

# DUBAI

## 6<sup>TH</sup> INTERNATIONAL WORKSHOP ON JOINT, MSK & SPINAL INTERVENTIONAL PAIN MANAGEMENT

(Hands on workshop for Ultrasound Guided Joints, MSK, Spine Injections, Denervations & Regenerative Medicine)

### WORKSHOP HIGHLIGHTS :

- > 'Ultrasound Simplified' – Step by Step Hands on Workshop
- > Joint injections & MSK Injections
- > Spinal injections – Caudal Epidural, Sacroiliac Joint, Cervical, Thoracic & Lumbar Facet joint injections
- > Knee, Shoulder & Hip joint Denervations
- > Regenerative Medicine
- > Advanced Spinal Interventions (Racz Catheter Epidurolysis, PLDD, Disc procedures)
- > Needling on high fidelity ultrasound simulator for joints and spinal injections

**25th & 26th October 2025**

**HYATT REGENCY, DUBAI CREEK HEIGHTS, DUBAI**

Register on : [www.bookcpd.com](http://www.bookcpd.com)





# DAY 1

08:00 – 08:30 Registration & Refreshments

08:30 – 09:00 Introduction

09:00 – 9:30 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
- \* Wrist & hand -Carpal Tunnel & Trigger finger

09:30-10:00 Lower Limb MSK pain procedures  
(Hip, Knee, Ankle & foot interventional pain procedures)

- \* Hip- Hip joint, Trochanteric complex, Ilio-tibial band & lateral femoral cutaneous nerve
- \* Knee- Knee joint injection
- \* Ankle- Tibio-talar joint, Tarsal Tunnel
- \* Plantar fascia

10:00 – 10:30 Tea/ Coffee Break

10:30 – 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

11:00 – 11:15 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

11.15- 11.30 Radiofrequency & Cryoneurolysis for Pain Management

11:30 – 11:50 How to manage Chronic Shoulder Joint Pain?  
Role of Shoulder Joint Denervation (Radio frequency/ Cryoneurolysis)

11:50 – 12:10 How to manage Acute post operative & Chronic Knee Joint Pain?  
Role of Knee Joint Denervation (Radio frequency/ Cryoneurolysis)

12:10 – 12:30 How to manage Chronic Hip Joint Pain?  
Role of Hip Joint Denervation/ Interventions (Radio frequency/ Cryoneurolysis)

12:30 – 13:00 Regenerative Medicine in Pain Management

13:00 – 14:00. Lunch Break



# DAY 1

14:00 – 15:30 Ultrasound Live Demonstration of all the blocks (Demo only)  
(Head, Neck, Upper Limb, Thorax, Abdomen, Pelvis, Lower Limb  
Lumbar Spine, Sacrum)

15:30 – 16:00 Advanced Spinal Interventional Pain Management Modalities  
\* PLDD- percutaneous laser disc decompression,  
\* Racz Epiduroplasty

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 Feedback & Instructions for Day 2



## DAY 2

### LIVE MODEL SCANNING HANDS ON WORKSHOP & NEEDLING ON HIGH FIDELITY ULTRASOUND SIMULATORS

07:45-08:00-Registration & Refreshments

8:00-9:00- Block Replay Session- commonly performed ultrasound guided procedures  
(Joints & MSK Injections, Peripheral Nerve blocks, Cervical spine, Thoracic, Lumbar Spine  
interventions & Joint Denervation 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



# PROCEDURES COVERED

## Upper Limb MSK pain procedures (Shoulder, Elbow, Hand & wrist pain blocks)

- \* Shoulder- Bicep Tendon, AC Joint, SASD Bursa, Suprascapular Nerve, Shoulder joint injection
- \* Elbow- Medial and Lateral Elbow
- \* Wrist-Carpal Tunnel & Trigger finger
- \* Shoulder joint RF

## 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, Tarsal Tunnel & Plantar fascia
- \* Hip & Knee Joint RF

## Cervical Spine Procedures (Procedures for Neck pain management)

- \* Cervical Facet and Cervical Medial Branches, TON
- \* Cervical Nerve roots
- \* Greater Occipital Nerve

## Thoracic Spine procedures (Procedures for Thoracic spine and Chest wall pain management)

- \* Thoracic Facets
- \* Costotransverse joint
- \* Intercostal Nerve & Erector Spinae Plane (ESP) block

## Lumbar spine & Sacral procedures (Low back & buttock pain management)

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



# MASTERCLASS FACULTY

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