

Lower Limb MSK Ultrasound

Day 1

Time	Topic
12:15-12:30	Registration
12:30-1:00	Basic ultrasound techniques and image optimisation
1:00-1:30	Practical - Image Optimisation
1:30-2:00	Ultrasound of the Calf and Achilles Tendon
2:00- 2:30	Practical - Calf and Achilles Tendon
2:30-3:00	Ultrasound of the Plantar Fascia and Foot
3:00-3:30	Practical - Plantar Fascia and Foot
3:30-3:45	Afternoon Tea
3:45-4:15	Ultrasound of the Knee
4:15-5:00	Practical - Ultrasound of the Knee
5:00-5:30	Ultrasound of the Hamstrings
5:15-6:00	Practical - Ultrasound of the Hamstrings

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Day 2

Time	Topic
9:00-9:30	Ultrasound of the Anterior Thigh and Groin
9:30-10:15	Practical- Ultrasound of the Anterior Thigh and Groin
10:15-10:45	Ultrasound of the Anterior Hip
10:45-11:15	Practical - Ultrasound of the Anterior Hip
11:15-11:30	Morning Tea
11:30- 12:15	Ultrasound of the Lateral Hip
12:15-1:00	Practical - Ultrasound of the Lateral Hip
1:00-2:00	Lunch
2:00- 2:30	Ultrasound Guided Needling Techniques
2:30-3:00	Practical -Ultrasound Guided Needling Techniques
3:00-3:15	Afternoon Tea
3:15-3:45	How to use ultrasound in your clinical practice
3:45-4:00	Case Studies