Ultrasound of the Foot and Ankle

This one day didactic workshop is designed for physiotherapists and podiatrists who are keen to use ultrasound in the assessment and management of foot and ankle pathologies. 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. Workshop lecture slides will be provided to all attendees as an electronic manual.

This course will help answer questions such as:
- How do I assess the severity of Achilles tendinosis.
- How do I differentiate between plantar plate tears, bursitis and Morton's Neuroma.
- Can I assess and grade tendinopathies of the foot such posterior tibialis and peroneus brevis.
- Which ligaments were strained during the ankle inversion, how badly were they injured and what other structures are involved?

Curriculum
- basic review of practical physics, knobology and interpretation of artefacts
- optimising the ultrasound image
Basic ultrasound imaging of:
- Nerves
- Muscle
- Tendon
- Ligaments
- Enthesis
- Fascia
- Bone
- Joints

Imaging of soft tissue pathology
- Identify and grade torn ligaments
- Identify tears of major muscles and tendons of the foot and ankle
- Identify and grade tendinopathies of the foot and ankle
- Identify soft tissue collections (including haematomas, abscesses, ganglia, bursitis and Morton's neuroma)
- Identify joint effusions and synovial thickening
- Principles of foreign body localization
- Have an understanding of the limitations and pitfalls of scanning the foot and ankle

Objectives

On completion of the seminar, registrants should be able to:
- Demonstrate an understanding of the relevant anatomy
- Demonstrate the ability to effectively perform basic soft tissue imaging
- Identify relevant ligaments, muscles and tendons
- Identify and assess soft tissue injuries including haematomas, muscle injuries, major ligament injuries and major tendon tears
- Identify ultrasound evidence suggesting fracture of small bones
- Identify foreign bodies
- Identify arthropathy, tendinopathy, enthesopathy tenosynovitis and bursitis
- Understand the limitations of ultrasound in diagnosis soft tissue injuries
- Have the clinical knowledge and ultrasound skill to be able to make appropriate management decisions according to the clinical situation