



Division of Pain Medicine, Department of Anaesthesiology,  
Hong Kong Sanatorium & Hospital

4<sup>TH</sup>

# MULTIDISCIPLINARY MUSCULOSKELETAL ULTRASOUND SYMPOSIUM ON PAIN MANAGEMENT (MSK US PM) 2013

Day 1

6

6<sup>th</sup> Dec 2013 (Friday)

| Time   | Topics   | Speakers  |
|--|--|---|
| Breakfast with Exhibitors: 07:15am   |  |   |
| 07:15 – 08:15  | Breakfast with Exhibitors and Registration                                 |   |
| 08:15 – 08:25  | Welcome Speech   | Dr. Chan, Joseph  |
| <b>Session A Musculoskeletal US</b>  |  |   |
| Chairman : Dr. Kwok WH   |  |   |
| 08:25 – 09:05  | <b>Sonography: Dynamic and Quantitative Evaluation of Muscle Function</b>  | Prof. Zheng, Yongping   |
| 09:05 – 09:25  | <b>Basic Ultrasonography for MSK Pathology</b>                             | Dr. Wong, Lisa  |
| 09:25 – 09:45  | <b>The Peripheral Nerve Block : The Paraneural Target</b>                  | Dr. Macaire, Philippe   |
| 09:45 – 10:05  | <b>MSK US use in Orthopaedic Perspective : How US change the practice</b>  | Dr. Singh, Rajesh   |
| 10:05 – 10:30  | Q&A (5 min) Tea Break (20 min)   |   |
| <b>Session B Multidisciplinary Tendinopathy Seminar</b>                                      |  |   |
| Chairman : Dr. Li, Carina  |  | <b>US Regional Anaesthesia and Pain Interventions</b>   |
|  |  | Chairman : Dr. Hui, Grace   |
| 10:30 – 12:30  | <b>Anatomy, Pathologies and Diagnostic Radiology</b>                       | Dr. Linklater, James  |
|  | <b>Assessment and Treatment</b>  | Dr. Pitsis, George<br>Ms Bewcyk, Maria  |
|  | <b>Patients Demonstration – Lower Limb-Thigh / Knee Pain and Foot Pain</b> |   |
|  |  | <b>US Peripheral Nerves Upper Limbs Lower Limbs</b>   |
|  |  | Dr. Kwok WH<br>Dr. Shahridan  |
|  |  | <b>US Spinal Anatomy &amp; Facets LBP and Treatment Options</b>   |
|  |  | Prof. Moon  |
|  |  | <b>US Sacral and Coccyx , SIJ Ganglion Lmpar RFA and Lytic Procedure</b>  |
|  |  | Dr. Sean Lin  |
| Q&A  |  |   |
| <b>Session C Ultrasound Workshop / Pfizer Multidisciplinary Pain Management Seminar MPDM</b> |  |   |
| 14:00 – 15:30  | <b>Workshop-MSK Upper Limb Pain PBLD : Exam and US scan</b>                | <b>MD Problem-Based Learning Case Discussions</b>   |
|  | Dr. Singh, Rajesh<br>Dr. Clark. Thomas                                     | Prof. Samer Narouze ( Head and Neck Pain )<br>Dr. Yeo, Alex ( Difficult Pain Patient )<br>Dr. Arun ( Oro - Facial Pain )<br>Dr. Carmen Ho ( Cases Series of use of US in Rehabilitation ) |
| Q&A (5 min) Tea Break (20 min)   |  |   |
| <b>Parallel Ultrasound Workshops - Basic and MSK</b>   |  |   |
| 15:30 – 17:30  | <b>Hands On US Workshop – Basic US ( WS A )</b>                            | <b>US Workshop – MSK ( WS LL )</b>  |
|  | <b>Station 1 Phantom Stations with Needling Technique</b>                  | Lower Limb Pain PBLD : Exam and US scan ( WS LL )   |
|  | <b>Station 2 Identify Vascular Structure</b>                               | Dr. Yeung Yeung<br>Dr. Pitsis, George   |
|  | <b>Station 3 Identify Nerves ( UL / LL &amp; Vessels )</b>                 | <b>US Workshop – MSK ( WS LBP )</b>   |
| <b>Station 4 Identify MSK Pathologies</b>  | Dr. Koo, Emily   | Low Back Pain Cores Muscles Assessment & Training   |
|  | Dr. Kwok WH  | Prof. Amy Fu<br>Ms Bewcyk, Maria  |
|  | Dr. Shahridan Mohd Fathil / Dr. Lin Sean                                   |   |
|  | Dr. Singh, Rajesh / Dr. Linklater, James                                   |   |
| 17:30 – 18:30  | Hospital Tour 1<br>18:30-19:00 ( Prior booking )                           | Opening Ceremony<br>Cocktail with Exhibitors ( Free )   |
| 19:00  | Faculty Dinner ( by invitation )   |   |

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# MULTIDISCIPLINARY MUSCULOSKELETAL ULTRASOUND SYMPOSIUM ON PAIN MANAGEMENT (MSK US PM) 2013

Day 2

7

7<sup>th</sup> Dec 2013 (Saturday)

| Breakfast with Exhibitors: 07:15am |  |   |
|------------------------------------|--|---|
| Time                               | Topics   | Speakers  |
| 07:15 – 08:15                      | Breakfast with Exhibitors and Registration   |   |
| <b>Session D</b>                   | <b>MSK US – Debate<br/>Use of US VS other Image Modalities in<br/>Diagnosis</b>  | <b>Chairman : Dr. Hui, Grace</b>  |
|                                    | <b>For Team</b>  | <b>Against Team</b>   |
| 08:30 – 08:55                      | <b>Joints and Limbs Pain &amp; Pathologies</b><br>Dr. Singh, Rajesh  | <b>Foot and Ankle small joints Pain &amp; Pathologies</b><br>Dr. Yeung Yeung    |
| 08:55 – 09:20                      | <b>Rheumatological Pathologies Scoring</b><br>Dr. Lee, Gavin<br>Dr. Ho, Carmen   | <b>Electromyographic study for Neuropathic Pain</b><br>Dr. Chow, Alex           |
| 09:20 – 09:45                      | <b>Facets Joint Pathologies</b><br>Prof. Narouze, Samer  | <b>Chronic Pain Syndrome</b><br>Dr. Yeo, Alex                                   |
| 09:45 – 10:05                      | Conclusions  |   |
| 10:05 – 10:30                      | Team Questions ( 8 minutes each Team )   |   |
|                                    | Cast Vote ( 9 minutes )  |   |
| 10:30 – 11:00                      | Q&A (10 min) Tea Break (20 min)  |   |
| <b>Session E</b>                   | <b>US for Pain Intervention –<br/>Debate Use of US VS other Image Modalities in<br/>Pain Interventions</b>   | <b>Chairman : Dr. Brake, Timothy</b>  |
|                                    | <b>For Team</b>  | <b>Against Team</b>   |
| 11:00 – 11:25                      | Prof. Narouze, Samer ( Head and Neck Pain )  | Dr. Arun Kumar Bhaskar<br>( TGG, SPG Interventions )                            |
| 11:25 – 11:50                      | Dr. Lee Sang Hoon<br>( Treatment for Cervical Radicular Pain )   | Dr. Yeo Alex ( Referred Pain, Visceral Pain )                                   |
| 11:50 – 12:15                      | Dr. Li, Carina ( Myofascial Pain )   | Prof. Moon<br>( Spinal Stenosis, Failed back Surgery -<br>Epidural Lysis /SCS ) |
| 12:15 – 12:30                      | Team Questions and Conclusion ( 5 minutes each Team )  |   |
|                                    | Cast Vote ( 5 minutes )  |   |
| 12:30 – 13:30                      | Q&A (10 min) Lunch Break ( 50 min )  |   |
| <b>Session F</b>                   | <b>Clinical Applications &amp; Demonstrations</b>  | <b>Chairman : Dr. Choi,<br/>Regina/Kwok, WH</b>                                 |
| 13:30 – 13:50                      | <b>PRP Injection : How does it work?</b>   | Dr. Macaire, Philippe   |
|                                    | <b>Live Demonstrations Real time Scanning Diagnostic Technique on Real pathologies &amp;<br/>Live Demonstrations Injection Techniques ( LA / Steroid / PRP )</b> |   |
| 13:50 – 14:10                      | <b>Greater Occipital Nerve &amp;<br/>Cervical Facets Joint</b>   | Prof. Nauroze, Samer  |
| 14:10 – 14:20                      | <b>Cervical Roots and SG</b>   | Dr. Lee, SH   |
| 14:20 – 14:30                      | <b>Brachial Plexus and SCN</b>   | Dr. Macaire, Philippe   |
| 14:30 – 15:25                      | Pain Procedure Demonstrations<br>Dr. Li , Carina / Overseas Faculty  |   |
| 15:25 – 15:40                      | <b>Finger and Joints</b>   | Dr. Lee, Gavin  |
| 15:40 – 16:10                      | Q&A ( 10 min ) Tea Break ( 20 min )  |   |
| 16:10 – 16:20                      | Pain Procedure Demonstrations<br>Dr. Li , Carina/ Overseas Faculty   |   |
| 16:20 – 16:30                      | <b>Shoulder</b>  | Dr. Clark, Thomas   |
| 16:30 – 16:40                      | <b>Elbow &amp; Wrist</b>   | Dr. Singh, Rajesh   |
| 16:40 – 17:00                      | <b>SIJ, Piriformis, Hip</b>  | Dr. Clark, Thomas   |
| 17:00 – 17:15                      | <b>Knee</b>  | Dr. Clark, Thomas   |
| 17:15 – 17:30                      | <b>Foot and Ankle</b>  | Dr. Yeung, Yeung  |
| 17:30 – 17:50                      | Q&A (10 min) Closing remarks   |   |
| 17:50 – 18:20                      | Hospital Tour 2 ( Prior booking )  |   |
| 18:30                              | Shuttle Coach to Dinner Venue  |   |
| 19:00 – 22:00                      | Gala Dinner & Ceremony   |   |

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# MULTIDISCIPLINARY MUSCULOSKELETAL ULTRASOUND SYMPOSIUM ON PAIN MANAGEMENT (MSK US PM) 2013

| <p>Day 3</p> <p>8</p> <p>8<sup>th</sup> Dec 2013 (Sunday)</p> | Breakfast with Exhibitors: 07:15am              |   |
|---|---|---|
|   | Time  | Topics  |
|   | 08:15 – 09:00                                   | Breakfast with Exhibitors and Registration      |
|   | 09:00 – 11:00                                   | Hands On Ultrasound Workshop MSK US PM ( WS B ) |
|   | 11:00 – 11:30                                   | Q&A (10 min) Tea Break (20 min)                 |
| 11:30 – 13:30   | Hands On Ultrasound Workshop MSK US PM ( WS C ) |   |

## 6 Dec 2013 (Fri) Hands on Basic US (WS A) 15:30-17:30

| Station No. | Topic  |
|-------------|--|
| Station 1   | Phantom stations with needling techniques  |
| Station 2   | Identify Vascular structure – Neck / Femoral artery / Vein                         |
| Station 3   | Identify Nerves & Vessels – Forearm and Ankle : Median, Ulnar Nerve, Tibial Nerve  |
| Station 4   | Identify Pathologies – Ganglion, Inflammation, Joint degeneration and Tendonopathy |

## 8 Dec 2013 (Sun) Hands on Workshops MSK PM (WS B, C) 2 hrs each Musculoskeletal and related nerves / Pain Management Stations (Volunteers with pathologies)

|           |                     |  |
|-----------|---------------------|--|
| Station 1 | Head and Neck I     | Occipital Nerve, Cervical Spine and Facets                 |
| Station 2 | Head and Neck II    | Brachial Plexus, Cervical Nerve Root, Stellate Ganglion    |
| Station 3 | MSK Upper Limb I    | Shoulder and Suprascapular Nerve                           |
| Station 4 | MSK Upper Limb II   | Elbow, Wrist, Hand & Related Nerves                        |
| Station 5 | Truncal Block I     | Paravertebral block, Intercostal nerve block, TAP          |
| Station 6 | Spine               | Lumbar Facets, Epidural & Caudal, Sacral foramen           |
| Station 7 | MSK Lower Limb I    | Sacral iliac joints, Hip, Piriformis muscle, Sciatic nerve |
| Station 8 | MSK Lower Limb II   | Knee   |
| Station 9 | MSK Lower limbs III | Foot and Ankle and related Nerves                          |

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