

AAPMU Level I Course

7:15- 8:00- Registration and continental breakfast (Meet Vendors/Sponsors)

8:00-8:15: AAPMU – Welcome- Scot H. Sarver, CEO and Founder of AAPMU

8:15-9:15-Introduction to Ultrasound –Ultrasound physics, basic principles (4 variables – gain, frequency, depth, focal zones) Clinical anatomy and Characteristics of Tissue, (recognizing bone, ligaments, muscle, bursa, vessels, tendon, nerves, Hyaline cartilage and Fibro cartilage) Needle positioning (long & short axis)

Breakout: Phantoms and live models to practice basic principles

9:15-10:15- Nuts and Bolts of Image Optimization and Injections – Knobology, Transducers types, frequency and attenuation, linear vs. curved appearance, modes, and planes. Doppler ultrasound and sterility procedures. principals of ultrasound guided injections to include needle tip identification, needle alignment, tracking needle, how to improve visibility of needle and Enhanced visualization and echogenic needles.

Breakout: Live model ultrasound scanning and phantom injections

10:15-10:30- Morning Break- Meet with Vendors

10:30-12:00 - Basic Ultrasound of Peripheral Nerves –How to recognize nerves under ultrasound. Trace nerves with associated anatomy of blood vessels, muscles and bony landmarks. Ultrasound guided peripheral nerve blocks, carpal tunnel and the median nerve, Ulnar Neuropathy, Radial Nerve, Peroneal Nerve, Lateral Femoral Cutaneous Nerve, Intercostal Nerve Block, Suprascapular Nerve Block, Occipital Nerve.

Breakout: Live model ultrasound scanning

12:00- 12:30- Working Lunch- Billing and Reimbursement Lecture– The Economics of Ultrasound, coding and billing lecture

12:30- 1:00- How to purchase an Ultrasound Unit for Chronic Pain Procedures- (Important features and “must haves”) Choosing an ultrasound machine to fit your needs.

1:00-4:00- Basic MSK techniques –Relevant anatomy, indications, preparation and injection procedures. Ultrasound guided procedures of the joint, tendon sheath (avoiding the tendon), bursa and cysts and aspirations. Areas of focus include the shoulder (biceps tendon sheath, subacromial injection, acromioclavicular joint, glenohumeral joint, supraspinatus tendon and infraspinatus tendon) Knee (Osteoarthritis, Baker Cyst, Pes Anserine Bursitis, Patellar tendonitis), Hip (Ultrasound hip joint anatomy, hip injections long axis, greater trochanter probe placement and bursa injection and trochanteric bursa injections.

Breakout: Live model ultrasound scanning

3:00-3:15- Afternoon Break- Meet with Vendors

4:00-4:30- Open scanning Lab-Attendee Choice

4:30- Course Concludes