2 DAYS OF SUPER HIGH-YIELD SPORTS MEDICINE
 ULTRASOUND SCANNING TRAINING
 NO CADAVER LAB**

**DAY 1 HANDS-ON SCANNING TRAINING
 MASTER THE TOP 25+ SPORT MEDICINE INJECTIONS**

<p>9:15 AM - 10:30 AM # 1 - 7 SHOULDER Subacromial/deltoid Bursitis Supraspinatus Tendon Tears LHB Tendonitis + Short Head Biceps AC Joint + SC Joint Glenohumeral Arthritis Frozen Shoulder + Hydrodilatation Protocols Trapezius Trigger Points + Levator Scapulae + Costotransverse Joints</p>	<p>10:45 AM - 11:45 AM # 8 - 10 ELBOW Lateral Elbow Tendonitis Medial Elbow Tendonitis Elbow Arthritis + Radial Collateral Ligament + Ulnar Collateral Ligament + Distal Biceps Anterior View + Distal Biceps Cobra View + Distal Biceps/Bicipitoradial Bursa</p>	<p>12:00 PM - 1 PM # 11 - 13 HAND & WRIST Thumb Arthritis Wrist Tendonitis "Texting Thumb" Trigger Finger + Scanning the Pulleys + ECU Tendonitis + TFCC Injuries</p>
<p>1:45 - 2:30 PM # 14 - 17 KNEE Knee Arthritis Anterior Knee Pain Medial Knee Pain Baker's Cyst + Quadriceps Tendon + Patellar Tendon + Medial Collateral Ligament + Lateral Collateral Ligament + Proximal Tib Fib Joint</p>	<p>2:40 - 3:40 PM # 18 - 22 HIP Hip Arthritis Hip Bursitis & Tendonitis + Piriformis + Quadratus Femoris + Ischiofemoral Impingement Gluteus Trigger Points Lumbar Trigger Points + Lumbar Facet Joints SI Joint Arthritis</p>	<p>3:50 PM - 4:30 PM # 23 - # 25 FOOT & ANKLE Plantar Fasciitis Ankle Sprain Achilles Tendonitis + Sinus Tarsi + Subtalar Joint</p>

**DAY 2 HANDS-ON SCANNING TRAINING
 ADVANCED UPPER & LOWER LIMB TENDONS, LIGAMENTS & NERVES**

<p>9:15 AM - 10:30 AM SHOULDER Coracohumeral Ligament Coracoacromial Ligaments Suprascapular Nerve Above+Below Quadrilateral Space Syndrome Pectoralis Major Pectoralis Minor</p>	<p>10:45 - 11:45 AM ELBOW, HAND & WRIST Radial Nerve Ulnar Nerve Median Nerve Distal Biceps Pronator Window Distal Biceps Cotton Reel</p>	<p>12:00 - 1 PM FOOT & ANKLE Medial Ankle Tibial Nerve / Tarsal Tunnel Syndrome Midfoot Arthritis Morton's Neuroma</p>
<p>1:45 PM - 3:00 PM HIP Pubic Symphysis Iliacus & Psoas Rectus Femoris Direct Head Rectus Femoris Indirect Head Conjoined Hamstring Tendon Sciatic Nerve in Thigh</p>	<p>3:15 - 4:30 PM KNEE Full Quadriceps Scanning Full Hamstring Scanning Sciatic Nerve Branch at Knee Common Peroneal (Fibular) Nerve</p>	

DAY 1 HANDS-ON SCANNING TRAINING
MASTERING LOWER LIMB: AMERICAN FELLOWSHIP CURRICULUM

9:15 AM - 10:40 AM

KNEE

Parameniscal Cyst Drainage
 Distal Biceps Femoris Tendinopathy
 Proximal Tib-Fib Joint Instability Protocols
 Popliteus Tendinopathy
 Proximal Gastrocnemius Tendinopathy
 Fabella Syndrome
 Osgood Schlatter's Disease Prolo & PRP

10:50 AM - 11:50 PM

HIP PART 1

Adductor Tendinopathy PRP Protocols
 Distal Rectus Abdominis Tendinopathy PRP
 Osteitis Pubis & Instability Treatments
 Iliopsoas Bursitis

12 PM - 1PM

HIP PART 2

Snapping Anterior Hip Scanning
 Lateral Femoral Cutaneous Nerve Injection
 Rectus Femoris Muscle Tear
 Rectus Femoris Indirect Head Tear

1:45 PM - 3 PM

ANKLE

Medial Head Gastrocnemius Tear
 Tennis Leg / Plantaris Tendon Injury
 Superficial Peroneal Nerve Entrapment
 Subtalar Joint Injection
 Flexor Hallucis Tendinopathy

3:15 PM - 5 PM

FOOT & TOE

Lisfranc Ligament
 Midfoot Arthritis
 Morton's & Intermetatarsal Bursitis
 Great Toe Sesamoid Disorders
 Baxter's Nerve Injection

DAY 2 HANDS-ON SCANNING TRAINING
MASTERING UPPER LIMB: AMERICAN FELLOWSHIP CURRICULUM

9:15 AM - 11:15 AM

WRIST, HAND & FINGER

ECU Tendinopathy
 Ulnar Nerve at Guyon's Canal
 Dorsal Scapholunate
 Dorsal & Volar Ganglion Cysts
 Skier's Thumb (UCL Tear)
 Pulley Injuries
 Mallet Finger (Terminal Extensor Tendon)
 Jersey Finger (Terminal Flexor Tendon)

11:30 AM - 1 PM

HIP PART 3

Review:Adductor Tendinopathy
 Review:Lateral Femoral Cutaneous Nerve Injection
 Rec Fem Tear / Contusion & Myositis Ossificans
 Morel Lavalee Lesion Drainage Protocol
 Hamstring Tendon Soft Tissue Landmarking for
 Tear Grading

1:45 PM - 2:45 PM

SHOULDER

Spinoglenoid Notch Cyst
 Pectoralis Major Tear
 Subcoracoid Impingement
 Sternoclavicular Synovitis
 Calcific Tendinopathy Barbotage Protocols

3 PM - 4:15 PM

ELBOW

Ulnar Nerve Instability
 Triceps Tendinopathy
 Posterolateral Impingement Syndrome
 Distal Biceps Cobra & Pronator Views
 Radial Nerve Hydrodissection
 Posterior Interosseous Nv. Entrapment