

MSK 1 (Knee & Foot)

Ultrasound Workshop

Programme

07h30 – 08h00	Tea & Registration
08h00 – 08h30	Ultrasound orientation & knobology
08h30 - 09h30	Knee Presentation (Anterior & Medial) Suprapatella tendon, suprapatella joint recesses, infrapatellar tendon, evaluation of retinacula, femoral trochlea, medial collateral ligament, medial menisci and pes ligaments
09h30 – 10h30	Practical session
10h30 – 10h45	Tea
10h45 – 11h15	Knee Presentation (Lateral & posterior) Iliotibial band, lateral collateral ligament, popliteal tendon, biceps femoris tendon, lateral menisci, patella manipulation and popliteal fossa.
11h15 – 12h15	Practical session
12h15 – 12h30	Pathology
12h30 – 13h00	Lunch
13h00 – 14h00	Ankle Presentation (Anterior & Medial) Anterior joint recess joint, Tibialis anterior tendon, Deep peroneal nerve, Extensor hallucis longus tendon, Extensor digitorum longus tendon, Tibialis posterior tendon, Flexor digitorum longus tendon, Flexor hallucis longus tendon, Deltoid ligament, Tibial nerve.
14h00 – 14h30	Practical session
14h30 – 15h15	Ankle presentation (Lateral & Posterior) Peroneus brevis tendon, Peroneus longus tendon, Anterior talofibular ligament (ATFL), Calcaneofibular ligament, Anterior Inferior tibiofibular ligament, Syndesmosis, Achilles tendon, Kagar's fat pad, Calcaneal bony surface
15h15– 17h00	Practical session with tea