



MEDITERRANEAN PRP/PROLOTHERAPY MSK ULTRASOUND COURSE
St. Vincent De Paule Hospital, Luqa, Malta

MEETING AGENDA

DAY 1 - Thursday, 23 May 2024

08.00-08.30		REGISTRATION	Mr Ciaran Wazir
08.30-09.00	COURSE OPENING:		
08.30-08.40	Welcome address		Dr Z. Kirkor
08.40-08.50	Housekeeping		Dr K. Stafrace
08.50-09.00	Course outline		Dr O. Wende
09.00-10.30	LIVE SCANNING (1)		
	Rotating stations: 30 min anatomy + US demo; 60 min practical scanning	1/ elbow & wrist; 2/ shoulder; 3/ knee.	1/ Dr A. Elbaz/ Dr N.Porz 2/ Dr O. Wende 3/ Dr Z. Kirkor/ Dr M. Juozaitis
10.30-11.00		BREAK	
11.00-14.00	LIVE SCANNING (2)		
	Rotating stations: 30 min anatomy + US demo; 60 min practical scanning	1/ elbow & wrist; 2/ shoulder; 3/ knee.	1/ Dr A. Elbaz/ Dr. N.Porz 2/ Dr O. Wende 3/ Dr Z. Kirkor/ Dr Juozaitis
14.00-15.00		LUNCH	
15.00-18.00	LIVE SCANNING (3)		
	Rotating stations: 30 min anatomy + US demo; 60 min practical scanning	1/ cervical & thoracic spine; 2/ lumbar spine.	1/ Dr H. Bedran/ Dr. B. Fraczek/ 2) Dr O. Wende/ Dr. Z. Kirkor/ Dr. M. Juozaitis
19.00-22.00		COURSE DINNER	

DAY 2 - Friday, 24 May 2024

08.00-11.00	PRESENTATIONS		
08.00-08.30	Why regenerative medicine?		Dr O. Wende
08.30-09.00	Principles of prolotherapy		Dr N. Porz
09.00-09.30	Principles of PRP		Dr B. Fraczek
09.30-10.00	What makes a good PRP?		Dr Z. Kirkor
10.00-10.30	Current evidence		Dr. M. Juozaitis
10.30.-11.00	Papers: good & bad		Dr Z. Kirkor
11.00-11.30		BREAK	
11.30-12.15	Sponsors' time		
12.15-13.00	Q & A session	Moderators:	Dr A. Elbaz & Prof. N. Padhiar
13.00-14.00		LUNCH	
14.00-17.00	LIVE SCANNING (4)		
	Rotating stations: 30 min anatomy + US demo; 60 min practical scanning	1/ hip; 2/ ankle & foot.	1/ Dr M. Juozaitis/ Dr. O. Wende/ Dr. Z. Kirkor 2/ Prof. N. Padhiar/ Dr A. Elbaz/ Dr. N. Porz
17.00-17.15	Closing remarks		
		<u>COURSE ADJOURN</u>	

Structures to be taught in the course:

Hip: intra-articular, iliofemoral lig, femoral nerve, iliopsoas tendon insertion, psoas bursa, greater trochanter structures.

Shoulder: intra-articular, biceps tendon, supraspinatus, infraspinatus, subscapularis, ACJ

Elbow: common extensor and flexor origins, MCL, LCL, biceps insertion **Wrist:** Intra-articular, CMC, De Quervains tendons

Knee: Intra-articular, Meniscus, MCL deep and superficial, LCL, Patellar tendon.

Lumbosacral: Facet joints, transverse processes, iliolumbar lig, SIJ upper and lower entrances, sacroiliac ligaments

Cervical Spine: Facet joints from both posterior and side views

Thoracic Spine: Costovertebral joints and ligaments, facet joints

Foot and Ankle: Intra-articular Tibio-Talar joint, ATFL, Calcaneo-fibular lig, Posterior tibialis tendon, Deltoid ligament, Achilles tendon, Plantar Fascia

Special for orthopods / advanced

Shoulder: Inferior and superior glenohumeral ligaments

Hip: Iiofemoral and pubofemoral ligaments

Ankle: Subtalar Joint, Spring ligament.