Musculoskeletal Ultrasound for Sports Physiotherapists

This one day didactic workshop is designed for sports physiotherapists who are keen to use ultrasound in the assessment and management of sporting injuries. Training will cover developing practical diagnostic scanning techniques and understanding of normal and pathological sonographic patterns and appearances.

Small groups allow for intensive hands-on training using high quality equipment. Electronic manuals will be provided to all attendees.

This course will help answer questions such as:
- How do I grade the severity of a muscle tear with ultrasound?
- Is there a stress fracture developing?
- Is there tendinosis and if so how do we grade it?
- How can I monitor when patients should return to sport?
- Are the appropriate muscles being activated during the prescribed exercises?

Curriculum

- basic review of practical physics, knobology and interpretation of artefacts
- optimising the ultrasound image
- Imaging appearances and grading of enthesopathy, tendinopathy, ligament tears and muscle injuries
- Sonographic appearances of bone fractures
- Case studies showing how ultrasound assessments impact of management of sporting injuries
- imaging and assessment of:
• shoulder
• hip
• groin
• thigh/hamstring
• knee
• calf
• ankle
• foot

Objectives:
- A Basic knowledge of ultrasound physics, artifacts and instrumentation
- Know how to perform a basic diagnostic MSK ultrasound
- Be able to recognise common appearances of MSK pathology on ultrasound
- Understand the limitations of ultrasound in diagnosis soft tissue injuries
- Be able to recognise the normal healing process including fibrosis, calcification, infection and non-healing
- Understand disease processes of enthesopathy and tendinopathy
- Understand sonographic soft tissue injury grading and how this effects when patients return to sport
- Recognise potential complications of rehabilitation