

MUSCULOSKELETAL PRACTICAL WORKSHOP

08:15am - 08:45am	Registration	Sign in and collect your lanyard
08:45am - 10:15am	Session 1a 90mins	Introduction Joint & Soft-tissue Injections Intramuscular injection in deltoid Periarticular injections: subacromial bursa, lateral epicondyle Carpal tunnel injection Intramuscular injections: gluteus maximus, vastus lateralis Knee joint injection/aspiration Plantar fascia injection
10:15am - 10:45am	Morning Tea	
10:45am - 12:30pm	Session 1b 90mins	Peripheral Nerve Blocks Digital nerve blocks Nerve blocks around wrist: median, ulnar, radial Nerve blocks around ankle: saphenous, superficial fibular, sural, deep fibular, tibial Nerve blocks in thigh: femoral, lateral femoral cutaneous
12:15pm - 01:00pm	Lunch	
01:00pm - 02:30pm	Session 2a 90mins	Fractures and Dislocations (Upper Limb) Fractured clavicle Acromioclavicular dislocation Proximal humeral fractures Shoulder dislocation Fractured shaft of humerus Supracondylar humeral fractures Pulled elbow Fractured radius and ulna Distal radial fractures Carpal bone and scaphoid fractures Metacarpal and base of thumb fractures (skier's thumb) Phalangeal fractures and dislocations (mallet finger)
02:30pm - 02:45pm	Afternoon Tea	
02:45pm - 04:45pm	Session 2b 2hrs	Fractures and Dislocations (Lower Limb) Fracture neck femur Dislocation of hip Fracture patella Synovial effusion/haemarthrosis knee Ligament and meniscal injuries of knee Fracture proximal end of tibia Fracture shaft tibia Ankle fracture Ligament injuries of ankle Fracture base of 5th metatarsal
04:45pm	End of Day	Guests depart