

## Day One

## Day Two

### Hands-On Scanning Master the Top 20 Podiatry Injections

### US-Guided Injection Training on Cadaveric Specimens + Final Scanning Mentoring

#### 9:00 Live Hands on Ultrasound

##### "Which buttons do what"?

Learn how to operate the machine by working it yourself

##### "What I am looking at?"

Learn how different tissues appear on ultrasound

#### 9:15 The Hindfoot Fundamentals

Scanning to perform injections of the

- 1 - Achilles tendon
- 2 - Retrocalcaneal bursa
- 3 - Plantar fascia

10:15 Break

#### 10:30 The Midfoot Fundamentals

Scanning to perform injections of the

- 4 - 1st Tarsometatarsal Joint
- 5 - Talonavicular Joint
- 6 - Talocuboid Joint
- 7 - Cubonavicular Joint

11:30 Break

#### 11:45 The Forefoot Fundamentals

Scanning to perform injections of the

- 8 - 1st Toe MTPJ
- 9 - Sesamoids
- 10 - Morton's Neuroma
- 11 - Intermetatarsal Bursa

12:25 Repeat all the scans from the morning

12:45 LUNCH

#### 1:30 The Anterior Ankle & Posterior Ankle Fundamentals

Scanning to perform injections of the

- 12 - Talocrural (tibiotalar) joint-anterior aspect
- 13 - Talocrural (tibiotalar) joint-posterior aspect

#### 2:30 The Medial Ankle Fundamentals

Scanning to perform injections of the:

- 14 - Tibialis posterior tendon
- 15 - Flexor digitorum tendon
- 16 - Flexor hallucis tendon
- 17 - Tibial nerve

#### 3:30 The Lateral Ankle Fundamentals

Scanning to perform injections of the:

- 18 - ATFL
- 19 - CFL
- 20 - Peroneus (fibularis) longus & brevis tendons

4:30 Repeat all the scans from the day

5:00 END OF DAY

7:00 SOCIAL EVENT WITH SPONSORS (OPTIONAL)

#### 9:00 Cadaver Lab to practice injections

During this session you will perfect the needle placement for all the injections you learned on Day 1.

- 1 - Achilles tendon
- 2 - Retrocalcaneal bursa
- 3 - Plantar fascia
- 4 - 1st Tarsometatarsal Joint
- 5 - Talonavicular Joint
- 6 - Talocuboid Joint
- 7 - Cubonavicular Joint
- 8 - 1st Toe MTPJ
- 9 - Sesamoids
- 10 - Morton's Neuroma
- 11 - Intermetatarsal Bursa
- 12 - Talocrural (tibiotalar) joint-anterior aspect
- 13 - Talocrural (tibiotalar) joint-posterior aspect
- 14 - Tibialis posterior tendon
- 15 - Flexor digitorum tendon
- 16 - Flexor hallucis tendon
- 17 - Tibial nerve
- 18 - ATFL
- 19 - CFL
- 20 - Peroneus (fibularis) longus & brevis tendons

1:00 LUNCH

#### 2:00 OPTIONAL FINAL SCANNING SESSION

*(Free of charge in 2024 - but registration is required)*

If you are able to stay around, we'd love to help you even more.

This is the time when you refresh your memory on each injection!

We think this is very important to help you retain your learning.

During this session, you will be helped with:

- 1-How the patient should be positioned for each injection
- 2-Where the machine should be for each injection
- 3-How you should hold the probe for each injection

4:00 END OF DAY