aaPM&R
American Academy of
Physical Medicine and Rehabilitation

Next Step Interventional Ultrasound: Hands-on PM&R Applications
August 18-20, 2017
Shirley Ryan AbilityLab – Chicago, IL

Day 1: Dry Lab Stations

There will be 3 stations teaching on the areas described below. Participants will be placed in groups of 13 and rotate to each station throughout the afternoon. There will be 1 faculty lead at each station and 2 faculty assistants.

Station 1. PEX: Physical Exam Skills Confirmed by Ultrasound

- Acromioclavicular joint
- Biceps tendon
- Supraspinatus tendon
- Lateral epicondyle
- Medial epicondyle
- Ulnar nerve/cubital tunnel
- Medial joint line of the knee
- Lateral joint line of the knee
- Quadriceps tendon
- Patellar tendon
- Fibular head
- Iliotibial band
- MCL/LCL
- Pes anserine
- Achilles tendon
- Plantar fascia
- Base of 5th metatarsal
- Navicular bone
- Tibiotalar joint
- ATFL
- Greater trochanter

Station 2. Nerve identification for NCS Confirmed by Ultrasound

- Median
- Ulnar
- Lateral femoral cutaneous
- Brachial Plexus
- Tibial
- Common Peroneal
- Sural

Station 3. Spasticity Injection Muscle Identification Confirmed by Ultrasound

- Pronator Teres
- Extensor Indicis Proprius
- Flexor Carpi Radialis
- Flexor Carpi Ulnaris
- Brachioradialis
- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

- Gastrocnemius
- Soleus
- Posterior Tibialis
- Adductors

Day 2 and 3: Cadaver Stations

There will be 10 stations teaching on areas as described below. Participants will be placed in groups of 4 and rotate to each station throughout the rest of the course. There will be one faculty member at each station.

Station 1. Prosection/Anatomy (Scan Model)

- Shoulder
- Elbow

Station 2. Prosection/Anatomy (Scan Model)

- Forearm
- Wrist/Hand

Station 3. Shoulder Injections

- AC joint
- GH joint
- Biceps tendon sheath
- Subacromia/subdeltoid bursa

Station 4. Knee Injections

- Suprapatellar bursa
- Pes anserine bursa
- Patellar tendon tenotomy

Station 5. Wrist and Hand Injections

- Carpal tunnel
- APL/EPB tendon sheath at the wrist
- Finger flexor tendon sheath
- CMC joint

Station 6. Hip Injections

- Hip joint
- Greater trochanter bursa
- Iliopsoas tendon sheath

Station 7. Spasticity Management: Forearm Flexors Station

Station 8. Spasticity Management: Calf Station

Station 9. Ankle

- Tibiotalar joint
- Peroneus longus and brevis tendons
- Tibialis posterior
- Achilles tendon
- Retrocalcaneal bursa

Station 10. Elbow

- Common extensor tendon
- Common flexor tendon
- Elbow joint
- Distal biceps tendon