

RSSA | SAMSIG MUSCULOSKELETAL ULTRASOUND COURSE SOUTH AFRICA PROGRAMME

21 – 23 APRIL 2023

FRIDAY 21 APRIL 2023

09:00	Welcome and introduction	Catherine McCarthy (Co-Chair) Paul Rischbieter (Co-Chair)
09:15	Key review of shoulder US Anatomy How I scan the shoulder – DEMO	Andrew Grainger Eugene McNally
10:00	Biceps Brachii and rotator interval	Jon Jacobson
10:15	US of rotator cuff tears	Eugene McNally
10:35	Dynamic imaging of the shoulder	Jon Jacobson
10:50	Rotator cuff muscle atrophy – Can US assess it?	Andrew Grainger
11:00 – 11:25	BREAK	
11:25	Shoulder US beyond the rotator cuff	Andrew Grainger
11:45	US of the postoperative shoulder	Jon Jacobson
12:00	Barbotage - Tips and Tricks	Catherine McCarthy
12:15	Nerve blocks around the shoulder	Eugene McNally
12:30	Key review of elbow US Anatomy How I scan the elbow – DEMO	Catherine McCarthy Jon Jacobson
13:00 – 14:00	LUNCH	
14:00	The biceps and triceps	Catherine McCarthy
14:20	Elbow ligaments	Jon Jacobson
14:40	Nerves of the Upper Limb – DEMO	Andrew Grainger
15:00	Nerve compression around the elbow	Eugene McNally
15:15	Epicondylitis and how I treat it	Catherine McCarthy
15:30 – 16:00	BREAK	
16:00	Muscle Injury - assessment and grading	Eugene McNally
16:20	Tendon Therapy - What do we inject & when?	Jon Jacobson
16:40	Soft Tissue Masses - What US tells us & what need biopsy?	Catherine McCarthy
17:00 – 17:30	Q & A	
17:30 – 19:00	Welcome function: Protea Technopark Hotel	

SATURDAY 22 APRIL 2023

09:00	Key review of Hand & Wrist US Anatomy How I scan the Hand & Wrist – DEMO	Andrew Grainger Eugene McNally
09:40	Hand & Wrist Retinaculæ and Ligaments	Catherine McCarthy
10:00	Tendon Disease and Injury of the wrist	Eugene McNally
10:20	Carpal Tunnel Syndrome - What do I look for	Andrew Grainger
10:30	US guided intervention for trigger finger	Eugene McNally
10:45	Imaging in Arthritis - Synovitis & Crystal Disease	Andrew Grainger
11:00 – 11:30	BREAK	
11:30	Key review of Hip US Anatomy How I scan the Hip – DEMO	Catherine McCarthy Jon Jacobson
12:10	US of greater trochanteric pain syndrome	Jon Jacobson
12:25	Other Hip Pathology - What use is ultrasound	Catherine McCarthy
12:45	Athletic Groin and Hernia	Jon Jacobson
13:05 – 14:00	LUNCH	

14:00	Knee, Quads & Hamstrings Anatomy and DEMO	Andrew Grainger
14:20	Knee Pathology - What use is ultrasound	Jon Jacobson
14:40	Key review of Foot & Ankle US Anatomy How I scan the Foot and Ankle – DEMO	Eugene McNally Andrew Grainger
15:20	Plantar fascia - Diagnosis and intervention	Eugene McNally
15:30 – 16:00	BREAK	
16:00	Medial ankle tendon disease and ankle ligaments	Andrew Grainger
16:20	Peroneal tendon disease	Catherine McCarthy
16:35	Foot and Ankle Nerve Entrapments & Mortons neuroma	Andrew Grainger
16:55	US of the plantar Plate	Catherine McCarthy
17:10 – 17:30	Q & A	

SUNDAY 23 APRIL 2023

Small group hands-on workshops

09:00 – 10:15 Session 1

10:15 – 11:30 Session 2

11:30 – 12:00 BREAK

12:00 – 13:15: Session 3

13:15 – 14:15 LUNCH

14:15 – 15:30 Session 4

15:30 – 16:30 Session 5

16:30 CLOSE