

Multidisciplinary Musculoskeletal Ultrasound Congress on Pain Management (MSK US PM) 2018

30 November – 2 December 2018 • Hong Kong

When Clinicians Meet Scientists

Preliminary Scientific Programme

(As of 27 July 2018)

Pre-congress Courses – 30 November 2018 (Friday)

Pre-Congress Course A: Refresher Course in RA PM MSK (Beginner and Basic) Venue: The Hong Kong Polytechnic University		Pre-Congress Course B: Cadaveric Sonoanatomy Workshop (Intermediate and Advance) Venue: Surgical Skills Centre, the University of Hong Kong	
09:00 – 10:30	Basic Ultrasounography and Clinical Application I – for beginners and allied health	09:00 – 09:25	Lecture 1: Ankle Anatomy Made Easy
		09:25 – 09:50	Lecture 2: Wrist Pain Outside the Synovial Joint
10:30 – 11:00	Coffee Break	09:50 – 10:10	Coffee Break
11:00 – 12:30	Ultrasounography and Clinical Application II in Musculoskeletal Medicine- Elastance and Update Assessments	10:10– 12:15	Workshop 1 * (3 Rotations)
12:30 – 13:30	Lunch	12:15 – 13:45	Lunch
13:30 – 15:00	Refresher Course -US Regional Anaesthesia and Nerve Blocks in Pain Medicine – GON/ TON / Cervical Spine/ UL	13:45 – 14:10	Lecture 3: Hip Pain Not from the Hip
15:00 – 15:30	Coffee Break	14:10 – 14:30	Coffee Break
15:30 – 17:00	Refresher Course - US Regional Anaesthesia and Nerve Blocks in Pain Medicine – Lower Limb/ Lumbosacral Spine	14:30 – 16:45	Workshop 1 * (3 Rotations)
19:00 –	Faculty Dinner (by Invitation)		

* List of Stations for Hands-on Cadaveric Sessions (6 participants per Station)

	Topics
S1	Hip/Ant Knee Anatomy and Scanning
S2	Post Knee/Ankle Anatomy and Scanning
S3	Upper Limb Anatomy and Scanning
S4	Spine Anatomy and Scanning
S5	Neurovascular Systems
S6	US Guided Intervention

* Programme is subject to change without prior notice.

Main Congress – 1 December 2018 (Saturday)

Venue: Regal Kowloon Hotel

Time	Programme		
07:00 – 07:45	Tai Chi Programme		
07:30 - 08:00	Registration		
08:00 – 09:30	Plenary Lecture 1: MSK US Applications and Cutting Edge Technology		
09:30 - 10:00	Coffee Break & Exhibition		
10:00 - 11:30	Concurrent Session 1: MSK US Upper Limb – Cases Discussion & Interactive Session	Concurrent Session 2: Back Pain – Dynamic scan and Active Rehabilitation	Concurrent Session 3: Headache Not from Brain
11:30 - 13:00	Lunch Symposium		
13:00 - 14:30	Plenary Lecture 2: Town Hall Debates: Non-surgical Approaches of Knee Pain Management		
14:30 - 15:00	Coffee Break & Exhibition		
15:00 - 16:30	Concurrent Session 4: MSK US Lower Limb – Cases Discussion & Interactive Session	Concurrent Session 5: Sports Medicine – What Is New ? Multidisciplinary Wellness Program	Concurrent Session 6: Back Pain and Spine Interventions
16:45 – 18:15	Foam Roller Class		
18:30 -20:30	Congress Dinner		

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Main Congress and Master Class - Head to Toe Scan – 2 December 2018 (Sunday)

Venue: Regal Kowloon Hotel

Time	Programme			
/	Wing Chun Programme (07:30 – 08:30)		Mindfulness Yoga (07:00 – 08:30)	
08:30 - 09:00	Registration			
09:00 - 10:30	Plenary Lecture 3			
10:30 - 11:00	Coffee Break			
11:00 - 12:30	Concurrent Session 7: MSK US Neck Pain – Cases Discussion & Interactive Session	Workshop (A): Sports Nutrition Workshop	Workshop (B): Spasticity management WS: from Paediatric to Adult	Workshop (C): Pose Method Running (10:30 – 12:30)
12:30 - 13:30	Lunch (for Hands on Master Class MSKUSPM Participants)			
13:30 - 15:00	Master Class - Head to Toe Scan #: 8 stations			
15:00 - 15:30	Coffee Break			
15:30 - 17:00	Master Class - Head to Toe Scan #: 8 stations (continued)			

Master Class - Head to Toe Scan (Volunteers with Real Pathologies) *Maximum to choose 4 stations*

1. Cervical Nerve Roots and Brachial Plexus & Common Entrapment Sites
2. Shoulder and Related Nerve
3. Elbow and Wrist
4. Truncal Pain - Thoracic Spinal, ESB, Paravertebral, TAP, Intercostal Nerve
5. Hip and Perineal Pain (Posterior Hip) - Sacral Nerve Root, Pudendal Nerve, Piriformis
6. Lumbar Plexus, Facets and Sacroiliac Joint
7. Knee Dynamic Assessment
8. Foot and Ankle Basic

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