

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

### \* 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 | <b>Concurrent Session 1:</b><br>MSK US Upper Limb – Cases<br>Discussion & Interactive Session | <b>Concurrent Session 2:</b><br>Back Pain – Dynamic scan and<br>Active Rehabilitation                    | <b>Concurrent Session 3:</b><br>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 | <b>Concurrent Session 4:</b><br>MSK US Lower Limb – Cases<br>Discussion & Interactive Session | <b>Concurrent Session 5:</b><br>Sports Medicine – What Is New ?<br>Multidisciplinary Wellness<br>Program | <b>Concurrent Session 6:</b><br>Back Pain and Spine<br>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:<br>MSK US Neck Pain – Cases<br>Discussion & Interactive<br>Session | Workshop (A): Sports<br>Nutrition Workshop | Workshop (B): Spasticity<br>management WS: from<br>Paediatric to Adult | Workshop (C): Pose<br>Method Running<br>(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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