

## Ultrasound in Interventional Pain Medicine Comprehensive Workshop (Plus CIPS Exam preparation Instructions)

Lead Instructor: Sadiq Bhayani

### 14 December – Lectures & Live Demonstration Scanning

08:30 – 09:00	Registration and Light Breakfast	
09:00 – 10:00	<b>Upper Limb MSK Pain Procedures and Peripheral Nerve Entrapments</b> <ul style="list-style-type: none"><li>• Shoulder- Bicep Tendon, AC Joint, SASD Bursa, Gleno-humeral Joint, Suprascapular Nerve</li><li>• Elbow- Medial and Lateral Elbow, Ulnar Nerve &amp; Cubital Tunnel</li><li>• Wrist- Carpal Tunnel &amp; Median Nerve, Guyon's Canal &amp; MCP Joint</li><li>• Upper Limb Nerve Entrapments</li></ul>	Sadiq Bhayani
10:00 – 10:15	Break	
10:15 – 11:15	<b>Lower Limb MSK Pain Procedures and Peripheral Nerve Entrapments</b> <ul style="list-style-type: none"><li>• Hip- Hip Joint, Trochanteric Complex, Ilio-tibial Band &amp; Lateral Femoral Cutaneous Nerve</li><li>• Knee- Knee Joint and Saphenous Nerve</li><li>• Ankle- Tibio-tarsal Joint, MTP Joint, Tarsal Tunnel &amp; Tibial Nerve</li><li>• Lower Limb Nerve Entrapments</li></ul>	Guilherme Dos Santos
11:15-11:30	Break	
11:30 – 12:30	<b>Cervical Spine Procedures/ Procedures for Neck Pain Management Sonography Demonstration</b> <ul style="list-style-type: none"><li>• Cervical Facet and Cervical Medial Branches, TON</li><li>• Cervical Nerve Roots</li><li>• Cervical Sympathetic Chain</li><li>• Greater Occipital Nerve</li><li>• Trigger Points &amp; Myofascial Pain</li></ul>	Sadiq Bhayani
12:30 – 13:00	<b>Thoracic Spine Procedures/ Procedures for Thoracic Spine and Chest Wall Pain Management</b> <ul style="list-style-type: none"><li>• Thoracic Facets, Costotransverse Joint</li><li>• Thoracic Paravertebral</li><li>• Intercostal Nerve</li><li>• Erector Spinae Plane Block</li><li>• Parasternal Plane Block</li></ul>	Sadiq Bhayani
13:00-14:00	Lunch Break	

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14:00 – 15:00	<b>Lumbar Spine &amp; Sacrum Procedures/ Low Back and Buttock Pain Management</b> <ul style="list-style-type: none"> <li>• Caudal Epidural</li> <li>• Sacro-iliac Joint &amp; Ligaments</li> <li>• Piriformis Muscle Injection</li> <li>• Lumbar Facet Joint &amp; Medial Branches</li> </ul>	Sadiq Bhayani
15:00 – 16:00	<b>Abdomen &amp; Pelvic Procedures/ Abdominal Myofascial Pain Syndromes, Pelvic Pain Management</b> <ul style="list-style-type: none"> <li>• Ilio-inguinal &amp; Ilio-hypogastric Nerve Block</li> <li>• Rectus Sheath, TAP Plane</li> <li>• Quadratus Lumborum Block</li> <li>• Genitofemoral Nerve Block</li> <li>• Pudendal Nerve Block</li> </ul>	Guilherme Dos Santos
16:00-16:15	<b>Break</b>	
16:15 – 17:00	<b>Headache &amp; Facial Pain Management</b> <ul style="list-style-type: none"> <li>• Supra &amp; Infra-orbital Nerve Block</li> <li>• Maxillary Division of Trigeminal Nerve Block in Pterygo-palatine Fossa/ Sphenopalatine Block</li> <li>• Mental Nerve Block</li> </ul>	Sadiq Bhayani
17:00 – 17:30	<b>How to Prepare for the Ultrasound Certification Examinations</b> <ul style="list-style-type: none"> <li>• Exam Structure</li> <li>• Communication, Knowledge &amp; Skills</li> <li>• Exam Techniques</li> <li>• Clinical Exam Videos</li> </ul>	Sadiq Bhayani
17:30 – 17:45	<b>Q &amp; A with the Instructors and Instructions for Tomorrow</b>	

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Instructors: Sadiq Bhayani, Guilherme Dos Santos, Rahul Bhansali,  
Manish Mittal

15 December – Live Model Hands-on Scanning Practice

07:45 – 08:00	Registration and Light Breakfast
08:00 – 09:00	<b>Head, Neck, Cervical Spine</b> Cervical Medial Branch, Cervical Nerve Roots, GON, Cervical Sympathetic Chain, Maxillary Nerve, Supra-orbital, Infra-orbital, Mental Nerve
09:00 – 10:00	<b>Lumbar Area, Pelvis, Abdomen</b> Lumbar Facet Joint, Medial Branches, Caudal, Sacro-iliac Joint, Piriformis, Pudendal Nerve, Ilio-inguinal, Iliohypogastric and Genitofemoral, ACNES, QLB, Rectus Sheath, TAP
10:00 – 11:00	<b>Thoracic Region</b> Thoracic Facet, Costo-transverse Joint, Intercostal Nerve, Para vertebral Space and Erector Spinae Plane (ESP)
11:00 – 11:15	<b>Break</b>
11:15 – 12:15	<b>Shoulder</b> Shoulder Joint, AC Joint, Long Head of Biceps, SASD Bursa, Supra-scapular Nerve, Axillary Nerve, Articular Branches to Shoulder Joint
12:15 – 13:15	<b>Elbow, Forearm &amp; Wrist</b> Medial and Lateral Elbow, Ulnar Nerve, Cubital Tunnel, Carpal Tunnel, MCP Joint, Peripheral Nerves
13:15 – 14:00	<b>Lunch Break</b>
14:00 – 15:00	<b>Hip</b> Hip Joint, Greater Trochanter Complex, Iliopsoas Bursa and Tendon, IT Band, Lateral Femoral Cutaneous Nerve, Articular Branches of Femoral, Obturator and Accessory Obturator Nerve
15:00 – 16:00	<b>Knee and Ankle</b> Knee Joint, Genicular Nerves, Saphenous Nerve, Ankle Joint, Tarsal Tunnel, Tibial and Peroneal Nerves
16:00 – 16:30	<b>Block of your Choice- Ask the Expert</b>
16:30 – 16:45	<b>Q &amp; A and Course Review</b>