



ABC's & Updates in Pain Management (Virtual Course) 4th February 2022 (11am UAE/ 7am UK Time)

**Pain Medicine for Family Physicians, Nurses, Rheumatologists, Medical Students,
Physiotherapist, Psychologist, Trainee doctors**

ABC's of Pain Management

Basics Pain Management Topics based on (IASP) International Association for the Study of Pain Curriculum

10:45 to 11:00- Registration- Welcome address and Introduction-
Dr Bhayani & Dr Salti

11:00 to 11:30- Understanding Basic Mechanisms & Physiology of Pain
Dr Ammar Salti, Cleveland Clinic, Abu Dhabi, United Arab Emirates

11:30 to 12:00-Understanding Pharmacological Management of Pain
*Dr Sadiq Bhayani, University Hospitals Leicester NHS Trust, Leicester,
United Kingdom*

12:00 to 12:15- Break & Exhibits

12:15 to 12:45- Assessment of Pain
*Dr Mahesh Kodivalasa, University Hospitals Leicester NHS Trust,
Leicester, United Kingdom*

12:45 to 13:15- How to set up a Multidisciplinary pain clinic?
Dr Giustino Varrassi, Paolo Proccaci Foundation, Rome, Italy

13:15 to 14:00- Pain Management without drugs- Non pharmacological & interventional approaches

Dr Sadiq Bhayani, University Hospitals Leicester NHS Trust, Leicester, United Kingdom

14:00-14:30- Lunch & Exhibits

Updates & Practical pain management of common Chronic Pain conditions

14:30- 14:45- Introduction to Practical Management of Various Pain Condition

Dr Bhayani & Dr Salti

14:45-15:15- How to manage chronic low back pain?

Dr Ammar Salti, Cleveland Clinic, Abu Dhabi, UAE

15:15-15:45-How to manage hip, knee & shoulder joint pain- Non-surgical options?

Dr Sadiq Bhayani, University Hospitals Leicester NHS Trust, Leicester, United Kingdom

15:45-16:15- How to manage Headaches & Facial pain?

Dr Ammar Salti, Cleveland Clinic, Abu Dhabi, United Arab Emirates

16:15-16:30- Break & Exhibits

16:30-17:00- How to Manage Acute & Chronic Abdominal pain?

Dr Mahesh Kodivalasa, University Hospitals Leicester NHS Trust, Leicester, United Kingdom

17:00-17:30- How to Manage neuropathic Pain?

Dr Giustino Varrassi, Paolo Proccaci Foundation, Rome, Italy

17:30-18:00- Pain Management in Elderly, Pregnant women & Children?

Dr Mahesh Kodivalasa, University Hospitals Leicester NHS Trust, Leicester, United Kingdom

18:00-18:15- Sum up, Feedback & Closure



Interventional Pain Management Track

5th February 2022

(Virtual Course)

(11am UAE/ 7am UK Time)

Masterclass on Ultrasound in Pain Medicine, Regenerative Medicine, Central & Peripheral Neuromodulation

10.45-11.00- **Registration-** Welcome & introduction- *Dr. Salti (UAE) & Dr. Bhayani (UK)*

11.00- 11.30- **Anatomy & Sono-anatomy of Spine-** *Prof. Moriggl (Austria)*

11.30-12.00- **Applied Anatomy & Ultrasound Guided Spinal Interventions (Cervical, Thoracic & Lumbar Spine Interventions)-** *Dr. Bhayani (UK)*

12.00-12.30- **Live Demo of Spinal Ultrasound-** *Prof. Moriggl (Austria)*

12.30-12.45- **Break & Exhibits**

12.45-13.15- **Anatomy & Sono-anatomy of Upper Extremity-** *Prof. Moriggl (Austria)*

13.15-13.45- **Applied Anatomy & Ultrasound Guided Upper Extremity Interventions-** *Dr. Salti (UAE)*

13.45-14.15- **Live Demo of Upper Extremity Ultrasound-** *Prof. Moriggl (Austria)*

14.15-14.30- **Question & Answer**

14.30- 15.00- **Lunch & Exhibits**

15.00-15.30- **Anatomy & Sono-anatomy of Lower Extremity-** *Prof. Moriggl (Austria)*

15.30-16.00- **Applied Anatomy & Ultrasound Guided Lower Extremity Interventions-** *Dr. George C. Chang Chien (USA)*

16.00-16.30- **Live Demo of Lower Extremity Ultrasound-** *Prof. Moriggl (Austria)*

16.30-17.00- **Anatomy & Sono-anatomy of Trunk (Thorax & Abdomen)**

Dr. Rafael Blanco (UAE) & Dr. Waleed Riad (UAE)

17.00-17.30- **Live Demo of Thoracic & Abdominal Ultrasound-** *Prof. Moriggl (Austria)*

17.30-17.45- **Break & Exhibits**

17.45- 18.05- **Regenerative Medicine- Patient selection, indications**

How do I do it? *Dr. George C. Chang Chien (USA)*

18.05-18.25- **Regenerative Medicine applications for Spinal Pain Management-**

How do I do it? *Dr Sudhir Diwan (USA)*

18.25-18.45- **Updates in Peripheral Neuromodulation-** *Dr. Ammar Salti (UAE)*

18.45-19.05- **Updates in Central Neuromodulation-** *Dr. Ashish Shetty (UK)*

19.05- 19.15- **Sum up, Feedback & Closure**

Procedure Covered

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
Thoracic spine MBB/ Facet joint
Costo-transverse joint injection

Lumbar spine & Sacrum

Lumbar facets
MBB
Locating epidural and intrathecal space
Caudal, SIJ
Sacral Ligaments

Shoulder and upper extremity

Bicep tendon sheath
SASD
AC joint
Shoulder joint
Suprascapular nerve
Ant approach to Suprascapular nerve
Axillary nerve- posterior and anterior approach
Lateral pectoral nerves

Elbow area

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

Wrist & Hand

Carpal tunnel
A1 pulley
Wrist compartment- extensor tendons, Guyon's canal
Anterior and posterior interosseous nerves
Metacarpo-phalangeal joints
Muscular branches of nerves to thenar

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

Adductor Canal block

Saphenous nerve & infrapatellar branch of saphenous nerve

Femoral triangle Vs Adductor canal block

Ankle Area & joint

Intra articular

Tarsal tunnel & Baxter's nerve

Ankle nerves

Ankle important ligaments

Trunk & Abdomen

Intercostal nerve block

Paravertebral block Transverse and longitudinal approach

Costo Transverse joint injection

Subcostal TAP block

TAP block

Abdominal cutaneous nerves

Quadratus Lumborum block

II and IH nerve block

Selective block of GFN branches (Genitofemoral nerve)



INTERVENTIONAL PAIN MANAGEMENT UPDATES & WEBCASTING OF CADAVERIC PROCEDURES

**6th February 2022
(Virtual Course)
(11am UAE/ 7am UK Time)**

Program

10:45-11:00- Registration

11:00-11:30- Webcasting of Cadaver Procedures (Head, neck, Peripheral Structures)- *Dr Ammar Salti, UAE*

11:30-12:00- Webcasting of Cadaver Procedures (Thorax & Pelvis)-*Dr Waleed Riad, UAE*

12:00-12:30- Break

12:30-13:00- Webcasting of Cadaver Procedures (Abdomen and Peripheral Nerves)- *Dr Rafael Blanco (UAE)*

13:00-13:30- Webcasting of Cadaver Procedures (Upper Extremity-MSK)- *Dr Sadiq Bhayani (UK)*

13:30-14:00- Webcasting of Cadaver Procedures (Lower Extremity-MSK)- *Dr George C Chang Chien (USA)*

14:00-14:15- Break

14.15-14.35- Applications of medical ozone in pain management- *Dr Tolga Ergonenc (Turkey)*

14.35-14.55- Spinal cord stimulation: new algorithms & future trends- *Dr Georgios Matis (Germany)*

14.55-15.15- Dynamic Ultrasound & its applications in Pain Management- *Prof Stanley K H Lam (Hong Kong)*

15.15-15.35- Neurolytic Denervation of Hip & Knee Joint
Dr Tony Ng (Hong Kong)

15.35-15.55- Discogenic Back Pain and Updates on Plasma Coblation Nucleoplasty- *Dr Shahzad Anwar (Pakistan)*

15.55-16.15- Challenges and Contraversies in Acute Postoperative Pain- *Dr Yasser Zaghloul (UAE)*

16.15-16.35- Ultrasound Guided Interventions for Treatment of Tendinopathies- *Dr. Abdallah Allam (Egypt)*

16.35-16.55- Headache & Facial Pain Management-
Dr Abdullah Kharabsheh (Jordan)

16.55-17.00- Sum up & Close

Procedures covered

1. Cervical sympathetic chain
2. Cervical selective nerve root block
3. Greater Occipital Nerve block and RF
4. Caudal epidural
5. Acromio-clavicular joint injection
6. Shoulder joint injection
7. Bicep peritendinous injection
8. Supra scapular nerve block and RF
9. Axillary nerve block and RF
10. Carpal tunnel and RF
11. PECS and Serratus plane block
12. Quadratus lumborum block
13. Erector Spinae Plane block
14. Intercostal nerve block
15. Ilio-inguinal and Ilio-hypogastric nerve block and RF
16. Lateral femoral cutaneous nerve of thigh (LFCN) and RF
17. Knee joint injection
18. Knee joint genicular nerve block and RF
19. Saphenous nerve block and RF
20. Hip joint injection
21. Greater trochanter complex
22. Hip joint articular branches of femoral and obturator nerve block
23. Iliopsoas bursa injection
24. Piriformis injection
25. Sacral plexus block
26. Pudendal nerve block