



International Workshop on Joint & Spine Denervation, MSK Injections & Regenerative Medicine

Focus on

Joint & Spine Radiofrequency, Cryotherapy MSK Injections, Regenerative Medicine (PRP) & Ultrasound in Pain Medicine

Target Audience

(Orthopaedic surgeon, Spinal surgeons, Rheumatologist, Sports medicine, Rehabilitation physicians & Pain Physicians)

21st & 22nd October 2023

**Education & Training Centre, Dubai Science Park,
Neuro Spinal Hospital, Dubai**

Course Scientific Program Directors

**Dr Shravan Thirunagari, Pain Physician, Dubai
Dr Rahul Bhasali, Pain Physician, UK
Dr Maneesh Bhatia, Foot & Ankle Surgeon, UK
Dr Rik Kundra, Consultant knee surgeon, Dubai
Dr Sadiq Bhayani, Pain Physician, Abu Dhabi
Dr Usama Saleh, Shoulder Surgeon, Dubai
Dr Michael Antony Louis Rex, Spinal Surgeon, Dubai
Dr Ilari NJ Pajamaki, Hip Surgeon, Dubai
Dr Shimas Adil Al-Shammary, Consultant Sports Medicine, UAE
Dr Sharmila Tulpule, Consultant Orthopaedic Surgeon, Dubai, UAE**

(DHA CME approval sought for)

Program

Day 1

8:30-9:00- Registration and Coffee

9:00-9:15- Introduction - *Dr. Bhansali*

9:15- 9:30- Why to use Ultrasound Guidance for Joint & MSK Interventions?

Dr Usama Saleh, Dubai, UAE

**9:30-10:15- Lecture- Upper Limb MSK Interventions
(Joints/ Bursae & Nerves)- *Dr Sadiq Bhayani, UAE***

Acromio-clavicular joint injection

Shoulder joint injection

Bicep peritendinous sheath injection

Sub-acromial Sub-deltoid bursa injection

Medial and Lateral epicondyle interventions

Supra scapular nerve block

Axillary nerve block

Carpal tunnel

Guyon's canal

Upper limb nerve entrapments

**10:15-10:45- Upper Limb Interventions- Live model scanning
Demo**

10:45-11:15- Tea/ Coffee Break

**11:15 -11:35 Causes of Chronic Shoulder Pain & Post
Operative Shoulder Pain**

Dr Usama H Saleh, Shoulder Surgeon, Dubai, UAE

**11:35- 11.55- How to manage Chronic Shoulder Joint Pain?
Role of Shoulder Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)**

Dr Sadiq Bhayani, Abu Dhabi, UAE

**11:55 – 12:15- Radiofrequency treatment Basics & its
applications for Joint Pain Management**

Dr. Shravan Thirunagari, Dubai, UAE

12:15- 12:35- Cryotherapy Basics & its application for Joint Pain Management

Dr Sadiq Bhayani, Abu Dhabi, UAE

12:35-13:30 Lunch break

13:30-14:00- Medication management for Joint Pain

Dr. Rahul Bhansali, UK

14:00-14:20- Regenerative Medicine for Joint & MSK pain management

Dr Guilherme Ferreira Dos Santos, Barcelona, Spain

14:20-15:00 Lower Limb MSK Procedures

(Joints/ Bursae & Nerves) *Dr Rahul Bhansali, UK*

Knee joint injection

Knee joint genicular nerve block

Saphenous nerve block pulsed RF/ Cryotherapy

Lateral femoral cutaneous nerve of thigh (LFCN)/ RF/ Cryotherapy

Hip joint injection

Greater trochanter complex

Hip joint articular branches of femoral and obturator nerve block

Iliopsoas bursa injection

Ankle joint & 1st MTP Joint

Plantar fascia

15:00-15:30 Lower Limb MSK Procedures- Live demo

15:30-16:00- Tea/Coffee Break

16:00 - 16:20 Causes of Chronic Knee Pain & Post operative Knee pain

Dr Rik Kundra, Consultant Knee Surgeon, Dubai, UAE

**16:20- 16:40 How to manage Chronic Knee Joint Pain?
Role of Knee Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)**

Dr Rahul Bhansali, UK

16:40 – 17:00 Causes of Chronic Hip Pain & Post operative Hip pain

Dr Ilari NJ Pajamaki, Consultant Hip Surgeon, Dubai

**17:00 – 17:20 How to manage Chronic Hip Joint Pain?
Role of Hip Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)**

Dr Guilherme Ferrera De Santos, Barcelona, Spain

**17:20-18:00- Recap- All joint injections Feedback/ Instructions
for Day 2 & Close**

Day 2

Hands on Scanning on Live Models & Needling on Ultrasound Simulators

8:00-8:30- Registration and Coffee

8:30-8:45- Introduction *Dr Bhayani, UAE*

**8:45 - 9:30- Cervical & Lumbar Spine Facet Joint
Interventions/ Denervation Procedures**

Dr Manikandan Rajarathinam, London, Canada

9:30- 10:00- Tea/Coffee Break

10:00- 11:00 Scanning Station 1 (Shoulder Joint)

11:00- 12:00 Scanning Station 2 (Knee Joint & Ankle)

12:00- 13:00 Scanning Station 3 (Hip Joint)

13:00- 14:00- Lunch Break

14:00- 15:00 Scanning Station 4 (Shoulder Joint Denervation)

15:00- 16:00 Scanning Station 5 (Knee Joint Denervation)

16:00- 16:15- Tea/Coffee Break

16:15- 17:15 Scanning Station 6 (Hip Joint Denervation)

17:15-17:30- Feedback & Close

Procedures Covered

1. Acromio-clavicular joint injection- Ultrasound guided
2. Shoulder joint injection- Ultrasound guided
3. Rotator cuff interval- anterior approach to shoulder joint injection
4. Bicep peritendinous sheath injection- Ultrasound guided
5. Supra scapular nerve block and RF/ Cryotherapy- Ultrasound guided
6. Axillary nerve block and RF/ Cryotherapy- Ultrasound guided
7. Carpal tunnel release - Ultrasound guided
8. Cubital tunnel release- Ultrasound guided
9. Lateral femoral cutaneous nerve of thigh (LFCN) and RF/ Cryotherapy- Ultrasound guided
10. Knee joint injection- Ultrasound guided
11. Knee joint genicular nerve block and RF- Ultrasound guided
12. Saphenous nerve block and RF- Ultrasound guided
13. Hip joint injection- Ultrasound guided
14. Greater trochanter Bursa-Ultrasound guided
15. Hip joint articular branches of femoral and obturator nerve block
16. Hip joint RF/Cryotherapy- Ultrasound guided
17. Iliopsoas bursa injection- Ultrasound guided
18. Ankle joint injection- Ultrasound guided
19. Plantar Fascia injection- Ultrasound guided
20. Tarsal Tunnel/ Tibial nerve block- Ultrasound Guided

Faculty Members

Dr Guilherme Ferreira Dos Santos, Consultant in Pain Medicine & Rehabilitation Medicine, University of Barcelona, Spain

Dr Rahul Bhansali, Consultant in Pain Medicine & Anaesthesia, Chesterfield Royal Hospital NHS Trust, UK

Dr Shravan Tirunagari, Consultant in Pain Medicine & Anaesthesia, King's College Hospital, Dubai
Dr Naren Raj, Consultant in Pain Medicine & Anaesthesia, Tawam Hospital, Al Ain, UAE

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Dr Ravi Kare, Consultant in Pain Medicine & Anaesthesia, Healthpoint Hospital, Abu Dhabi, UAE

Dr Sadiq Bhayani, Consultant in Pain Medicine & Anaesthesia, Abu Dhabi, UAE

Dr Shimas Adil Al-Shammary, Consultant Sports Medicine & Rehabilitation, Healthpoint Hospital, UAE

Dr Sharmila Tulpule, Orthopaedic Surgeon & Interventional Orthobilogist, Dubai

Dr Manikandan Rajarathinam, Consultant in Pain Medicine & Anaesthesia, Western University, London, Ontario, Canada

Dr Usama Saleh, Shoulder Surgeon, Medeor Hospital, Dubai

Dr Rik Kundra, Knee Surgeon, Mediclinic Park View, Dubai

Dr Ilari NJ Pajamaki , Hip Surgeon, Mediclinic Park View, Dubai