

Upper Limb Musculoskeletal Ultrasound Imaging

This two day didactic workshop is designed for physiotherapists, osteopaths and chiropractors that have a keen interest in using ultrasound in the assessment and management of injuries of the upper limb. Training will cover how to optimise ultrasound images and give an overview of pattern recognition of normal and pathological sonographic imaging. Protocols for imaging of the shoulder, elbow, wrist and hand will be covered including how to recognise various pathologies frequently encountered in these regions. The use of real time ultrasound biofeedback techniques will be covered, including the assessment of the lumbopelvic and scapula-thoracic regions. Tuition will include how to clinically correlate the ultrasound findings and how this impacts on the clinical management.

Small groups allow for intensive hands-on training using high quality equipment. Pre- readings articles will be provided and workshop lecture slides will be forwarded to all attendees as an electronic manual.

Course Objectives

- to provide a basic review of practical physics , knobology and interpretation of artefacts
- to instruct how to optimise the ultrasound image

- to learn to recognise normal and pathological tissue with ultrasound including tendon, muscle, joints, bone, ligaments, bursa, nerves and fascia
- to demonstrate muscle contraction and relaxation and learn how to use ultrasound as a biofeedback technique
- to provide a series of protocols to assess areas of the upper limb
- provide case studies showing how ultrasound assessments impact on the management of upper limb injuries

Activity accredited for 15.0 Continuing Professional Development (CPD) points