



MASTERCLASS ON INTERVENTIONAL PAIN MANAGEMENT

(Hands-on Ultrasound-Guided MSK, Spine & Joint Injections, Denervation & Regenerative Medicine)

MASTERCLASS HIGHLIGHTS:

- Joint Injections & MSK Injections
- Spinal Injections: Caudal Epidural, Sacroiliac Joint, Cervical, Thoracic & Lumbar Facet Joint Injections
- Knee, Shoulder & Hip Joint Denervations
- Comprehensive Interventional Pain Management Workshop
- Regenerative Medicine
- Needling on a High-Fidelity Ultrasound Simulator for Joint and Spinal Injections

24th – 25th May 2025

TARABICHI HEALTH CARE – EDUCATION CENTRE, DUBAI

Endorsed by



CME Credits:

14

(Approval Sought)



Day 1

08:00 – 08:30 Registration & Refreshments

08:30 – 09:00 Introduction

09:00 – 09:30 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, Ulnar nerve & Cubital Tunnel
- Wrist-Carpal Tunnel & Median Nerve, Guyon's Canal

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, hip articular branches
- Knee- Knee joint injection, Genicular nerve block
- 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

11.15 – 11.30 Headache and Facial Pain Interventional Pain Management

- Occipital Nerve Block
- V2 Trigeminal Nerve Block & Sphenopalatine Ganglion
- Supraorbital, Infraorbital & Mental Nerve block

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 Chronic Knee Joint Pain?

Role of Knee Joint Denervation
Radio frequency/ Cryoneurolysis)

Day 1

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- 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**
- 14:00 – 15:30** **Ultrasound Live Demonstration of all the blocks**
(Demonstration only)
(Head, Neck, Upper Limb, Thorax, Abdomen, Pelvis, Lower Limb Lumbar Spine, Sacrum)
- 15:30 – 16:00** **Radiofrequency & Cryoneurolysis 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** **How to prepare for Ultrasound Certification Examination?**
Certification in interventional pain ultrasonography (CIPS Exam)
- Exam structure
 - Communication, Knowledge and Skills
 - Exam technique
 - Clinical Examination Videos
- 17:30 – 17:45** **Feedback & Instructions for Day 1**

Day 2

Live Model Scanning Hands on Workshop & Needling on High fidelity Ultrasound Simulators

07:45-08:00

Registration & Refreshments

08:00-09:00

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, Ulnar nerve & Cubital Tunnel
- Wrist–Carpal Tunnel & Median Nerve, Guyon's Canal
- 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
- Cervical Sympathetic chain
- Greater Occipital Nerve

Thoracic Spine procedures

(Procedures for Thoracic spine and Chest wall pain management)

- Thoracic Facets, Costotransverse joint
- Thoracic Paravertebral
- 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

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