



Royal College of Physicians



2nd Spine Musculoskeletal Ultrasound & Interventional Pain Conference

REGENERATION DENERVATION NEUROMODULATION

Dorchester Library, The Royal College of Physicians, London

14th Friday & 15th Saturday, June 2024

Conference Highlights

Ultrasonography: Spine, Musculoskeletal, Neuromuscular & Pelvis
Interactive Lectures, Masterclass, Live Demonstrations & Hands on Scanning

Interventional Regenerative Therapies, Orthobiologics

Scientific Principles, Technical Considerations & Evidence Based Practice
Prolotherapy, PRP & Stem Cells Applications in Musculoskeletal & Spine

Sensory Denervation of Major Joints

Radiofrequency & Chemical Ablation of Knee, Hip & Shoulder
Cryoanalgesia & Botox Applications in Pain Medicine

Peripheral Neuromodulation

Peripheral Nerve Stimulation & Implants
Ultrasound Guided Cancer Pain Interventions

Continuing Professional Development

Applied, World Institute of Pain, WIP For Endorsement as Preparatory Course for Certified
Interventional Pain Sonologist, CIPS Examinations & EACCME, European Accreditation
Council For CME. Approved, Royal College of Anaesthesia, UK For 10 CME Credits

Conference Chairs

Dr Raja Reddy *MD FRCA FFPMRCA FIPP CIPS*
Consultant: Pain Physician, Medway NHS Trust, Kent
rajavreddy@gmail.com

Prof Bijayendra Singh *MS MRCS FRCS*
Consultant Orthopaedic Surgeon, Medway NHS Trust, Kent
Bijayendra.singh@nhs.net

Conference Manager

Mr Ciaran Wazir
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For Registration, please click the link: <https://www.painandneuromodulationlondon.com/>



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Scientific Schedule, Friday 14th June 2024

08:30 - 09:00 Registration, Introduction & Welcome

09:00 - 10:30, **Session 1: Didactic Lectures: Regenerative Therapies, Botox & Ablation**

Moderator: Dr Manojit Sinha

Scientific Principles, Technical Considerations & Current Evidence

Prolotherapy Applications in Musculoskeletal & Spine: Dr Maria Del Ray

Platelet Rich Plasma, PRP In Musculoskeletal Disorders: Dr Raja Reddy

Botox and CGRP monoclonal antibodies in headache management: Dr Sam Chong

Cranio facial ultrasound interventions: Dr Pranab Kumar

Sensory Ablation of Major joints - Shoulder joint: Dr Thomas Haag

10:30 - 11:00 Coffee Break & Exhibition

11:00 - 12:30, **Session 2**

Masterclass & Live Demo (10 mins relevant masterclass lecture + 10 mins live demo)

Moderator: Dr Thomas Haag

Upper Extremity, Cervical Thoracic & Lumbar Spine

Ultrasound Procedures of Cervical Spine: Dr Christ Declerck & Dr Pranab Kumar

Ultrasound Procedures of Shoulder: Dr Raja Reddy & Dr Maria Del Ray

Ultrasound Procedures of Elbow & Wrist: Dr Ismail Atchia & Dr Edward Williams

Ultrasound Procedures of Thorax & Lumbar Spine: Dr Sumit Gulati & Dr Ravi Kalathur

12:30 - 13:30, Lunch Break & Exhibition

13:30 - 15:00, **Session 3**

Hands On Scanning by Delegates: Upper Extremity, Cervical, Thoracic & Lumbar Spine

Delegates are allocated to either Track A or Track B and they rotate between stations.

15:00 - 15:30, Tea Break & Exhibition

15:30 - 17:00, **Session 4**

Hands On Scanning by Delegate: Upper Extremity, Cervical, Thoracic & Lumbar Spine

Delegates are allocated to either Track A or Track B and they rotate between stations.

TRACK A	TRACK B
STATION 1: CERVICAL SPINE - Christ & Ann	STATION 6: CERVICAL SPINE - Ravi
STATION 2: SHOULDER - Maria	STATION 7: SHOULDER - Thomas & Singh
STATION 3: ELBOW & WRIST - Ismail & Cherilyn	STATION 8: ELBOW & WRIST - Edward & Vanja
STATION 4: THORACIC & LUMBAR SPINE - Sumit & Anu	STATION 9: THORACIC & LUMBAR SPINE - Manojit & Ash
STATION 5: SPINE, MSK, NERVES REVISION - Raja	STATION 10: SPINE, MSK, NERVES REVISION - Pranab

17:00 Q & A, DAY 1 CLOSURE



Scientific Schedule, Saturday 15th June 2024

09:00 - 10:30, Session 1

Didactic Lectures: Regeneration, Denervation & Neuromodulation

Moderator:

Scientific Principles, Technical Considerations & Current Evidence

Bone Marrow Aspirate Concentrate BMAC in Knee Osteoarthritis: Prof Shetty

Peripheral Nerve Stimulation in Neuropathic Pain & Osteoarthritis: Dr Ann - Katrin Fritz

Sensory Ablation of Major Joints: Knee & Hip: Dr Raja Reddy

Cryo Therapy Applications in Pain Interventions: Dr Ravi Kalathur

Ultrasound In Cancer Pain Interventions: Dr Maria Del Ray

10:30 - 11:00, Coffee Break & Exhibition

11:00 - 12:30, Session 2

Masterclass & Live Demo

Moderator: Dr. Pranab Kumar

Lower Extremity, Lumbar Sacral Spine & Pelvis

Ultrasound Procedures of Hip: Dr Cherlyn Fenech & Dr Raja Reddy

Ultrasound Procedures of Knee: Dr Thomas Haag & Dr Vanja Srbliak

Ultrasound Procedures of Ankle & Foot: Dr Edward Williams & Dr Ismail Atchia

Ultrasound Procedures of Pelvis: Dr Ashish Shetty & Dr Anu Kansal

12:30 - 13:30 Lunch Break & Exhibition

13:30 - 15:00, Session 3

Hands On Scanning by Delegates - Lower Extremity & Pelvis

Delegates are allocated to either Track A or Track B and they rotate between stations.

15:00 - 15:30, TEA BREAK & EXHIBITION

15:30 - 17:00 Session 4

Hands On Scanning by Delegates - Lower Extremity & Pelvis

Delegates are allocated to either Track A or Track B and they rotate between each stations.

TRACK A	TRACK B
STATION 1: HIP - Sumit & Ashish	STATION 6: HIP - Ravi & Ann
STATION 2: KNEE - Thomas & Manojit	STATION 7: KNEE - Christ
STATION 3: ANKLE & FOOT - Edward	STATION 8: ANKLE & FOOT - Ismail & Vanja
STATION 4: PELVIS - Ashish & Anu	STATION 9: PELVIS - Pranab & Cherlyn
STATION 5: SPINE MSK NERVES REVISION - Raja	STATION 10: SPINE MSK NERVES - Maria

17:00 Q & A, CONFERENCE CLOSURE



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REGION	LEARNING OBJECTIVES
SHOULDER	Long head of biceps, Subscapularis, Rotator cuff tendons, Subacromialsubdeltoid bursa, Coracoacromial&coracoclavicular ligaments, Acromio clavicular joint, Gleno humeral joint, Suprascapular & Axillary nerves
ELBOW	Biceps brachii & median nerve, Lateral epicondyle & common extensor tendon, Radial & posterior interosseous nerve, Medial epicondyle & common flexor tendon Cubital canal & Ulnar nerve, Triceps
WRIST & HAND	Flexor tendons, carpal tunnel & median nerve, Scaphoid & flexor carpi radialis, radialis, Guyon's canal & ulnar nerve, Extensor tendons & Scapholunate ligament
CERVICAL SPINE	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	Parasternal, Costochondral junctions, Thoracic facets, Intercostal nerves, Serratus plane, Erector spinae & Thoracic paravertebral
ABDOMEN	Ilio Inguinal, Ilio hypogastric & Genito femoral nerves, Rectus sheath & Anterior cutaneous nerves, Transverse abdominis plane & Quadratus lumborum
LUMBAR SPINE	Lumbar facets & medial branches, Multifidus, Superior cluneal nerves, Caudal epidural, Sacral foramina & Sacro-iliac joints
PELVIS	Glutei muscles, Superior Gluteal nerve, Piriformis, Lumbo sacral plexus, Ischial spine, Sacro spinous & Sacro tuberos ligaments, Gemili-obturator internus complex, Pudental nerve, Alcocks canal & Quadratus Femoris
HIP	Hip joint, iliopsoas, Gluteal tendons/bursae, Ilio tibial band, Sartorius, Tensor fascia lata& lateral femoral cutaneous nerve, Femoral, saphenous, obturator nerves & adductors, Ischial tuberosity & Hamstrings
KNEE	Quadriceps & patellar tendons, Supra patellar recess, Lateral collateral ligament & lateral menisci, Medial collateral ligament, medial menisci & pes anserinus, posterior knee & genicular nerves
ANKLE & FOOT	Tibialis Anterior EHL, EDL, Deep Peroneal nerve, Anterior tibiotalar joint, Tarsal Tunnel, Tibialis posterior, Posterior tibial nerve, Peroneus Longus, Brevis & Superficial peroneal nerve, Achilles tendon & Plantar fascia



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INVITED FACULTY

<p>Prof Ananthram Shetty <i>MS MRCS FRCS</i> Consultant Orthopaedic Surgeon Spire Alexandra Hospital, Kent</p>	<p>Dr Manojit Sinha <i>MD FRCA FFPMRCA</i> Consultant Pain Physician Kings College Hospitals, London</p>
<p>Dr Ann - Katrin Fritz <i>FRCA FFPMRCA FIPP CIPS</i> Consultant: Anaesthesia & Pain Medicine Norfolk & Norwich University Hospitals, UK</p>	<p>Dr Maria Luz Padilla Del Ray <i>MD FIPP CIPS</i> Consultant: Anaesthesia & Pain Medicine Santa Lucia Hospital, Cartagena, Spain</p>
<p>Dr Anu Kansal <i>MD FRCA FFPMRCA</i> Consultant: Anaesthesia & Pain Medicine James Cooke Hospital, Middlesborough, UK</p>	<p>Dr Pranab Kumar <i>FRCA FFPMRCA FRCPC FIPP CIPS</i> Consultant: Anaesthesia & Pain Medicine University of Toronto, Canada</p>
<p>Dr Ashish Shetty <i>MD FRCA FFPMRCA</i> Consultant: Pain Medicine University College London Hospitals</p>	<p>Dr Ravi Kalathur <i>MD FIPP CIPS AIHS</i> Consultant: Anaesthesia & Pain Medicine Apollo Hospitals, Chennai, India</p>
<p>Dr Cherilyn Fenech <i>MD MRCP DESA FIPP</i> Consultant: Anaesthesia & Pain Medicine Mater Dei Hospital, Malta</p>	<p>Dr Sumit Gulati <i>MD FRCA FFPMRCA</i> Consultant: Anaesthesia & Pain Medicine Walton Centre & Liverpool University</p>
<p>Dr Christ Declerck <i>MD FIPP CIPS</i> Consultant: Pain Medicine Medical Director, bvba, Izegem, Belgium</p>	<p>Dr Thomas Haag <i>MD FRCA FFPMRCA</i> Consultant: Pain Medicine Spire Yale Hospital, Wrexham, UK</p>
<p>Dr Edward William <i>MRCs MRCGP MFSEM</i> General Practitioner & MSK Sonographer Ascot Medical Centre, Windsor, UK</p>	<p>Dr Sam Chong <i>MD MRCP</i> Consultant Neurologist University College London Hospitals</p>
<p>Dr Ismail Atchia <i>MD FRCP</i> Consultant Rheumatologist Northumbria Healthcare NHS Trust, UK</p>	<p>Dr Vanja Srbljak <i>MD FRCA FFPMRCA</i> Consultant Anaesthetist & MSK Sonographer Royal Stoke University Hospital, UK</p>