

Musculoskeletal Ultrasound



ONE DAY

Hands-on Musculoskeletal Ultrasound Training for
Pain, Sports & Emergency Physicians

Course Description

- Musculoskeletal ultrasound (MSK US) is one of the most rapid, dynamic, and practical imaging tools for evaluating joints, tendons, ligaments, and soft tissue structures.
- This one-day course provides clinicians with hands-on experience scanning multiple MSK regions using real-time ultrasound techniques.
- Participants will learn to recognise common MSK pathologies, perform targeted joint assessments, and apply dynamic scanning methods under expert guidance.
- The course emphasizes portability, real-time evaluation, and practical skills that can be applied in clinics, emergency settings, and sports medicine.

Course Topics:

1. Shoulder Anatomy & Scanning Techniques

- Probe orientation & systematic approach
- Rotator cuff evaluation
- Dynamic assessment of impingement
- Ultrasound-guided injections (basic)

2. Elbow Anatomy & Ultrasound Evaluation

- Scanning medial & lateral elbow compartments
- Evaluation of tendinopathies (common extensor/flexor tendon)
- Ulnar nerve assessment & entrapment patterns

3. Wrist & Hand Scanning

- Tendon evaluation (flexor & extensor groups)
- Carpal tunnel assessment
- Ultrasound findings in common hand pathologies



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Course Topics:

4. Ankle & Foot Ultrasound Assessment

- Anterior, medial & lateral ankle scanning
- Ligament injuries & tendinopathy
- Plantar fascia evaluation
- Dynamic tests in sports injuries

5. Hip & Knee Ultrasound Evaluation

- Suprapatellar, infrapatellar & medial/lateral compartments
- Joint effusion & synovitis
- Patellar tendon assessment
- Quadriceps tendon pathology

- The course includes continuous hands-on practice on volunteers, allowing participants to master MSK scanning techniques, identify pathology in real-time, and build the confidence needed to apply MSK ultrasound in daily practice.

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