



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

MASTERCLASS ON INTERVENTIONAL PAIN MANAGEMENT

(CIPS EXAMINATION PREPARATORY COURSE)

 **30th November &
1st December 2024**

 **LEICESTER MARRIOTT HOTEL, LEICESTER, UK**

DAY 1

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- *Dr Amit Verma* (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*

DAY 1

11:30 – 11:55 How to manage Chronic Shoulder Joint Pain?
Role of Shoulder Joint Denervation/ Intervention
(Radio frequency/ Cryotherapy)

11:55 – 12:20 How to manage Chronic Knee Joint Pain?
Role of Knee Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)

12:20 – 12:45 How to manage Chronic Hip Joint Pain?
Role of Hip Joint Denervation/ Interventions
(Radio frequency/ Cryotherapy)

12:45 – 13:00 Regenerative Medicine in Pain Management

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

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)

15:30 – 15:45 Radiofrequency in Pain Management

15:45 – 16:00 Cryotherapy in Pain Management

16:00 – 16:30 Tea/Coffee Break

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 Feedback & Instructions for Day 1

DAY 2

LIVE MODEL SCANNING WORKSHOP

(WIP Endorsed CIPS Preparatory Course Hands on Workshop)

07:45 - 08:00 Registration & Refreshments

08:00 - 08:30 How to prepare for CIPS examination?

08:30 - 09:00 Block Recap of commonly performed procedures

09:00 - 09:15 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

09:00 - 10:00 Station 1 (Head, Neck & Facial Blocks)

10:00 - 10:30 Tea/ Coffee Break

10:30 - 11:30 Station 2 (Upper Limb MSK Block)

11:30 - 12:30 Station 3 (Lower Limb Part 1-Knee & Ankle)

12:30 - 13:15 Lunch Break

13:15 - 14:15 Station 4 (Lumbar Spine, Pelvis)

14:15 - 15:15 Station 5 (Thorax & abdomen)

15:15 - 15:30 Tea/ Coffee Break

15:30 - 16:30 Station 6 (Lower Limb Part 2- Hip)

16:30 - 17:30 Station 7 (Block of your choice)

17:30 - 17:45 Feedback and Closure