# Advanced and Interventional Musculoskeletal Ultrasound

**February 22-23, 2018**

## Thursday, February 22, 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30</td>
<td>Welcome and Continental Breakfast</td>
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<tr>
<td>7:40</td>
<td>Interactive Polling Session</td>
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<tr>
<td>7:50</td>
<td>“Snapping Tendons”: Utility of Dynamic Ultrasound</td>
<td>Jeff Strakowski, MD</td>
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<tr>
<td>8:20</td>
<td>Break</td>
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<tr>
<td>9:30</td>
<td>Break</td>
<td></td>
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<tr>
<td>9:40</td>
<td>Prolotherapy: General Principles/Practical Applications</td>
<td>David Wang, DO</td>
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<tr>
<td>10:40</td>
<td>5 minute stretch Break</td>
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<tr>
<td>10:45</td>
<td>PRP: General Principles/Practical Applications</td>
<td>Craig Chappell, DO</td>
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<tr>
<td>11:30</td>
<td>Regulatory Guidelines for Regenerative Medicine</td>
<td>Brian Shiple, DO</td>
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<tr>
<td>12:00</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00</td>
<td>Lunch Out Groups</td>
<td></td>
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<tr>
<td>1:15</td>
<td>HANDS-ON SCANNING: Interventional Cadaver Lab</td>
<td>Challenging MSK Dilemmas: A Case Based Approach &amp; Q/A session</td>
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<tr>
<td>2:45</td>
<td>Break/Switch Groups</td>
<td></td>
</tr>
<tr>
<td>2:55</td>
<td>Challenging MSK Dilemmas: A Case Based Approach &amp; Q/A session</td>
<td>HANDS-ON SCANNING: Interventional Cadaver Lab</td>
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<tr>
<td>4:20</td>
<td>Adjourn</td>
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## Friday, February 23, 2018

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<th>Time</th>
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<tbody>
<tr>
<td>7:30</td>
<td>Continental Breakfast</td>
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<tr>
<td>7:45</td>
<td>Ultrasound Evaluation of the Spine:</td>
<td>David Wang, DO</td>
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<tr>
<td></td>
<td>• Ultrasound anatomy and scan techniques</td>
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<tr>
<td></td>
<td>• Treatment and interventional techniques</td>
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<tr>
<td>8:30</td>
<td>Break</td>
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<tr>
<td>8:45</td>
<td>Advanced Peripheral Nerve Applications: Diagnosis &amp; Treatment Options</td>
<td>Jeff Strakowski, MD</td>
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<tr>
<td>9:30</td>
<td>Stretch break</td>
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<tr>
<td>9:35</td>
<td>Advanced Foot &amp; Ankle</td>
<td>Timothy J. Mazzola, MD, CAQSM, RMSK</td>
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<tr>
<td>10:10</td>
<td>Stretch Break</td>
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<tr>
<td>10:15</td>
<td>Interactive Challenging Case Studies</td>
<td>Jeff Strakowski, MD</td>
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<tr>
<td>11:00</td>
<td>Post-Op Shoulder, Knee &amp; Beyond</td>
<td>Timothy J. Mazzola, MD, CAQSM, RMSK</td>
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<td>11:45</td>
<td>Post Polling session</td>
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<tr>
<td>12:00</td>
<td>Lunch (provided)</td>
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<tr>
<td>12:15</td>
<td>Lunch Lecture: Unlocking Frozen Joints</td>
<td>Timothy J. Mazzola, MD, CAQSM, RMSK</td>
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<td>1:00</td>
<td>Lunch Out Groups</td>
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<tr>
<td>1:00</td>
<td>Hands-On Scanning Live Models: All Joints</td>
<td>Interesting Case Presentations</td>
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<tr>
<td>2:40</td>
<td>Switch Groups</td>
<td></td>
</tr>
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<td>Hands-On Scanning Live Models: All Joints</td>
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Includes Pre-Course Webinar: **MSK Ultrasound Guided injection Techniques** Shane Shapiro, MD, RMSK
Advanced and Interventional Musculoskeletal Ultrasound
February 22-23, 2018

The Gulfcoast Ultrasound Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Gulfcoast Ultrasound Institute designates this live educational activity for a maximum of 16.0 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the educational activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16 MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

NEEDS STATEMENT:
The planning committee has determined a need for the following educational activity based on request from the medical community, expanded utilization of ultrasound, and lab accreditation requirements.

COURSE OBJECTIVES:
At the completion of the program the participant should be able to:

1. Increase the participant's knowledge to better perform and / or interpret MSK ultrasound exams.
2. List the use of MSK sonography for diagnosis and ultrasound - guided interventions for rheumatology, sports medicine, and physical medicine & rehabilitation applications
3. Demonstrate techniques and protocols for performing shoulder, elbow, wrist/hand, ankle/foot, adult hip, and spine.
4. Identify sonographic appearance of commonly seen pathology of the shoulder, elbow, wrist, hand, ankle, foot, adult hip, and spine.
5. Interpret complex musculoskeletal ultrasound images and list treatment options and patient management strategies.
6. Outline new ultrasound guided procedures for ligament and tendon injuries.
7. List the role of ultrasound in the evaluation of the post-operative shoulder.
8. State the role of ultrasound in nerve entrapment syndromes.
9. Demonstrate the principals of injection techniques for the performance of upper and lower extremity MSK interventions on cadaver models.
10. Increase confidence to incorporate protocols, scan techniques, and interpretation criteria to improve diagnostic/treatment accuracy.

While offering CME credits this activity is not intended to provide extensive training or certification for performing or interpreting Musculoskeletal examinations. We recommend working under supervised conditions until an accepted level of proficiency has been achieved.

Special thanks to the following ultrasound equipment manufacturers who have provided various (in kind) educational grants to help make this program possible:

Disclosure of Relevant Relationships
Gulfcoast Ultrasound Institute, Inc. endorses the standards and essentials of the Accreditation Council for Continuing Medical Education for activities and the speakers at these activities disclose significant relationships with commercial companies.

Speakers having relevant relationships include receiving from a commercial company research grants, consultancies, honoraria and travel, or having a self-managed equity interest in a company.

**LECTURING FACULTY:**

**Timothy J. Mazzola, MD, CAQSM, RMSK**  
Cornerstone Orthopaedics & Sports Medicine  
Denver, Colorado  
*No relevant financial relationships to disclose*

**Shane Shapiro, MD, RMSK**  
Assistant Professor of Orthopedic Surgery  
Instructor- Family Medicine  
Mayo Clinic College of Medicine  
Department of Orthopedic Surgery & Sports Medicine  
Jacksonville, FL  
*No relevant financial relationships to disclose*

**Jeffrey Strakowski, MD**  
Physical Medicine Associates, Inc  
Columbus, OH  
*No relevant financial relationships to disclose*

**David Wang, DO**  
Director of Training and Education  
Metro Orthopedics and Sports Medicine  
Silver Spring, MD  
*No relevant financial relationships to disclose*

**Craig Chappell, DO, CAQSM, RMSK**  
President and owner of In2it Medical  
Salt Lake City, Utah  
*No relevant financial relationships to disclose*

**Brian Shiple, DO**  
Center for Sports Medicine  
Glen Mills, Pennsylvania  
*No relevant financial relationships to disclose*
In addition to the faculty listed on the previous page, the following individuals are recognized by GUI as being in control of content of this program:

James Mateer, MD, RDMS (Medical Director-planner, QI Task Force Subcommittee)
Medical Director, Gulfcoast Ultrasound Institute
No relevant financial relationships to disclose.

Andreas Dewitz, MD, RDMS (Member of Advisory Board, QI Task Force Subcommittee)
Associate Professor of Emergency Medicine
Vice Chair of Ultrasound Education
Boston Medical Center
Boston, MA
No relevant financial relationships to disclose

Lori Green, BA, RT, RDMS, RDCS, RVT (Planner, content reviewer, and QI Task Force)
Program Director
Gulfcoast Ultrasound Institute, Inc.
No relevant financial relationships to disclose

Brian Schenker, MBA, RDMS, RVT (Planner & Content Reviewer, QI Task Force Subcommittee)
Program Coordinator,
Gulfcoast Ultrasound Institute, Inc.
No relevant financial relationships to disclose.

Content:
All content for this CME activity were reviewed and approved by member(s) of the GUI staff to determine content validity and ensure that no conflicts of interest exist prior to final course material compilation and printing.

Reviewed & approved:

HANDS-ON INSTRUCTORS:
At the time of printing all hands-on instructors for this program have signed disclosure forms and have no relevant financial relationships to disclose. A verbal disclosure will be made during opening remarks. All scanning sessions are monitored by the program director and/or the program manager to ensure education objectives are met and no commercial bias occurs.
Interventional Musculoskeletal Ultrasound with Human Cadaver Lab  
January 28-29, 2016

Welcome!!

The entire staff at Gulfcoast Ultrasound Institute would like to welcome you to our educational facility.

Our goal is to provide the highest quality continuing education possible in a relaxed and personal atmosphere. The content of each program has been carefully planned to provide you with the information needed to obtain a firm foundation to begin gaining the experience to perform and/or interpret ultrasound examinations in the specialty of your choice. The program will be structured with lectures in the morning and hands-on sessions during the afternoon to allow more individualized attention the program participants will be divided into groups for the hands-on workshops based on your experience level and type of equipment you work with.

To help you get the most out of this program we would like to make the following recommendations:

1. Attend the lectures and scheduled hands-on sessions.

2. When you are not involved in a scheduled afternoon session, take advantage of the SUPPLEMENTAL SCANNING WORKSHOP or check out a video tape from our library to watch on one of the review stations located in the break room.

3. If you do not understand a particular concept ASK FOR HELP!

4. Study your course workbook during the evening.

5. Remember excellence is not achieved overnight. Becoming proficient in any ultrasound specialty requires the commitment to continually study, and perform multiple (at least 100) exams before an initial level of confidence is achieved. The AIUM guidelines suggest competency for interpretation requires a minimum of 500 exams per specialty.

6. Begin scanning immediately upon return to the ultrasound departments even if it's on a volunteer. We recommend scanning/interpretations under supervised conditions until an accepted level of proficiency has been obtained.

All of our instructors, guest speakers and office staff are here to serve you! If you have any questions of any kind, please do not hesitate to ask.
Throughout the past 33 years Gulfcoast Ultrasound Institute has taken great pride in our ability to provide quality continuing education programs while remaining unbiased regarding the recommendation of ultrasound equipment.

Our programs are supported by most of the major equipment manufactures by providing their systems for use during the hands-on sessions. These companies have learned their products will be used and demonstrated to the best of our abilities in an educational setting and that no selling or promotion is done on our premises.

We realize that some of the course participants may currently be in the process of evaluating equipment for purchase and would like the opinions of our staff to determine the “best” system for your department. Everyone has a “favorite” ultrasound system (usually because it is the one they have worked with the most and are comfortable with) however, Gulfcoast Ultrasound must take an unbiased position in regards to equipment recommendations.

If you are currently evaluating equipment for purchase we suggest you invite the equipment manufacturers to your facility for a private demonstration to determine image quality, ease of use, over-all capabilities etc. on an individual basis.

Thank you!

Lori Green, BA, RT, RDMS, RDCS, RVT
Program Director