Musculoskeletal Ultrasound Course
Cape Town   South Africa

Endorsed by the RSSA and SAMSIG

Friday 24 April –
Sunday 26 April 2020

Combine course with a stay in scenic Cape Town and safari

Faculty includes: Jon Jacobson      Eugene McNally      Andrew Grainger

• 3 day course covering MSK ultrasound anatomy, pathology, sports and rheumatological imaging

• Ultrasound guided intervention including joint injection, soft tissue biopsy and tendon treatment options will be illustrated

• Focus on practical tips and techniques to incorporate into clinical practice

• Combination of lectures, live ultrasound demonstrations, small interactive hands on tutorials and workshops under the guidance of expert tutors

• Tutorials and workshops streamed for basic to advanced skill levels

For further details visit: www.capemedicalcongresses.co.za
Provisional Course Program

**DAY 1  Friday 24 April 2020**

09:00  Key review of shoulder US anatomy
09:20  How I scan the shoulder – LIVE DEMO
09:50  US diagnosis of impingement
10:10  US of rotator cuff tears
10:50  The rotator interval and subscapularis
11:05  Beyond the cuff – Other diagnoses
11:20  The postoperative shoulder
11:35  WORKSHOPS – Shoulder

13:35  Shoulder intervention – How and when?
13:50  Barbotage – Tips and tricks
14:00  Pectoralis major tears – Is US good enough?
14:10  Rotator cuff muscle atrophy – Can US assess it?
14:20  Key review of elbow US anatomy
14:35  How I scan the elbow - LIVE DEMO

15:15  The biceps and triceps
15:30  Elbow ligaments
15:45  Epicondylitis and how I treat it
16:00  WORKSHOPS – Elbow

**DAY 2  Saturday 25 April 2020**

09:00  Key review of hand & wrist US anatomy
09:15  How I scan the hand & wrist - LIVE DEMO
09:35  Tendon disease and injury
09:50  Carpal tunnel syndrome – What do I look for?
10:00  Hand & wrist retinaculae and ligaments
10:15  US guided intervention for trigger finger
10:45  WORKSHOPS – Wrist and hand
11:45  Imaging in arthritis - Synovitis
12:00  Imaging in arthritis – Crystal disease
12:10  Nerves of the upper limb - LIVE DEMO

13:25  Key review of hip US anatomy
13:40  How I scan the hip - LIVE DEMO
14:00  Hip pathology – What use is ultrasound?
14:20  Athletic groin and hernia
14:35  Knee, quads & hamstrings anatomy and LIVE DEMO

15:25  Knee pathology – What use is ultrasound?
15:40  Muscle injury – Assessment and grading
16:00  WORKSHOPS – Hip and knee

**DAY 3  Sunday 26 April 2020**

09:00  Key review of foot & ankle US anatomy
09:20  How I scan the foot and ankle - LIVE DEMO
09:50  Spring ligament and medial ankle tendon disease
10:05  Peroneal tendon disease
10:20  Ankle ligaments – Is US good enough?
10:55  Mortons neuroma
11:05  The plantar plate
11:15  Foot and ankle nerve entrapments
11:30  WORKSHOPS – Foot and ankle

13:30  Plantar fascia – Diagnosis and intervention
13:40  Tendon therapy – What do we inject & when?
13:55  Soft tissue masses – What US tells us & what needs biopsy?
14:10  WORKSHOPS – Problem solving & revision
15:30  MASTERCLASS – Q & A with Demo

For further details visit: www.capemedicalcongresses.co.za