

## **Day 1: Dry Lab Stations**

There will be 3 pods teaching on the areas described below with 3 stations at each pod. Participants will be placed in groups of 4-5 and rotate to each pod throughout the afternoon. There will be 1 faculty lead at each pod and 3 faculty assistants.

### **Pod 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 5<sup>th</sup> metatarsal
- Navicular bone
- Tibiotalar joint
- ATFL
- Greater trochanter

### **Pod 2. Nerve identification for NCS Confirmed by Ultrasound**

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

### **Pod 3. Spasticity Injection Muscle Identification Confirmed by Ultrasound**

- Hip flexors adductors
- Posterior calf
- Biceps
- Brachialis/brachioradialis
- Flexor carpi ulnaris
- Flexor digitorum profundus
- Pronator quadratus
- Flexor digitorum superficialis
- Flexor carpi radialis
- Pronator teres
- Flexor pollicis longus

## **Day 1 and 2: 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. Shoulder Injections**

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

### **Station 2. Knee Injections**

- Suprapatellar bursa
- Pes anserine bursa
- Patellar tendon tenotomy

### **Station 3. Wrist and Hand Injections**

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

### **Station 4. Hip Injections**

- Hip joint
- Greater trochanter bursa
- Iliopsoas tendon sheath

### **Station 5. Spasticity Management: Forearm Flexors Station**

### **Station 6. Spasticity Management: Hip and Leg Station**

### **Station 7. Ankle**

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

### **Station 8. Elbow**

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

### **Station 9. Anatomy (Scan Model)**

- Shoulder
- Elbow

### **Station 10. Nerve Anatomy (Scan Model)**

- Forearm
- Wrist/Hand