

## Program Schedule:

<b>Pre-reading</b>	<b>1.0</b>	<i>Musculoskeletal ultrasound didactic on-demand videos: Introduction, Shoulder, Elbow, Hand and Wrist</i>
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<b>Time</b>	<b>CE Hours</b>	<b>Topic</b>
<b>Day 1</b>		<b>SATURDAY – DAY ONE</b>
8:00 – 9:30	1.5	Introduction to the MSK Ultrasound and Knobology. Quick start protocol handout and lecture on the 5 Ps of MSK ultrasound imaging and defining what normal anatomic structures looks like under ultrasound.
9:30 -11:00	1.5	Lab: Instructor demonstration then Group scanning of Bicep Tendon, Subscapularis, A-C joint (tendons all in long axis and short axis)
11:00 – 12:30	1.5	Lab: Instructor demonstration then Group scanning of Supraspinatus, Infraspinatus, Teres Minor, G-H joint (tendons all in long axis and short axis)
12:30 – 1:30		Lunch Break
1:30 – 2:00	.5	Lab: Continue Group break outs for practice on ultrasound scanning of the shoulder while individual instructor feedback and evaluation of shoulder images obtained by students. <b>Practical Examination check off.</b>
2:00 – 3:00	1.0	Lab: Instructor demonstration the Group scanning of dynamic tests of the shoulder including supraspinatus, shoulder impingement, a-c joint impingement dynamic tests
3:00 – 5:00	2.0	Lab: Instructor demonstration then Group scanning of Elbow Anterior elbow pyramid, Anterior Elbow fat pad, Anterior elbow humeral radial joint, Lateral Epicondyle, Lateral approach distal biceps, Distal approach biceps tendon, Medial Epicondyle, Ulnar Nerve, Posterior elbow triceps tendon, Posterior elbow sax fat pad and joint
5:00-6:00	1.0	individual instructor feedback and evaluation of elbow images obtained by students. Proper care and cleaning of equipment. <b>Practical Examination check off.</b> Q and A / wrap up
<b>Day 2</b>		<b>SUNDAY – DAY TWO</b>
8:00 – 9:30	1.5	Lab: Partner change scanning, labeling, saving for the entire shoulder protocol, shoulder special tests, and entire elbow protocol
9:30-12:30	3.0	Lab: Instructor demonstration then Group scanning of Median Nerve, Carpal Tunnel, Ulnar nerve at wrist, Dequervains tendons, 1 <sup>st</sup> CMC joint, Basal joint Ulnar Collateral Ligament, Dorsal Metacarpophalangeal Joint, Triangular Fibrocartilage Complex, Annular Pulley System (A1-A2)
12:30-1:00	.5	Lab: Continue Group break outs for practice on ultrasound scanning of the shoulder while individual instructor feedback and evaluation of Hand and Wrist images obtained by students. <b>Practical Examination check off.</b>
1:00 - 1:30		Lunch Break
1:30 – 2:30	1.0	Lab: Partner change scanning, labeling, saving for the entire Hand/Wrist Protocol
2:30 – 3:30	1.0	Instructor only demonstration to students of dry needling tendinosis of supraspinatus. This is a demo and theory ONLY
<b>Total CE Hours</b>	<b>17.0</b>	<b>Course Conclusion: Participant Course Evaluations</b>