

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

Lead Instructor: Sadiq Bhayani

### 20 July – Lectures & Live Demonstration Scanning

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| 08:30 – 09:00 | Registration and Light Breakfast   |
| 09:00 – 09:45 | Upper Limb MSK Anatomy, Sonoanatomy & Interventional Pain Procedures <ul style="list-style-type: none"><li>• Shoulder-Bicep Tendon, AC Joint, SASD Bursa, Glenohumeral 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></ul>     |
| 09:45 – 10:30 | Lower Limb MSK Pain Procedures and Peripheral Nerve Entrapments <ul style="list-style-type: none"><li>• Hip- Hip Joint, Trochanteric Complex, Iliotibial Band &amp; Lateral Femoral Cutaneous Nerve</li><li>• Knee- Knee Joint and Saphenous Nerve</li><li>• Ankle- Tibiotarsal Joint, MTP Joint, Tarsal Tunnel &amp; Tibial Nerve</li></ul>                               |
| 10:30 – 11:00 | Cervical Spine Anatomy, Sonoanatomy & Interventional Pain Procedures/<br>Procedures for Neck Pain Management <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 (GON)</li><li>• Trigger Points &amp; Myofascial Pain</li></ul> |
| 11:00 – 11:30 | Break  |
| 11:30 – 12:00 | Thoracic Spine Procedures/ Procedures for Thoracic Spine and Chest<br>Wall Pain Management <ul style="list-style-type: none"><li>• Thoracic Facets, Costotransverse Joint</li><li>• Thoracic Paravertebral</li><li>• Intercostal Nerve</li></ul>   |
| 12:00 – 12:30 | Lumbar Spine & Sacrum Procedures/ Low Back and Buttock Pain<br>Management <ul style="list-style-type: none"><li>• Caudal Epidural</li><li>• Sacroiliac Joint &amp; Ligaments</li><li>• Piriformis Muscle Injection</li><li>• Lumbar Facet Joint &amp; Medial Branches</li></ul>  |

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|               |   |
|---------------|---|
| 12:30 – 13:15 | <b>Abdomen &amp; Pelvic Procedures/ Abdominal Myofascial Pain Syndromes, Pelvic Pain Management</b> <ul style="list-style-type: none"><li>• Ilioinguinal &amp; Iliohypogastric Nerve Block</li><li>• Rectus Sheath, TAP</li><li>• Quadratus Lumborum Block</li><li>• Genitofemoral Nerve Block</li><li>• Pudendal Nerve Block</li></ul> |
| 13:15-14:00   | <b>Lunch Break</b>  |
| 14:00 – 15:30 | <b>Live Demonstration of Ultrasound guided procedures- ‘Head to Toe’</b>  |
| 15:30 – 16:15 | <b>Headache &amp; Facial Pain Management</b> <ul style="list-style-type: none"><li>• Supra &amp; Infraorbital Nerve Block</li><li>• Maxillary Division of Trigeminal Nerve Block in Pterygopalatine Fossa/ Sphenopalatine Block</li><li>• Mental Nerve Block</li></ul>  |
| 16:15-16:45   | <b>Break</b>  |
| 16:45 – 17:15 | <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>   |
| 17:15 – 17:45 | <b>Q &amp; A with the Instructors and Feedback/ Instructions for Day 2 / Closure</b>  |

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

### 21 July – Live Model Hands-on Scanning Practice

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