



# MSK Ultrasound Guided Injections MasterClass

This course is designed for healthcare professionals who already have ultrasound experience, whether this is through the foundational online module or elsewhere. In this course, the professional will learn how to identify target structures for ultrasound-guided injection with improved accuracy compared to non-guided procedures.

4.75  
CME credits

7  
Chapters

43  
Lectures

7  
Quizzes

## Chapter 1 | 1 CME

### Introduction to MSK Guided Injections

In this chapter we'll provide a general overview and introduction in MSK ultrasound-guided injections. All basic terminology, preparation, and setup will be discussed, as well as an overview of the latest evidence that suggests the use of MSK ultrasound-guided injections.

#### Lectures & Quizzes:

- Welcome and Disclaimer
- Introduction to the MSK US guided procedures
- Terminology
- Knobology & Physics
- Approaches, Needle Optimization Techniques & Artifacts
- Preparation & Set up
- Consent & Documentation
- Evidence for use of ultrasound in MSK injections
- Introduction to MSK Guided Injections

## Chapter 2 | 1 CME

### Ultrasound guided Shoulder Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the shoulder region: the subacromial bursa, the glenohumeral joint, the AC joint, and the sheath of the long head of the biceps tendon. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is a pathology discussion on the AC joint and an interview with a radiologist.

#### Lectures & Quizzes:

- Chapter introduction
- Subacromial Bursa Injection
- AC joint case discussion with Dr. Scholtens
- LHB tendon sheath Injection

- Glenohumeral Joint Injection
- Acromioclavicular Joint Injection
- Alexander interview
- Ultrasound guided Shoulder Injections

### Chapter 3 | 0.5 CME

## Ultrasound guided Elbow Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the elbow region: the radiohumeral joint, the common extensor tendon and the common flexor tendon. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is a pathology discussion on a tennis elbow and an interview with a sports physician.

### Lectures & Quizzes:

- Radiohumeral joint Injection
- Tennis Elbow Injection
- Tennis elbow case discussion with Dr. Scholtens
- Golfers Elbow Injection
- Ultrasound guided Elbow Injections

### Chapter 4 | 0.5 CME

## Ultrasound guided Wrist & Hand Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the wrist region: the radiocarpal joint, the CMC joint, the 1st extensor compartment, and the carpal tunnel. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is a pathology discussion on the CMC joint, and a discussion about "when not to do injections".

### Lectures & Quizzes:

- Radiocarpal joint Injection
- Thumb CMC joint Injection
- CMC case discussion with Dr. Scholtens
- 1st Extensor compartment tendon sheath Injection
- 4th extensor compartment case discussion with Suresh Sudula
- Carpal Tunnel Injection
- PIP joint case discussion with Dr. Diamantopoulos
- Ultrasound guided Wrist & Hand Injections

### Chapter 5 | 0.5 CME

## Ultrasound guided Hip Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the hip region: trochanteric region and the hip joint. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is an interview with a rheumatologist.

### Lectures & Quizzes:

- Trochanteric Bursa Injection
- Hip Joint Injection
- Interview with Dr. Andreas Diamantopoulos MD, PhD

- Ultrasound guided Hip Injections

## Chapter 6 | 0.25 CME

# Ultrasound guided Knee Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the knee region: the knee joint, the prepatellar bursa, and the pes anserine bursa. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is a interview with a physiotherapist

### Lectures & Quizzes:

- Knee joint Injection
- Pre Patellar bursa Injection
- Pes Anserine bursa Injection
- Ultrasound guided Knee Injections

## Chapter 7 | 1 CME

# Ultrasound guided Ankle & Foot Injections

This chapter discusses the both theory, and the technical guidelines, of performing ultrasound guided injections in the ankle and foot region: the ankle joint, tibialis posterior tendon, peroneal tendons, plantar fascia, the MTP joint, Morton's neuroma and the Achilles tendon. The technical guidelines have been instructed on cadaveric specimens, but partly also on real patients. Furthermore, there is a pathology discussion on the tendons around the ankle joint, on pathology of the ankle joint, and a discussion on the usage of PRP.

### Lectures & Quizzes:

- Ankle Joint Injection
- Ankle joint case discussion with Dr. Diamantopoulos
- Tib Posterior Injection
- Tendon ankle case discussion with Dr. Diamantopoulos
- Peroneal tendon sheath Injection
- Plantar Fascia Injection
- Discussion: PRP in plantar fasciitis?
- 1st MTP Joint Injection
- Morton's / Bursitis Injection
- Achilles tendon injection
- Outro
- Ultrasound guided Ankle & Foot Injections