

PRO
ACADEMY

Leicester
Pain
Education

**ULTRASOUND GUIDED
BLOCKS 'HEAD TO TOE'**
(**ULTRASOUND GUIDED
INTERVENTIONAL PAIN MANAGEMENT
& CIPS EXAMINATION PREPARATORY
COURSE**)

**19th | 20th
FEBRUARY, 2024**

LEICESTER MARRIOTT HOTEL,
LEICESTER, UK

BLOCK IT. CLUB

To Register : www.bookcpd.com

**Ultrasound Guided Blocks- 'Head to Toe'
Ultrasound Guided Interventional Pain Management
& CIPS examination Preparatory Course**

19th & 20th February 2024
(Two-Day Course with Live Scanning Workshop)

**Leicester Marriott Hotel, Grove Park, Enderby
Leicester Smith Way, Leicester LE19 1SW, United Kingdom**

(Approval sought for 10 CPD/CME Points)

Day 1 – Lecture/Demo

08:00 - 08:30 Registration & Refreshments

08:30 - 08:45 Introduction

08:45 - 9:15 Headache & Facial Pain Syndrome Management

(Ultrasound Guided Headache & Facial Pain Blocks)

- Supra & infra orbital nerve block
- Maxillary division of Trigeminal nerve block in Pterygopalatine fossa/ Sphenopalatine block
- Mental nerve block
- Cervical plexus block
- Occipital nerves

09:15-9:45 Cervical Spine Procedures

(Procedures for Neck pain management)

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

9:45 - 10:15 Tea/ Coffee Break

10:15 - 11:00 Upper Limb MSK pain procedures

(Shoulder, Elbow, Hand & wrist pain blocks)

- Shoulder- Bicep 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

11:00 - 11:30 Thoracic Spine procedures

(Procedures for Thoracic spine and Chest wall pain management)

- Thoracic Facets, Costotransverse joint
- Thoracic Paravertebral
- Intercostal Nerve
- Erector Spinae plane block
- Parasternal plane block

11:30 - 12:00 Abdomen & Pelvic Procedures

(Abdominal myofascial pain & Pelvic pain management)

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

12:00 - 12:45 Lower Limb MSK pain procedures

(Hip, Knee, Ankle & foot interventional pain procedures)

- Hip- Hip joint, Trochanteric complex, Ilio-tibial band & lateral femoral cutaneous nerve, hip articular branches
- Knee- Knee joint, Saphenous nerve, knee articular branches
- Ankle- Tibio-talar joint, MTP joint, Tarsal Tunnel
- Plantar fascia

12:45 - 13:00 Regenerative Medicine in Pain Management

13:00 - 14:00. Lunch Break

14:00 - 15:30 Ultrasound Live Demonstration of all the blocks

(Head, Neck, Upper Limb, Thorax, Abdomen, Pelvis, Lower Limb Lumbar Spine, Sacrum)

15:30 - 16:00 Radiofrequency & Cryotherapy in Pain Management

16:00 - 16:30 Tea/Coffee Break

**16:30 - 17:00 Lumbar spine & Sacral procedures
(Low back & buttock pain management)**

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

17:00 - 17:30 How to prepare for Ultrasound Certification Examinations?
Certification in interventional pain ultrasonography (CIPS Exam)

- Exam structure
- Communication, Knowledge and Skills
- Exam technique
- Clinical Examination Videos

17:30 - 17:45 Feedback & Instructions for Day 2

Day 2- Live Model Scanning

07:45-08:00-Registration & Refreshments

8:00-9:00- Block Replay Session

09:00-10:00- Station 1

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

10:30-11:30- Station 2

11:30-12:30- Station 3

12:30-13:15- Lunch Break

13:15-14:15- Station 4

14:15-15:15- Station 5

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

15:30-16:30-Station 6

16:30-17:30-Station 7

17:30-17:45- Feedback and Closure

Head, Neck, Cervical Spine

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

Lumbar Area, Pelvis, Abdomen

Lumbar Facet joint, Medial Branches, Caudal, Sacro-iliac joint, Piriformis, Pudendal Nerve, Ilio-inguinal, Ilio-hypogastric and Genitofemoral, ACNES, QLB, 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, Guyon's Canal

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, Ankle & Foot

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