# ESSR Outreach MSK Ultrasound Course

**Upper & Lower Limb • Joints, Muscles, and Nerves**

**Warsaw, Poland**

**26–29 September 2019**

**Organisers**

- Gina Allen (United Kingdom, Ultrasound Subcommittee of the ESSR)
- Iwona Sudol-Szopińska (Poland, Arthritis Subcommittee of the ESSR)

**Lecturers and Trainers:**

- Gina Allen (UK), David Wilson (UK), Elena Drakonaki (GR), Miriam De Dea (IT), Iwona Sudol-Szopińska (PL), Saulius Rutkauskas (LT), Maciej Bień (PL), Davide Orlandi (IT), Beata Ciszkowska-Lyson (PL), and Grzegorz Pracoń (PL)

## Programme

### 26 September 2019 (Thursday)

19.00 Welcome reception

### 27 September 2019 (Friday)

**Upper Limb**

- **8.00–9.00** Registration
- **9.15–9.30** Welcome and Introduction
- **9.30–10.10** Normal Anatomy and Examination Technique – Lecture and Live Demo
- **10.10–10.25** Rotator Cuff Injury: How to Detect Complete and Partial Tears
- **10.25–10.35** Biceps Tendon Disease – Fluid in the Tendon Sheath and Tendinosis and Treatment
- **10.35–10.50** US of Impingement and Treatment – Bursitis, Supraspinatus Tendinopathy
- **11.00** Assessment of Muscle Atrophy
- **11.15–11.25** Acromioclavicular Joint Problems – Ganglions, OA, Injury and Instability – and Treatment
- **11.25–11.35** Elbow Joint Problems – OA and Inflammatory Arthropathy and Treatment
- **11.45** US of the Post Operative Shoulder
- **12.05** US Brachial Plexus and Branches

**Shoulder – Part I Lectures**

- **11.30–11.45** Tendon Disease in the Hand and Wrist and Treatment – Tendinosis, Injury
- **11.45–11.55** Entrapment Neuropathy Around the Wrist
- **11.55–12.05** Ligament Problems – Steiner, A1 and A2
- **12.05–12.15** Joint Problems – How to Detect OA and Arthropathy

**Part II Hands on Training**

- **13.00–16.30** All delegates and all Tutors (4–5 Delegates/machine)

### 28 September 2019 (Saturday)

**Elbow – Part I Lectures**

- **9.30–10.00** Normal Elbow Anatomy: Lecture and Live Demo
- **10.00–10.10** Distal Biceps Brachii Disease Tendinosis and Tearing
- **10.10–10.25** Epicondylitis Diagnosis and Treatment
- **10.25–10.35** Nerves – Entrapment at the Elbow
- **10.35–10.45** Elbow Joint Problems – OA and Inflammatory Arthropathy and Treatment

**Part II Hands on Training**

- **13.00–16.30** All delegates and all Tutors (4–5 Delegates/machine)

### 29 September 2019 (Sunday)

**Lower Limb – Part I Lectures**

- **9.00–9.40** Hip Anatomy – Lecture and Demonstration Including Hernias, Greater Trochanter and Hip Groin Disease – Hip Joint, Muscle Injury and Hernias
- **9.40–9.55** US of Snapping Hip Syndrome
- **10.05–10.20** US of Greater Trochanteric Pain Syndrome

**Knee and Ankle**

- **10.35–10.55** Joints and Muscles from Knee to Ankle – Lecture and Live Demonstration
- **10.55–11.45** US of Ankle Tendons and Ligaments – Lecture and Live Demonstration
- **11.45–12.00** US of Knee Joint, Tendon and Other Disease
- **12.00–12.20** US of Ankle Tendon and Ligament Disease
- **12.20–12.30** US of Morton’s Neuroma Diagnosis and Treatment
- **12.30–12.40** US of the Plantar Fascia: Diagnosis and Treatment

**Part II Hands on Training**

- **13.20–17.20** All delegates and all Tutors (4–5 Delegates/machine)

17.20 Meeting Ends