



# دبي

## **WORLD INSTITUTE OF PAIN ENDORSED**

**(ULTRASOUND GUIDED JOINT & MSK INJECTIONS, RADIOFREQUENCY, CRYOTHERAPY & PLATELET RICH PLASMA INJECTIONS)**

**(CIPS EXAMINATION PREPARATORY COURSE)**

**25<sup>th</sup> | 26<sup>th</sup>**

**MAY 2024**

**RAFFLES DUBAI,  
SHEIKH RASHID ROAD,  
WAFI, DUBAI**



# DAY 1 | 25<sup>TH</sup> MAY 2024

**08:00 – 08:30** Registration & Refreshments

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**08:30 – 08:45** Introduction

**08:45 – 09:15** Upper Limb MSK pain procedures  
(Shoulder, Elbow, Hand & wrist pain management blocks)

- Shoulder- Bicep Tendon, AC Joint, SASD Bursa, Gleno-humeral joint, Suprascapular Nerve
- Elbow- Medial and Lateral Elbow, Ulnar nerve & Cubital Tunnel
- Wrist- Carpal Tunnel & Median Nerve, Guyon's Canal & MCP joint

**09:15 – 9:45** Lower Limb MSK pain procedures  
(Hip, Knee, Ankle & foot interventional pain procedures)

- Hip- Hip joint, Trochanteric complex, Ilio-tibial band & lateral femoral cutaneous nerve, hip articular branches
- Knee- Knee joint, Saphenous nerve, knee articular branches
- Ankle- Tibio-talar joint, MTP joint, Tarsal Tunnel
- Plantar fascia

**9:45 – 10:15** Tea/ Coffee Break

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**10:15 – 11:00** Cervical Spine Procedures using  
Ultrasound Guidance (Procedures for Neck pain management)

- Cervical Facet and Cervical Medial Branches, TON
- Cervical Nerve roots
- Cervical Sympathetic chain
- Trigger points & myofascial pain

**11:00 – 11:30** Thoracic Spine procedures using  
Ultrasound Guidance (Procedures for Thoracic spine and Chest wall pain management)

- Cervical Facet and Cervical Medial Branches, TON
- Cervical Nerve roots
- Cervical Sympathetic chain
- Trigger points & myofascial pain

**11:30 – 12:00** Abdomen & Pelvic Procedures using  
Ultrasound Guidance (Abdominal myofascial pain & Pelvic pain management)

- Ilio-inguinal & ilio hypogastric nerve block
- Rectus sheath, TAP plane
- Quadratus lumborum block
- Genitofemoral nerve block
- Pudendal nerve block

# DAY 1 | 25<sup>TH</sup> MAY 2024

**12:45 - 13:00** Regenerative Medicine in Pain Management

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**13:00 - 14:00** Lunch Break (Non-CME Lecture)

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**14:00 - 15:30** Ultrasound Live Demonstration of all the blocks

*(Head, Neck, Upper Limb, Thorax, Abdomen, Pelvis, Lower Limb Lumbar Spine, Sacrum)*

**15:30 - 15:45** Radiofrequency in Pain Management

**15:45 - 16:00** Cryotherapy in Pain Management

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**16:00 - 16:30** Tea/Coffee Break

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**16:30 - 17:00** Lumbar spine & Sacral procedures using Ultrasound Guidance (Low back & buttock pain management)

- Caudal Epidural
- Sacro-iliac joint & ligaments
- Piriformis muscle injection
- Lumbar Facet joint & Medial Branches

**17:00 - 17:30** Novel treatment modalities for Pain Management

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**17:30 - 17:45** Feedback & Instructions for Day 2

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**DAY 2 | 26<sup>TH</sup> MAY 2024**

# Live Model Scanning Hands on Workshop

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**07:45 – 08:00** Registration & Refreshments

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**08:00 – 08:30** How to prepare for Certified interventional Pain Sonologist (CIPS) Examination?

- Exam structure
- Communication, Knowledge and Skills
- Exam technique
- Clinical Examination Videos

**08:30 – 09:00** Block Replay Session– commonly performed ultrasound guided procedures

*(Joints & MSK Injections, Headache & Facial Pain Blocks, Peripheral Nerve blocks, Cervical spine, Thoracic, Abdominal & Pelvic interventions using Ultrasound)*

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**09:00 – 10:00** Station 1

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**10:00 – 10:30** Tea/ Coffee Break

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**10:30 – 11:30** Station 2

**11:30 – 12:30** Station 3

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**12:30 – 13:15** Lunch Break

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**13:15 – 14:15** Station 4

**14:15 – 15:15** Station 5

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**15:15 – 15:30** Tea/ Coffee Break

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**15:30 – 16:30** Station 6

**16:30 – 17:30** Station 7

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**17:30 – 17:45** Feedback and Closure

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