



Leicester Pain Education

International Conference on Ultrasound in Pain Medicine, Regenerative Medicine & Peripheral Neuromodulation 2nd & 3rd September 2021

Program

Day 1

2nd September 2021

8:00-8:30- Registration and Coffee

8:30-8:45- Welcome & Introduction
Dr. Bhayani, Dr Gulati & Dr Bhansali

**8:45-9:45- Essentials of Anatomy & Sono-Anatomy
Upper Extremity & Spine**
Professor Moriggl, Innsbruck, Austria

9:45-10:15- Lecture- Demo
**Lower Limb Interventional Pain & MSK Procedures
(RF, Pulsed RF, Cryotherapy, PRP)**
Dr Sadiq Bhayani, Leicester, UK

10:15-10:30- Break

10:30-12:00- Live Model Scanning- Upper Limb

All faculty members

*(Dr Gulati, Dr Shetty, Dr Bhansali, Dr, Sinha, Dr Bedran,
Dr Shoukrey, Dr Kodivalasa, Dr Alva, Dr Shoukrey, Dr Targe,
Dr Mittal, Dr James, Dr Tang)*

12:00-12:15- Lecture- Spinal Ultrasound

(RF, Pulsed RF, Cryotherapy)

(Dr Sadiq Bhayani, Leicester, United Kingdom)

12:15-12:45- Live Demo

Cervical Spine- *Dr Sumit Gulati, Liverpool, UK*

Lumbar Spine- *Dr. Rahul Bhansali, Chesterfield, UK*

Pelvis & Sacrum- *Dr. Ash Shetty, UCL, London, UK*

12:45- 13:15- Lecture- Cryotherapy for Pain Management

13:15-14:00- Lunch Break

14:00-15:30- Live Model Scanning- Spinal Ultrasound

All faculty members

*(Dr Gulati, Dr Shetty, Dr Bhansali, Dr, Sinha, Dr Bedran,
Dr Shoukrey, Dr Kodivalasa, Dr Alva, Dr Shoukrey, Dr Targe,
Dr Mittal, Dr James)*

15:30-16:15- Peripheral Neuromodulation

Professor Einar Ottestad, Stanford University, USA

16:15-16:30- Break

16:30-17:30- Lecture- Ultrasound Guided Hydro-dissection of Nerves for neuromuscular pain

Professor Stanley KH Lam, Hong Kong, China

17:30-17:45- Feedback, instructions for Day 2 & Close

Day 2

3rd September 2021

8:00-8:30- Registration and Coffee

**8:30-9:30- Essentials of Anatomy & Sono-Anatomy
Lower Extremity, Thorax & Abdomen**

Professor Moriggl, Innsbruck, Austria

9:45-10:15- Lecture- Demo

**Lower Limb Interventional Pain & MSK Procedures
(RF, Pulsed RF, Cryotherapy, PRP)**

Dr Sadiq Bhayani, Leicester, UK

10:15-10:30- Break

10:30-12:00- Live Model Scanning- Lower Limb

All faculty members

*(Dr Gulati, Dr Shetty, Dr Haider, Dr, Sinha, Dr Bedran,
Dr Shoukrey, Dr Kodivalasa, Dr Alva, Dr Shoukrey, Dr Targe,
Dr Mittal, Dr James)*

**12:00-12:15- Lecture- Thorax & Abdominal Ultrasound
(RF, Pulsed RF, Cryotherapy)**

(Dr Sadiq Bhayani, Leicester, United Kingdom)

12:15-12:45- Live Demo

Abdomen- *Dr Hadi Bedran, London, UK*

Thoracic Ultrasound- *Dr.Maneesh Mittal, UK*

**12:45- 13:15- Lecture- Interventions for management of
Headache & Facial Pain**

Asso. Professor Ammar Salti, Cleveland Clinic, Abu Dhabi, UAE

13:15-14:00- Lunch Break

**14:00-15:30- Live Model Scanning- Thorax, Abdomen,
Any Block**

All faculty members

*(Dr Gulati, Dr Shetty, Dr Bhansali, Dr, Sinha, Dr Bedran,
Dr Shoukrey, Dr Kodivalasa, Dr Alva, Dr Shoukrey, Dr Targe,
Dr Mittal, Dr James)*

15:30-16:15- Lecture- Regenerative Medicine

Dr George Chang Chien, California, USA

16:15-16:30- Break

16:30-17:30- Lecture- Role of Fascial Plane Blocks in Chronic Pain Management- Erector Spinae, PECS, Serratus Plane Block- Do they work?

Dr Rafael Blanco, Abu Dhabi, UAE

17:30-17:45- Feedback & Close

Course Faculty

Professor Bernhard Moriggl, Innsbruck, Austria

Professor Einar Ottestad, Stanford University, USA

Professor Ammar Salti, Abu Dhabi, UAE

Professor Stanley KH Lam, Hong Kong, China

Dr. Rafael Blanco, Abu Dhabi, UAE

Dr George Chang Chien, California, USA

Dr. Rahul Bhansali, Chesterfield Royal Hospital, Chesterfield

Dr. Sadiq Bhayani, Leicester General Hospital, Leicester

Dr. Sumit Gulati, Walton Centre, Liverpool

Dr. Mahesh Kodivalasa, Leicester General Hospital, Leicester

Dr. Karim Shoukrey, Leicester General Hospital, Leicester

Dr. Yee Tang, Leicester General Hospital, Leicester

Dr. Manojit Sinha, King's College Hospital, London

Dr. Ash Shetty, University College London Hospitals NHS Trust

Dr Shamim Haider, East Suffolk North Essex Trust

Dr. Sachin Alva, Derby & Burton NHS Foundation Trust, Derby

Dr. Manish Mittal, Russell Hall Hospital, Dudley

Dr. Arul James, George Eliot Hospital, Nuneaton

Dr Kunal Targe, Ashford & St Peter's Hospitals NHS Trust, London

Dr Hadi Bedran, St. George's Hospital, London

Live Demo- Nerve Blocks. MSK & Fascial Plane Blocks

Cervical Spine

Third occipital nerve Cervical MBB
Selective nerve root
Cervical sympathetic chain
Greater Occipital Nerve block
Lesser Occipital Nerve block

Thoracic spine

Thoracic Facets Joint injection
Costo-transverse joint injection
Paravertebral block Transverse and longitudinal approach

Lumbar spine & Sacrum

Lumbar facets
MBB
Caudal, SIJ
Sacral Ligaments

Shoulder and upper extremity

Bicep tendon sheath
SASD
AC joint
Shoulder joint
Suprascapular nerve
Axillary nerve

Elbow area

Medial and lateral epicondyle
Ulnar nerve
Median nerve
Ulnar nerve & Cubital Tunnel
Radial nerve

Wrist

Carpal tunnel

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

Ankle Area & joint

Intra articular

Tarsal tunnel

Ankle nerves

Abdomen & Thorax

Intercostal nerve block

Subcostal TAP block

Abdominal cutaneous nerves

Quadratus Lumborum block

II and IH nerve block

Genitofemoral nerve