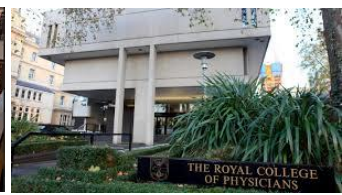




Royal College of Physicians



1st Musculoskeletal Ultrasound, Interventional Spine & Orthobiologics Conference

VENUE: Dorchester Library, The Royal College of Physicians, 11 St Andrews Pl, London NW1 4LE

DATE: 14th Friday & 15th Saturday, July 2023

Conference Highlights

For Pain Physicians, Orthopaedic Surgeons, Radiologists, PM&R Physicians & Rheumatologists
Ultrasonography: Musculoskeletal, Spine, Neuromuscular & Pelvis
Interactive Lectures, Masterclass, Live demonstrations & Hands on scanning

Interventional Regenerative Therapies & Orthobiologics Workshop

Scientific Principles, Technical considerations, Evidence & Clinical practice of Orthobiologics
Regenerative Therapies in Musculoskeletal & Spine
Prolotherapy applications in Musculoskeletal & Spine

Non-operative management of osteoarthritis

Radiofrequency denervation of Hip, Knee & Shoulder Osteoarthritis
Neuromodulation in Osteoarthritis
Cryoanalgesia applications

Day 1: Cervical & Thoracic Spine, Shoulder, Elbow & Wrist

Day 2: Lumbar Spine & Sacrum, Posterior Pelvis, Hips, Knees & Foot/Ankle

Conference Chairs

Dr Raja Reddy MD FRCA FFPMRCA FIPP CIPS

Consultant: Anaesthesia & Pain Medicine, Medway NHS Trust
Certified Interventional Pain Sonologist
Faculty Tutor, Advanced Pain Medicine Training Programme
Senior Lecturer, Canterbury Christ Church University
rajavrreddy@gmail.com

Prof Bijayendra Singh MD MRCS FRCS

Consultant Orthopaedic Surgeon, Medway NHS Trust
Professor of Orthopaedics, Canterbury Christ Church University
Programme Director, MCh in Surgery (Regenerative Medicine & Ortho)
bijayendra.singh@nhs.net

Conference Manager & Event Organizer

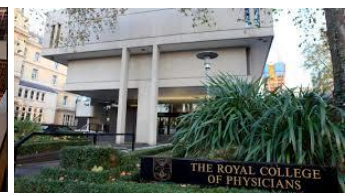
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Programme Schedule, Day 1

08:00 - 08:30: Registration/Exhibition

Conference Chairs: Dr Raja Reddy & Prof Bijayendra Singh

Session 1.

08:30 – 10:00 Didactic Lectures

Regenerative Therapies/Orthobiologics – Scientific Principles, Technical Considerations: Current Practice. Moderator: Dr Victor Mayoral (Spain)

MSK Regenerative Therapies: Dr Raja Reddy (UK)

Spine Regenerative Therapies: Dr Zbigniew Kirkor (UK)

MSK & Spine Prolotherapy: Dr Nicole Porz (Switzerland)

Surgeon's Perspective: Knee OA & Regenerative Therapies: Prof Anan Shetty (UK)

Recent Advances in regenerative therapies for pain relief: Dr Martynas Juozaitis (UK)

10:00 – 10:30: Coffee Break/Exhibition

Session 2

10:30 – 12:00 Masterclass & Live Demo

Shoulder Ultrasound: Moderator, Prof Bijayendra Singh

Sono anatomy lecture & Live Demo: Dr Ravi Kalathur & Dr Bikram Bhattacharjee

Learning objectives

Long head biceps, Subscapularis, Rotator cuff tendons, Subacromial subdeltoid bursa, Coraco acromial & coracoclavicular ligaments, Acromio clavicular joint, Gleno humeral joint, Suprascapular & Axillary nerves

Elbow Ultrasound: Moderator, Dr Shravan Tirunagari

Sono anatomy lecture & Live Demo: Dr Pranab Kumar & Dr James Pilcher

Learning objectives

Biceps brachii & median nerve, Lateral epicondyle & common extensor tendon, Radial & posterior interosseous nerve, Medial epicondyle & common flexor tendon Cubital canal & Ulnar nerve, Triceps & olecranon bursa

Wrist & Hand Ultrasound: Moderator, Dr Manojit Sinha

Sono anatomy lecture & Live Demo: Dr Ismael Atchia & Dr Edward Williams

Learning Objectives

Flexor tendons, carpal tunnel & median nerve, Scaphoid & flexor carpi radialis, radialis, Guyon's canal & ulnar nerve, Extensor tendons, Scapholunate ligament & fibrocartilage complex



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Cervical Spine Ultrasound: Moderator, Dr Sumit Gulati

Sono anatomy lecture & Live demo: Dr Raja Reddy & Dr Christ Declerck

Learning objectives

Inferior oblique muscle & Greater occipital nerve, Cervical C2/C3 facet & third occipital nerve, Cervical facet medial branch biplanar approach, Cervical selective nerve roots & Longus coli & cervical sympathetic

Thoracic Spine Ultrasound: Moderator, Dr Victor Mayoral

Sono anatomy lecture & Live demo: Dr Anu Kansal & Dr Hadi Bedran

Learning objectives

Parasternal, Thoracic facets, Intercostal nerves, Serratus plane, Erector spinae, Thoracic paravertebral

12:00 – 13:00 Lunch Break/Exhibition

Session 3

13:00 – 15:00 Hands on Scanning All Stations 1 to 10

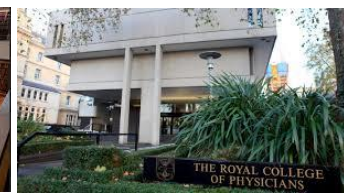
STATION 1: SHOULDER, Bhattacharjee & Singh
STATION 2: ELBOW & WRIST, Kumar & Pilcher
STATION 3: CERVICAL SPINE, Reddy & Declerck
STATION 4: THORACIC SPINE, Kansal & Mayoral
STATION 5: NEEDLING & ORTHOBIOLOGICS, Kirkor & Porz
STATION 6: SHOULDER, Kalathur & Reddy
STATION 7: ELBOW & WRIST, Atchia & Williams
STATION 8: CERVICAL SPINE, Gulati & Tirunagari
STATION 9: THORACIC SPINE, Bedran & Sinha
STATION 10: NEEDLING & ORTHOBIOLOGICS, Juozaitis & Mottaleb

15:00 – 15:30 Tea Break/Exhibition

Session 4

15:30 – 17:30 Hands on Scanning all Stations 1 to 10

17:30 onwards, Q & A, Closure of Day 1



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Programme schedule, Day 2

08:00 - 08:30: Registration/Exhibition

Session 1

08:30 – 10:00 Didactic Lectures. Moderator: Dr Nicole Porz (Switzerland)

Radiofrequency Denervation of Major Joints, Knee, Hip & Shoulder: Dr Raja Reddy (UK)

Neuromodulation as a Disease-Modifying Therapy for Osteoarthritis: Dr Anu Kansal (UK)

Peripheral Neuromodulation: Past, Present & Future: Dr Teodor Goroszeniuk (UK)

Cryoablation Applications in Pain Medicine: Dr Pranab Kumar (Canada)

10:00 – 10:30 Coffee Break/Exhibition

Session 2

10:30 – 12:00 Masterclass & Live Demo

Hip Ultrasound: Moderator, Dr Zbigniew Kirkor

Sono anatomy lecture & Live demo: Dr Pranab Kumar & Dr Raja Reddy

Learning objectives

Hip joint, iliopsoas, Fascia iliaca, Greater trochanter & Gluteal tendons/bursae, Ilio tibial band, Sartorius, Tensor fascia lata & lateral femoral cutaneous nerve, Femoral, saphenous, obturator nerves & adductors, Ischial tuberosity & Hamstrings

Knee Ultrasound: Moderator, Prof Anan Shetty

Sono anatomy Lecture & Live Demo: Dr Ravi Kalathur Dr Victor Mayoral

Learning objectives

Quadriceps & patellar tendons, Supra patellar recess, Lateral collateral ligament & lateral menisci, Medial collateral ligament, medial menisci & pes anserinus, posterior knee & genicular nerves

Foot & Ankle Ultrasound: Moderator, Dr Nicole Porz

Sono anatomy lecture & Live demo: Dr Bikram Bhattacharjee & Dr Ismael Atchia

Learning objectives

Tibialis Anterior EHL, EDL, Deep Peroneal nerve, Anterior tibiotalar joint, Tarsal Tunnel, Tibialis posterior, FHL, FDL, Posterior tibial nerve, Peroneus Longus, Brevis & Superficial peroneal nerve, Achilles tendon & Plantar fascia

Lumbar Spine & Sacrum: Moderator, Dr Martynas Juozaitis

Sono anatomy lecture & Live Demo: Dr Christ Declerck & Dr Sumit Gulati

Learning objectives

Lumbar facets & medial branch, Superior cluneal nerves, Caudal epidural, Sacral foramina & Sacro-iliac joints



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Pelvis Ultrasound: Dr Ramy Mottaleb

Sono anatomy lecture & live demo: Dr Athmaja Thottungal & Dr Anu Kansal

Learning objectives

Glutei muscles, Superior Gluteal nerve, Piriformis, Lumbo sacral plexus / sciatic nerve, Ischial spine, Sacro spinous & sacro tuberos ligaments, Gemili-obturator internus complex, Pudental nerve, Alcocks canal & Quadratus Femoris

12:00 – 13:00 Lunch Break/Exhibition

Session 3

13:00 – 15:00 Hands on Scanning All Stations 1 to 10

STATION 1: HIP, Kumar & Kirkor
STATION 2: KNEE, Mayoral & Juozaitis
STATION 3: ANKLE / FOOT, Bhattacharjee & Porz
STATION 4: LUMBAR SPINE & PELVIS, Thottungal & Kansal
STATION 5: NEEDLING & ORTHOBIOLOGICS, Singh & Mottaleb
STATION 6: HIP, Reddy & Tirunagari
STATION 7: KNEE, Williams & Kalathur
STATION 8: ANKLE / FOOT, Atchia & Bedran
STATION 9: LUMBAR SPINE & PELVIS, Gulati & Declerck
STATION 10: NEEDLING & ORTHOBIOLOGICS, Shetty & Sinha

15:00 – 15:30 Tea Break/Exhibition

Session 4

15:30 – 17:30 Hands on Scanning all Stations 1 to 10

17:30 CONFERENCE CLOSURE



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INVITED FACULTY

<p>Prof Anan Shetty Consultant Orthopaedic Surgeon Spire Alexandra Hospital, Kent, UK</p>	<p>Dr Manojit Sinha Clinical Lead & Consultant, Pain Medicine King's College Hospital, London, UK</p>
<p>Dr Athmaja Thottungal Consultant, Anaesthesia & Pain Medicine East Kent Hospitals NHS Trust, Kent, UK</p>	<p>Dr Nicole Porz Consultant Neurosurgeon & Pain Physician Facharzte, Beaumont, Bern, Switzerland</p>
<p>Dr Anu Kansal Consultant, Anaesthesia & Pain Medicine James Cooke Hospital, Middlesbrough, UK</p>	<p>Dr Pranab Kumar Consultant: Anaesthesia & Pain Medicine University of Toronto, Canada</p>
<p>Dr Martynas Juozaitis Consultant in Pain Medicine Algocells Clinics, London, UK</p>	<p>Dr Ravi Krishna Kalathur Consultant, Anaesthetist & Pain Medicine Apollo Hospitals, Chennai, India</p>
<p>Dr Bikram Bhattacharjee Consultant Msk Radiologist Darrent Valley Hospital, Kent, UK</p>	<p>Dr Shravan Tirunagari Consultant, Pain Medicine Kings College Hospital, Dubai, UAE</p>
<p>Dr Christ Declerck Consultant, Pain Medicine Medical director, bvba, Izegem, Belgium</p>	<p>Dr Sumit Gulati Consultant, Pain Medicine Walton Centre, Liverpool, UK</p>
<p>Dr Edward Williams General Practitioner & Msk Sonographer Ascot Medical centre, Windsor & Maidenhead, UK</p>	<p>Dr Ramy Mottaleb Consultant, Anaesthesia & Pain Medicine Kingston Hospital NHS Trust, UK</p>
<p>Dr Hadi Bedran Consultant, Pain Medicine St George's University Hospital, London</p>	<p>Dr Victor Mayoral Consultant, Pain Medicine Universitario de Bellvitge, Barcelona, Spain</p>
<p>Dr Ismael Atchia Consultant Rheumatologist Northumbria Healthcare NHS Trust, UK</p>	<p>Dr Zbigniew Kirkor Consultant, Pain Medicine Algocells clinics, London, UK</p>
<p>Dr James Pilcher Consultant MSK Radiologist St George's University Hospital, London</p>	<p>Dr Teodor Goroszeniuk Consultant, Pain Medicine Wimpole Street, London, UK</p>