



دبي

WORLD INSTITUTE OF PAIN ENDORSED

(ULTRASOUND GUIDED JOINT & MSK INJECTIONS, RADIOFREQUENCY, CRYOTHERAPY & PLATELET RICH PLASMA INJECTIONS)

(CIPS EXAMINATION PREPARATORY COURSE)

25th | 26th

MAY 2024

**RAFFLES DUBAI,
SHEIKH RASHID ROAD,
WAFI, DUBAI**

DAY 1 | 25TH MAY 2024

08:00 – 08:30 Registration & Refreshments

08:30 – 08:45 Introduction

08:45 – 09:15 Upper Limb MSK pain procedures
(Shoulder, Elbow, Hand & wrist pain management 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

09:15 – 9:45 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

9:45 – 10:15 Tea/ Coffee Break

10:15 – 11:00 Cervical Spine Procedures using
Ultrasound Guidance (Procedures for Neck pain management)

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

11:00 – 11:30 Thoracic Spine procedures using
Ultrasound Guidance (Procedures for Thoracic spine and Chest wall pain management)

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

11:30 – 12:00 Abdomen & Pelvic Procedures using
Ultrasound Guidance (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

DAY 1 | 25TH MAY 2024

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

13:00 - 14:00 Lunch Break (Non-CME Lecture)

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 - 15:45 Radiofrequency in Pain Management

15:45 - 16:00 Cryotherapy in Pain Management

16:00 - 16:30 Tea/Coffee Break

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

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

17:00 - 17:30 Novel treatment modalities for Pain Management

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

DAY 2 | 26TH MAY 2024

Live Model Scanning Hands on Workshop

07:45 – 08:00 Registration & Refreshments

08:00 – 08:30 How to prepare for Certified interventional Pain Sonologist (CIPS) Examination?

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

08:30 – 09:00 Block Replay Session– commonly performed ultrasound guided procedures

(Joints & MSK Injections, Headache & Facial Pain Blocks, Peripheral Nerve blocks, Cervical spine, Thoracic, Abdominal & Pelvic interventions using Ultrasound)

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

MASTERCLASS FACULTY

 **Dr Shravan Kumar Tirunagari**

Consultant in Pain Medicine & Anaesthesia,
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 **Dr Sharmila Tulpule**

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