

**Ultrasound in Interventional Pain Medicine
Comprehensive Course**

Two-Day Course with Live Scanning and Hands-on Workshop

27th & 28th February 2023

Day 1 – Lecture/Demo

08:30 - 08:55 Registration & Refreshments

08:55 - 09:00 Registration

9:00 - 10:00 Upper Limb MSK pain procedures and Peripheral Nerve entrapments (Lecture & Live demonstration Scanning) –

Dr Sadiq Bhayani – Cleveland Clinic, Abu Dhabi, UAE

- **Shoulder- Biceps Tendon, AC Joint, SASD Bursa, Gleno-humeral joint, Suprascapular Nerve**
- **Elbow- Medial and Lateral Elbow, Ulnar nerve & Cubital Tunnel**
- **Wrist-Carpal Tunnel & Median Nerve, Guyon's Canal & MCP joint**
- **Upper limb Nerve entrapments**

10:00- 10:15-Break

10:15 - 11:15 Lower Limb MSK pain procedures and Peripheral Nerve entrapments (Lecture & Live demonstration Scanning)

Dr Mahesh Kodivalasa – University Hospitals of Leicester NHS Trust, UK

- **Hip- Hip joint, Trochanteric complex, Ilio-tibial band & lateral femoral cutaneous nerve**
- **Knee- Knee joint and Saphenous nerve**

- Ankle- Tibio-tarsal joint, MTP joint, Tarsal Tunnel & Tibial nerve
- Lower limb Nerve entrapments

11:15- 11.30- Break

11:30 - 12:30 Cervical Spine Procedures/ Procedures for Neck pain management

Dr Sadiq Bhayani – Cleveland Clinic, Abu Dhabi, UAE

Sonography demonstration

- Cervical Facet and Cervical Medial Branches, TON
- Cervical Nerve roots
- Cervical Sympathetic chain
- Greater Occipital Nerve
- Trigger points & myofascial pain

12:30 - 13:00 Thoracic Spine procedures/ Procedures for Thoracic spine and Chest wall pain management

Dr Sadiq Bhayani – Cleveland Clinic, Abu Dhabi, UAE

- Thoracic Facets, Costotransverse joint
- Thoracic Paravertebral
- Intercostal Nerve
- Erector Spinae plane block
- Parasternal plane block
- Ilio-inguinal and Ilio-hypogastric Nerves

13:00 - 14:00 Break

14:00 - 15:00 Lumbar spine & Sacrum procedures/ Low back and buttock pain management

Dr Sadiq Bhayani – Cleveland Clinic, Abu Dhabi, UAE

- Caudal Epidural
- Sacro-iliac joint & ligaments
- Piriformis muscle injection
- Lumbar Facet joint & Medial Branches

15:00 - 16:00 Abdomen & Pelvic Procedures/ Abdominal myofascial pain syndromes, Pelvic pain management

Dr Mahesh Kodivalasa – University Hospitals of Leicester NHS Trust, UK

- Ilio-inguinal & ilio hypogastric nerve block
- Rectus sheath, TAP plane
- Quadratus lumborum block
- Genitofemoral nerve block
- Pudendal nerve block

16:00 - 16:15 Break

16:15- 17:00 Headache & Facial Pain Management

Dr Mahesh Kodivalasa – University Hospitals of Leicester NHS Trust, UK

- Supra & infra orbital nerve block
- Maxillary division of Trigeminal nerve block in pterygo-palatine fossa/ Sphenopalatine block
- Mental nerve block

17:00-17:30 Closure/ Feedback & Instructions for Day 2

Day 2- Live Model Scanning

Faculty:

Dr Sadiq Bhayani – Cleveland Clinic, Abu Dhabi, UAE

Dr Mahesh Kodivalasa – University Hospitals of Leicester NHS Trust, UK

Dr Rahul Bhansali - Chesterfield Royal Hospital NHS Foundation Trust, UK

Dr Devendra Tilak – South Warwickshire NHS Trust, UK

Dr Yee Tang - University Hospitals of Leicester NHS Trust, UK

Dr Sachin Alva – Derby & Burton NHS Foundation Trust, UK

Dr Sabina Bachtold – Frimley Health NHS Foundation Trust, UK

Dr Jawaad Saleem Malik - Frimley Health NHS Foundation Trust, UK

08:15-08:45-Registration & Refreshments in Exhibit Room

08:45-09:00-Instructions for Hands-on Scanning on Live Models

- [09:00 – 10:00 \(session 1\)](#)

(Upper Limb MSK pain procedures)

- [10:00 – 11:00 \(session 2\)](#)

(Lower Limb MSK pain procedures)

11:00-11:15 - Morning Break

- [11:15 to 12:15 \(session 3\)](#)

(Cervical Spine Procedures/ Procedures for Neck pain management)

- [12:15 to 13:15 \(session 4\)](#)

(Thoracic Spine procedures/ Procedures for Thoracic spine and Chest wall pain management)

13:15-14:00-Lunch Break

- [14:00 to 15:00 \(session 5\)](#)

(Lumbar spine & Sacrum procedures/ Low back and buttock pain management)

15:00-15:15-Afternoon Break

- [15:15-16:15 \(session 6\)](#)

(Abdomen & Pelvic Procedures/ Abdominal myofascial pain syndromes, Pelvic pain management)

- [16:15-17:15 \(session 7\)](#)

(Headache & Facial Pain Management)

17:15-17:30 - Feedback and Closure

Procedures covered during hands on scanning stations

Head, Neck, Cervical Spine

Cervical Medial Branch, Cervical Nerve roots, GON, Cervical Sympathetic Chain, Maxillary nerve, supra orbital, infra orbital, mental nerve

Lumbar Area, Pelvis, Abdomen

Lumbar Facet joint, Medial Branches, Caudal, Sacro-iliac joint, Piriformis, Pudendal Nerve, Ilio-inguinal, Iliohypogastric and Genitofemoral, ACNES, QLQ, Rectus sheath, TAP

Thoracic Region

Thoracic Facet, Costo-transverse joint, Intercostal Nerve, Paravertebral Space and Erector Spinae Plane (ESP)

Shoulder

Shoulder joint, AC Joint, Long Head of Biceps, SASD bursa, Supra-scapular Nerve, Axillary nerve, articular branches to shoulder joint

Elbow, forearm & Wrist

Medial and Lateral elbow, Ulnar nerve, Cubital tunnel, Carpal tunnel, MCP joint, Peripheral nerves

Hip

Hip joint, Greater Trochanter complex, Iliopsoas bursa and tendon, IT Band, Lateral Femoral Cutaneous Nerve, Articular branches of femoral, obturator and accessory obturator nerve

Knee and Ankle

Knee joint, Genicular nerves, Saphenous nerve, Ankle joint, Tarsal tunnel, Tibial and peroneal nerves