

**Masterclass on Interventional Pain Management & Ultrasound  
Guided Block 'Head to Toe' Hands on Workshop  
(CIPS Preparatory Course)**

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

*(Approval sought for 10 CPD/CME Points for both the days)*

**Day 1**

**22<sup>nd</sup> June 2024**

**Masterclass on Interventional Pain Management**

**08:00 - 08:30 Registration & Refreshments**

**08:30 - 08:45 Introduction**

**08:45 - 9:15 Masterclass Anatomy of Upper & Lower Limb MSK**

**9:15- 9:45- Upper & Lower Limb MSK Pain- Interventional Pain Management**

**9:45- 10:15 Masterclass Anatomy of Cervical, Thoracic, Lumbar Spine & Pelvis**

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

**10:45- 11:15 Interventional Pain Management of Neck, Low back Pain & Pelvic Pain**

**11:15-11:45- Radiofrequency & Cryotherapy in Pain Management- Updates**

**11:45-12:15- Masterclass Anatomy of Thorax and Abdomen**

**12:15-12:45- Interventional Pain Management of Thoracic and Abdominal Pain**

**12:45-13:30- Lunch Break**

**13:30-15:00- Live Model scanning Demo of 'Head to Toe' Blocks**

**(Master Scanning by Master Prof Moriggl with top tips on 'How to find it & block it? in seconds)**

**15:00-15:30- Spinal Cord Stimulation in Pain management**

**15:30-15:50- Tea/ Coffee Break**

**15:50-16:50- Learn Clinical examination for CIPS from the expert- Prof Mark Hurdle**

**16:50-17:20- Cancer pain- Interventional Pain Management**

**17:20-17:30 Feedback & Close**

**Day 2**  
**23<sup>rd</sup> June 2024**  
**Live Model Scanning workshop**  
**(WIP Endorsed CIPS Preparatory Course Hands on Workshop)**

**07:45-08:00-Registration & Refreshments**

**8:00-9:00- Block Replay Session**

**9:00-9:15- 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

09:00-10:00- Station 1 (Head, Neck & Facial Blocks)

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

10:30-11:30- Station 2 (Upper Limb MSK Block)

11:30-12:30- Station 3 (Lower Limb Part 1-Knee & Ankle)

**12:30-13:15- Lunch Break**

13:15-14:15- Station 4 (Lumbar Spine, Pelvis)

14:15-15:15- Station 5 (Thorax & abdomen)

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

15:30-16:30-Station 6 (Lower Limb Part 2- Hip)

16:30-17:30-Station 7 (Block of your choice)

**17:30-17:45- Feedback and Closure**

## **Head to Toe Blocks**

### **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

### **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

### **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

### **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

## **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

## **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

## **Lumbar spine & Sacral procedures**

### **(Low back & buttock pain management)**

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

## **Faculty Members**

**Professor Bernhard Moriggl, Innsbruck, Austria**

**Professor Mark Hurdle, Mayo Clinic, USA**

**Dr. Sadiq Bhayani, Cleveland Clinic, Abu Dhabi, UAE**

**Dr. Rahul Bhansali, Chesterfield Royal Hospital, Chesterfield, UK**

**Dr. Manikandan Rajarathinam, Western University, Ontario, Canada**

**Dr. Guilherme Ferreira-Dos-Santos, University of Barcelona, Spain**

**Dr. Prit Anand Singh, Changi General hospital, Singapore**

**Dr. Sachin Alva, Lister Hospital, Stevenage, UK**

**Dr. Piera Santullo, University Hospitals of Derby & Burton NHS Foundation Trust, UK**

**Dr. Simao Serrano, Centro Hospitalar do Medio Tejo, Tomar, Portugal**

**Dr Manish Mittal, George Elliott Hospital, Nuneaton, UK**

**Dr Parveen Dhillon, Cambridge University Hospitals NHS Trust, UK**

**Dr Jawad Saleem Malik, Ashford & St Peter's Hospitals NHS Foundation Trust, Chertsey, UK**

**Dr Kunal Targe, Lister Hospital, Stevenage, UK**

**Dr Richard Pertwee, University Hospitals Nottingham NHS Trust, UK**

**Dr Arul James, Clinical Lead, George Elliott Hospital, Nuneaton, UK**

**Dr Somnath Bagchi, University Hospitals Plymouth NHS Trust  
Plymouth, UK**

**Dr Vivek Mehta, Barts & London Hospitals NHS Trust, London, UK**

