



INTERNATIONAL WORKSHOP ON JOINT, MSK, SPINE INJECTIONS, DENERVATION & REGENERATIVE MEDICINE

MASTERCLASS ON INTERVENTIONAL
PAIN MANAGEMENT

(CIPS EXAMINATION PREPARATORY COURSE)

دبي



12nd & 13rd

October 2024



Hyatt Regency Dubai
Creek Heights



Program



DAY

1

12nd October, 2024



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

08:30 - 08:45 **Introduction**

08:45 - 09:00 **Why to use Ultrasound Guidance for Joint & MSK Interventions?**

09:00 - 09:30 **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.

09:30 - 10:00 **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.

10:00 - 10:30 **Tea/ Coffee Break**

10:30 - 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)**

- Thoracic Facets, Costotransverse joint.
- Thoracic Paravertebral.
- Intercostal Nerve.
- Erector Spinae plane block.

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- 11:30 - 11:55 **How to manage Chronic Shoulder Joint Pain?
Role of Shoulder Joint Denervation/ Intervention
(Radio frequency/ Cryotherapy)**
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- 11:55 - 12:20 **How to manage Chronic Knee Joint Pain?
Role of Knee Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)**
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- 12:20 - 12:45 **How to manage Chronic Hip Joint Pain?
Role of Hip Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)**
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- 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 - all faculty
demo (Demonstration only)
(Head, Neck, Upper Limb, Thorax, Abdomen, Pelvis, Lower
Limb Lumbar Spine, Sacrum)**
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- 15:30 - 15:45 **Radiofrequency in Pain Management.**
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- 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
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- 17:00 - 17:30 **Feedback & Instructions for Day 1**

DAY

2

13rd October, 2024



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

08:00 - 08:30 **How to prepare for Ultrasound Certification Examinations? Certification in interventional pain ultrasonography (CIPS Exam)**

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

09:00 - 10:00 **Station 1**

10:00- 10:30 **Tea/ Coffee Break**

10:30 - 11:30 **Station 2**

11:30 - 12:30 **Station 3**

12:30 - 13:15 **Lunch Break**

13:15 - 14:15 **Station 4**

14:15 - 15:15 **Station 5**

15:15 - 15:30 **Tea/ Coffee Break**

15:30 - 16:30 **Station 6**

16:30 - 17:30 **Station 7**

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



PROCEDURES COVERED

Cervical Spine Procedures

(Procedures for Neck pain management)

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

Upper Limb MSK pain procedures

(Shoulder, Elbow, Hand & wrist pain 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
 - Shoulder joint RF
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Thoracic Spine procedures

(Procedures for Thoracic spine and Chest wall pain management)

- Thoracic Facets, Costotransverse joint
 - Thoracic Paravertebral
 - Intercostal Nerve
 - Erector Spinae plane block
 - Parasternal plane block
-

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
 - Hip & Knee Joint RF
-

Lumbar spine & Sacral procedures

(Low back & buttock pain management)

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

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“

We Plan with Vision,
Market with Passion,
Produce in Every
Condition

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