

# Day 1

Time	Summary	Details
09:15 - 09:30	Registration/Coffee	
09:30 - 10:00	Introduction	US applications in clinical setting and sports medicine. Tissue characterisation.
10:00 - 11:30	Scanning skills	<b>The essentials:</b>  Patient and practitioner positioning Hand setting, pressure Orientation in anatomical not radiology planes Landmarks Transverse/longitudinal spin Sonopalpation Dynamic scanning
	Skills training	Know the anatomy and scan the anatomy. Integrate US within clinical assessment
	Practice	Achilles and calf muscle
	Tissue Visualisation	<b>Tendon:</b> Achilles tendon <b>Muscles:</b> calf muscle <b>Ligament:</b> MCL <b>Joint:</b> knee/ankle

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		<p><b>Nerve: sciatic nerve</b>  <b>Tendon with synovial sheet: tibialis posterior</b></p>
11:30 - 11:45	Coffee Break	
11:45 - 12:45	Knee Part 1	Anterior:
	Practical	<p><b>Distal quadriceps</b>  <b>Infrapatellar tendon</b></p> <p><b>Fat pads, suprapatellar recess medial:</b>  <b>MCL</b>  <b>Peripheral margin medial meniscus</b>  <b>Medial retinaculum</b></p>
	Knee Cases	<p><b>Presentation and discussion. Differential diagnosis, treatment implications. MRI versus US.</b></p>
12:45 - 13:30	Lunch	
13:30 - 14:45	Shoulder Part 1	Anterior:
	Practical	<p><b>Biceps tendon Rotator cuff</b></p>

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	Shoulder Cases	Presentation and discussion
14:45 - 15:00	Coffee Break	
15:00 - 16:45	Ankle Part 1	Anterior:
	Practical	Tibialis anterior tendon Extensor hallucis/digitorum tendons Tibiotalar joint capsula Lateral Peroneal tendons and retinaculum ATFL
	Ankle Cases	Presentation and discussion

## Day 2

Time	Summary	Details
09:15 - 09:30	Registration/Coffee	
09:30 - 11:30	Introduction	Consolidate the basics. Expanding your skills: more challenging structure Dynamic testing ligaments, tendons, joints, muscles.

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		<p>Soft tissue landmarks in muscles. Transverse/longitudinal spin. Dynamic tests.</p>
	Shoulder Part 2	Rotator cuff
	Practical	<p>Rotator cuff interval Coraco-acromial ligament Postero-superior gleno-humeral joint Impingement tests</p>
11:30 - 11:45	Coffee Break	
11:45 - 12:45	Knee Part 2	Lateral Knee
	Practical	<p>LCL, ITB Lateral meniscus Popliteal tendon Posterior joint PCL Posteromedial corner and pes anserinus Medial and lateral patellar retinaculum</p>
	Knee Cases	Presentation and discussion. When is ultrasound assessment indicated?
12:45 - 13:30	Lunch	

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13:30 - 15:05	Ankle Part 2	Putting your skills to the test! Challenging structures and dynamic testing
	Practical	<p><b>Lateral:</b> peroneal tendons, ATFL, CFL</p> <p><b>Posterior:</b> Achilles and calf muscle, flexor hallucis longus, tibiotalar and subtalar capsula, plantar fascia</p> <p><b>Medial:</b> Tarsal tunnel, deltoid ligament</p> <p><b>Anterior:</b> Tibialis anterior, flexors hallucis/digitorum, tibiotalar joint</p>
	Ankle Cases	Presentation and discussion
15:05 - 15:15	Coffee Break	
15:15 - 16:45	Revision and Requests	
	US in Sports Injuries	Presentation
	What to do next	<p>Use your skills and learn to recognise: Spectrum of normal anatomy Spectrum of tissue changes and trauma</p>

**Time**

**Summary**

**Details**

**Spectrum of tissue healing and complications**  
**Practise and gain experience!**  
**Different pathways**