

Pre-reading	1.0	<i>Musculoskeletal ultrasound didactic videos Introduction, Hip, Knee, Foot and Ankle</i>
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Time	CE Hours	Topic
Day 1		SATURDAY – DAY ONE
8:00 – 9:30	1.5	Introduction to the MSK Ultrasound and Knobology. Quick start protocol handout and lecture on the 5 Ps of MSK ultrasound imaging and defining what normal anatomic structures looks like under ultrasound.
9:30 -11:00	1.5	Lab: Instructor demonstration then Group scanning of Knee Supra-Patella Bursa, femoral trochlea, infrapatellar /prepatellar bursa, patellar tendon, , (tendons all in long axis and short axis)
11:00 – 12:30	1.5	Lab: Instructor demonstration then Group scanning of lateral collateral ligament, lateral meniscus, ilio-tibial band, medial meniscus, medial collateral ligament, pes anserine bursa, biceps femoris, popliteal fossa
12:30 – 1:30		Lunch Break
1:30 – 2:00	.5	Lab: Continue Group break outs for practice on ultrasound scanning of the shoulder while individual instructor feedback and evaluation of knee images obtained by students. Practical Examination check off.
2:00 – 4:30	2.5	Lab: Instructor demonstration then Group scanning of Anterior Hip Joint, Psoas Major Tendon; Lateral Greater Trochanteric Facets, Gluteus Minimus, Gluteus Medius/Maximus, Greater Trochanteric Bursa; Posterior Piriformis Muscle
4:30 – 5:30	1.0	Lab: Group Partner swap for practice on ultrasound scanning of the hip and knee while individual instructor feedback and evaluation of knee images obtained by students. Practical Examination check off.
5:30-6:00	.5	Lab: Instructor demonstration then Group scanning of the Sacral-Iliac Joint with linear and curvilinear probe. Proper care and cleaning of equipment.
Day 2		SUNDAY – DAY TWO
8:00 – 9:30	1.5	Lab: Partner change scanning, labeling, saving for the entire hip, knee and Sacro-Iliac Joint
9:30-11:00	1.5	Lab: Instructor demonstration then Group scanning of Anterior Ankle joint, extensor digitorum longus, extensor hallicus longus, tibialis anterior
11:00-12:30	1.5	Lab: Instructor demonstration then Group scanning of lateral ankle, anterior talo-fibula ligament, calcaneal fibula ligament, tibio-fibula ligament, peroneal longus, peroneal brevis; medial ankle tarsal tunnel tibialis posterior, flexor digitorum longus, posterior ankle, achilles, soleus retrocalcaneal bursa, plantar foot, plantar plate, plantar fascia
12:30 - 1:00		Lunch Break
1:00 – 2:30	1.00	Lab: Partner change scanning, labeling, saving for the entire Foot / Ankle Protocol while individual instructor feedback and evaluation of foot/ankle images obtained by students. Practical Examination check off.
2:30 – 3:30	1.0	Instructor only demonstration to students of dry needling tendinosis of Quadriceps Tendon and Gluteus Minimus. This is a demo and theory ONLY
Total CE Hours	17.0	Course Conclusion: Participant Course Evaluations