



# **ULTRASOUND MASTERY IN PAIN MANAGEMENT: A HANDS-ON LIVE & CADAVERIC WORKSHOP (AN EXAM PREPARATORY COURSE)**

**DATE : 6,7,8 DECEMBER 2024**

VENUE FOR WORKSHOP (DAY-01 & DAY-03):

**MENTS AUDITORIUM, MEENAKSHI ENT SPECIALITY CENTRE (MENTS) 2232,  
23RD CROSS, BANASHANKARI 2ND STAGE, BANGALORE-560078.**

VENUE FOR WORKSHOP (DAY-02):

**MVJ CADAVER SKILL LAB, MVJ MEDICAL COLLEGE, HOSKOTE.**



## Objectives:

- \* Understand the anatomy and pathology of chronic musculoskeletal pain conditions.
- \* Develop skills in diagnosis, differential diagnosis, and investigations.
- \* Gain knowledge of conservative and interventional management techniques.
- \* Prepare for competitive exams (like CIPS) focusing on MCQs and viva topics.  
100 MCQs will be given at the end of the course.
- \* CIPS faculties only\*

## Kindly Note:

1. This course is aimed at practitioners with existing ultrasound proficiency.
2. LIMITED TO 10 SEATS only for Cadaveric Workshop\*

## Applied for CME Credit points (KMC)

For further details and course fees for

1. CME + Cadaveric workshop
2. CME only

## Course fee includes:

Refreshments, Lunch, and High Tea on All Days.

Transportation to & fro to cadaver skill lab on Day 2.

Study Material.

\* For accommodation, please get in touch with us.

**To apply please call**  
**90084 36633**



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MD CIPS  
Consultant pain physician  
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**Dr Sneha Shreyas**  
DA, DNB, FIPM, EDPM  
Medical Director of PainX  
Workshop Co-ordinator



# Schedule - Day 01 (Friday)

08:30 AM - 09:30 AM : Registration

09:00 AM - 09:15 AM : Introduction

## Morning Session: Masterclass & LIVE Demonstration

### • CERVICAL REGION & PAIN MANAGEMENT

- Cervical Facet Pain
- Cervicogenic Headache and Whiplash-associated Disorders
- Occipital Neuralgia/Headache
- Myofascial pain
- Cervical Radicular Pain
- Selective Nerve Root Block

### • COMPLEX REGIONAL PAIN SYNDROME (CRPS) AND CERVICAL SYMPATHETIC BLOCK

### • HIP & PELVIC PAIN

- Hip Pain
  - Anterior: Joint, Iliopsoas Bursa
  - Lateral: Greater Trochanteric Pain Syndrome (GTPS)
  - Posterior: Ischiogluteal Bursitis, Hamstring Pathology, Quadratus Femoris (QF)
  - Additional: Labral Tears, Snapping Hip Syndrome
- Piriformis Syndrome
- Pudendal Neuralgia
- Greater Trochanteric Pain Syndrome

**LUNCH BREAK**





# Afternoon/Evening Session: Masterclass & LIVE Demonstration

## • THORACIC SPINE

- Facet, Thoracic Paravertebral Space (TPVS), Intercostal Neuralgia (ICN)

## • LUMBOSACRAL REGION & LOW BACK PAIN

- Lumbosacral Plexus
- Lumbosacral Radicular Pain
- Lumbar Facet Pain
- Caudal Epidural
- Sacroiliac Joint Disorder
- Coccydynia
- Lumbar Medial Branch/Facet Joint Block



## • KNEE PAIN

- Anterior: Patellar Tendinopathy
- Medial: Medial Collateral Ligament (MCL) Injury
- Lateral: IT Band Syndrome
- Posterior: Popliteal Pathology
- OA and Genicular nerve targets

## • FOOT & ANKLE PAIN

- Anterior: Tibiotalar Joint Injection, Morton's neuroma
- Medial: Posterior Tibial Tendon Dysfunction, Tarsal Tunnel, Baxter's neuropathy
- Posterior: Achilles Tendon Pathology
- Lateral: Peroneal Tendon Pathology, Subtalar Joint Injection
- First MTP Injection
- Plantar fascitis

### **Announcement for Day 2 with regards to cadaveric needling.**

- Tips and Tricks for interventions concerning Practical needling and Viva examination.
- Preparation, Sterility, Technique, Post-procedure advice, Complications.





## **DAY 2 09:00 AM to 05:00 PM**

### **Cadaver Workshop: Cadaver Skill Lab, MVJMC&RH, Hoskote**

Transport arranged for all the delegates\*

Please bring your OT dress accordingly\*

## **DAY 3: Masterclass & LIVE Demonstration**

Starts - 09:00 AM

### **• PERIPHERAL NERVES**

- Ilioinguinal (IL), Iliohypogastric (IH), Genitofemoral Nerve (GFN), Lateral Femoral Cutaneous Nerve (LFCN), Saphenous Nerve

### **• SHOULDER PAIN**

- Biceps Tendonitis, SLAP Lesions
- Rotator Cuff Disease, Subacromial Impingement Syndrome
- AC Joint Pathology
- Frozen Shoulder, Glenohumeral Joint (GHJ) Osteoarthritis

### **• ELBOW PAIN**

- Common Extensor Tendon (CET), Common Flexor Origin (CFO), Biceps Insertion Tendinopathy
- Triceps Tendinopathy, Radial Tunnel Syndrome
- Posterior Interosseous Nerve (PIN) Syndrome, Pronator Teres Syndrome
- Ulnar Nerve Entrapment at Cubital Canal

## **TEA BREAK**

### **• WRIST/HAND PAIN**

- Carpal Tunnel Syndrome (CTS), Wartenberg Syndrome, Intersection Syndrome
- De Quervain's Tenosynovitis, Guyon's Canal Syndrome, Trigger Finger

### **• BRACHIAL PLEXUS INJURY**

**Course Conclusion & Delegate Feedback**

