

## PAIN CONFERENCE CME RETREAT (with hands-on scanning practice)

January 15 - January 18, 2024.

### Monday Morning

08:00-10:00

#### Thoracic Fascial Plane Blocks

- ▶ Knobology from A to Z ..... Amar Salti
- ▶ Thoracic Fascial Plane Blocks ..... Amar Salti
- ▶ Erector Spinae Plane Blocks ..... Tolga Ergonenc
- ▶ Quadratus Lumar Blocks ..... Amar Salti
- ▶ Q&A

### Afternoon

17:00-18:00

#### Hands-on Scanning Practice Thoracic Plane Blocks

- ▶ Erector Spinae Plane Blocks
- ▶ Intercostal Nerve Blocks
- ▶ PEC's Blocks
- ▶ Retrolaminar

18:00-19:00

#### Hands-on Scanning Practice Abdominal Plane Blocks

- ▶ Rectus sheath blocks
- ▶ TAP Blocks
- ▶ QLB Blocks
- ▶ Lumbar and Sacral ESP

### Tuesday morning

08:00-10:00

#### Pain Management for Upper Limb Pathologies

- ▶ Knobology from A to Z ..... Amar Salti
- ▶ Shoulder Pathologies ..... Tolga Ergonenc
- ▶ Knee Pathologies ..... Amar Salti
- ▶ Wrist and Ankle Pathologies ..... Tolga Ergonenc
- ▶ Q&A

### Afternoon

17:00-19:00

#### Hands-on Scanning Practice Shoulder Scanning

- ▶ Biceps Tendon Sheath
- ▶ SASD / AC Joint / Shoulder Joint
- ▶ Suprascapular Nerve / Axillary Nerve - Posterior and Anterior Approach

#### Hands-on Scanning Practice Elbow Area

- ▶ Medial and Lateral Epicondyle
- ▶ Ulnar Nerve / Median Nerve
- ▶ Ulnar Nerve & Cubital Tunnel
- ▶ Radial Nerve

#### Hands-on Scanning Practice Wrist and Hand

- ▶ Carpal Tunnel / AI Pulley
- ▶ Wrist Compartment- Extensor Tendons, Guyon's Canal
- ▶ Anterior and Posterior Interosseous Nerves
- ▶ Metacarpo-Phalangeal Joints
- ▶ Muscular Branches of Median Nerve to Thenar

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### Wednesday Morning

08:00-10:00

#### Fascial Plane Blocks

- ▶ Knobology from A to Z ..... Amar Salti
- ▶ Hip Blocks ..... Amar Salti
- ▶ Knee Blocks ..... Tolga Ergonenc
- ▶ Ankle Blocks ..... Amar Salti

### Afternoon

17:00-19:00

#### Hands-on Scanning Practice Pain Management for Lower Limb Pathologies

##### Hip Area and Lower Limb

- ▶ LFCN / Hip Joint Injection / GT Complex
- ▶ Posterior Hip / Piriformis Muscle / Pudendal Nerve
- ▶ Superior and Inferior Gluteal Nerves / Superior Cluneal Nerves
- ▶ Articular Branches of Femoral, Obturator & Accessory Obturator

##### Knee Area & Joint

- ▶ Supra Patellar Recess
- ▶ Knee Genicular Nerve Blocks
- ▶ Saphenous Nerve & Infrapatellar Branch of Saphenous Nerve
- ▶ Pes Anserine

### Thursday Morning

08:00-10:00

#### Hands-on Scanning Practice

##### Free Choice of Blocks