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COURSE ORGANISERS



PROF GEORGIOS GEORGOUDIS

PHYSIOTHERAPY, DIRECTOR
OF THE MSK PHYSIOTHERAPY
LAB, UNIWA



PROF THEODOROS TROUPIS

GENERAL SURGEON,
DIRECTOR OF THE ANATOMY
LAB, UNIVERSITY OF ATHENS



DR. NIKOS KERAMARIS

CONSULTANT
ORTHOPAEDIC
SPINE & SPORTS
SURGEON.



PROF NAT PADHIAR

CONSULTANT PODIATRIC
SURGEON, QUEEN MARY
UNIVERSITY OF LONDON



DR. NIKOS MALLIAROPOULOS

CONSULTANT IN
SEM, DIPLOMA IN
MSK ULTRASOUND



MUSCULOSKELETAL ULTRASOUND
(MSK US) INTRODUCTORY COURSE

COURSE I LOWER LIMB

15-16
Dec.
2023

8:30am

VENUE

15
DEC.

University of West Attica,
Agiou Spiridonos 28, Egaleo
122 43, Greece

16
DEC.

Kapodistrian University of
Athens, Medical School,
Department of Anatomy,
Mikras Asias 75, Athens 11527



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**SEM-GREECE@UNIWA IS PROUD TO PRESENT
A COURSE ON:
CADAVERIC ULTRASOUND GUIDED
INJECTION & NEEDLING COURSE FOR DOCTORS AND
PHYSIOTHERAPISTS**

ORGANISED BY:

- LAB OF MUSCULOSKELTAL PHYSIOTHERAPY, UNIWA
- EUROPEAN COLLEGE OF SPORTS AND EXERCISE PHYSICIANS (ECOSEP)
- HELLENIC PHYSIOTHERAPY SOCIETY OF ALGOLOGY (EFEA.GR)
- ANATOMY DEPARTMENT OF MEDICAL SCHOOL, UNIVERSITY OF ATHENS

PRICE: 595€ + VAT



LEARN MORE



2023



Demonstrate knowledge of the basic
Ultrasound science and 'knobology'.

Discuss MSK US anatomy.

Outline the theory behind
Ultrasound-guided
injections and needling.

Apply practical knowledge of
Ultrasound-guided injections and
needling to improve the quality of care
for athletes and patients.

Outline infection control measures
and the informed consent process.

Appreciate the use of US
scanning in sports and when
to refer to a radiologist.

OVERALL LEARNING OBJECTIVES



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✉ secretary@efea.gr





MAIN TOPICS

Ultrasound physics and technology, technical characteristics of ultrasound equipment, applications, indications, and limitations of MSK US.

MSK US anatomy, artefacts, and misinterpretation in MSK US.

Standardized sonographic scanning method of each anatomical region - hip, knee, ankle, and foot.

Basic pathological sonographic findings - tendinosis, tenosynovitis, partial and complete tendon tear, bursitis, calcifications, and articular cartilage lesions.



2023 WORKSHOPS

PRACTICAL HANDLING OF THE ULTRASOUND MACHINE SETTINGS. SUPERVISED IDENTIFICATION OF MUSCULOSKELETAL US ANATOMY.

SUPERVISED STANDARDIZED SONOGRAPHIC SCANNING OF THE HIP, KNEE, ANKLE, AND FOOT.

SUPERVISED BASIC SONOGRAPHIC-GUIDED MUSCULOSKELETAL INJECTIONS AND NEEDLING TECHNIQUES.



08:00pm.

Registration

09:00pm.

Welcome & Introduction.
Dr Nikos Keramaris

09:15pm.

History and basic physics
of MSK US
Dr A Papatheodorou

09:30pm.

Technical characteristics and
settings of ultrasound equipment.
Maria Chilliman

09:45pm.

Normal MSK tissue and joint
anatomy & Sonographic
pattern of the MSK tissues.
Dr S Babar

10:15pm.

Artefacts and
misinterpretation in MSK US.
Dr S Butt

10:30pm

TEA/COFFEE
REFRESHMENTS



11:00pm.

Workshop 1

Supervised practical handling of the
ultrasound machine settings and
identification of normal anatomy.

Coordinator Prof N Padhiar, ALL faculty

12:00am.

Workshop 2

Standardized scanning of the groin & hip.

Coordinator Mr A Fortis, ALL faculty

13:00am.

LUNCH REFRESHMENTS

13:40am.

Workshop 3

Standardized scanning of the knee.

Coordinator Dr N Malliaropoulos ALL faculty

15:10am.

TEA/COFFEE
REFRESHMENTS

15:30am.

Workshop 4

Standardized scanning of foot and ankle.

Coordinators Dr S Babar / Dr S Butt ALL faculty

17:00am.

Discussion, questions.

17:15am.

Closing remarks

Dr Nikos Malliaropoulos

08:00pm.

Registration

10.20pm.

Introduction to cadaveric workshops.
Dr Sajid Butt & Dr Syed Babar

08.30pm.

Welcome & Introduction.
Prof George Georgoudis

10.30pm.

Workshop 5
 Hip & Groin: Injections, & dry needling under US guidance.
Dr Sajid Butt & Dr Syed Babar, ALL faculty

08.45pm.

Introduction to injections and under US guidance.
Dr Syed Babar

11.30pm.

Workshop 6
 Knee: Injections, & dry needling under US guidance.
 Drs A Papatheodorou and M Takvorian, ALL faculty

09.10pm.

Introduction to dry needling for acupuncture and trigger points.
Prof George Georgoudis

13.00am.

LUNCH REFRESHMENTS

09.25pm.

Consenting to an injection.
Prof Nat Padhiar

13.30am.

Workshop 7
 Foot & Ankle: Injections, & dry needling under US guidance.
Dr Maria-Christina Zielinski Chilliman, ALL faculty

9.40pm.

In-plane and out-of-plane concepts.
Dr Sajid Butt

15:00am.

Discussion, questions.

10.00pm

TEA/COFFEE REFRESHMENTS

15:20am.

Closing remarks
ALL Faculty



COURSE FACULTY



**DR SYED
BABAR**

CONSULTANT MSK &
SPORTS RADIOLOGIST (UK)



**DR SAJID
BUTT**

CONSULTANT MSK &
SPORTS RADIOLOGIST (UK)



**DR MARIA-CRISTINA
ZIELINSKI CHILLIMAN**

SEM PHYSICIAN &
ULTRASONOGRAPHER.
(ROMANIA & UK)



**DR A
PAPATHEODOROU**

RADIOLOGY CONSULTANT
(GREECE)



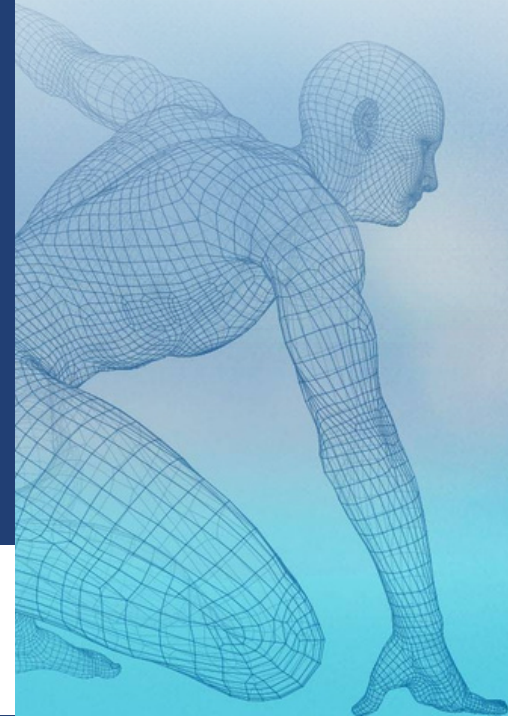
**MR A
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ORTHOPAEDIC SURGERY
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**DR MARIA
TAKVORIAN**

REHAB CONSULTANT,
CERTIFIED IN MSK US
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