



MUSCULOSKELETAL ULTRASOUND and DRY NEEDLING INSTRUCTION COURSE Upper Extremity

Day One

- 8:30 Welcome/Introductions
Review **Diagnostic Ultrasound Physics Overview and Tissue Characterization**
- 9:15 Review Shoulder Scan Technique and Live Demo: Shoulder
- 10:00 Begin hands on performance of shoulder protocol. All images are saved and labeled for review/critique with Dr. Moore and Dr. Coppola
- Biceps Tendon SAX
 - Biceps Tendon LAX
 - Subscapularis Tendon SAX
 - Subscapularis Tendon LAX
 - Acromio Clavicular Joint SAX
 - Supraspinatus Tendon SAX
 - Supraspinatus Tendon LAX
 - Infraspinatus Tendon LAX
 - Infraspinatus Tendon SAX
 - Teres Minor Tendon SAX
 - Gleno Humeral Joint SAX
 - Anterior Impingement
- 11:00 to 11:30 Dryneedling technique Shoulder or additional hands on practice for ATC's or PT's not employing DN.
- 11:30 Review Elbow Scan Technique and Live Demo: Elbow
Anterior Pyramid (orientation view)
- Anterior Elbow SAX
 - Anterior Fat Pad SAX
 - Lateral Epicondyle LAX
 - Distal Biceps Tendon Lateral Approach
 - Distal Biceps Tendon Dorsal Approach
 - Medial Epicondyle LAX
 - Ulnar Nerve SAX

- Posterior Elbow LAX
- Posterior Elbow SAX

12:20 Lunch

1:20pm Begin hands on performance of elbow protocol. All images are saved and labeled for review/critique with Dr. Moore and Dr. Coppola

1:30 Dr. Moore and Dr. Coppola reviewing each student's elbow images while class performs elbow protocol

3:30 Dry needling technique Shoulder or additional hands on practice for ATC's or PT's not employing DN.

4:30 Adjourn

Day 2

8:30 Review and Questions: Shoulder and Elbow

8:45 Continue hands on performance of elbow protocol and/or dryneedling. All images are saved and labeled for review/critique with Dr. Moore and Dr. Coppola

10:30 Complete Shoulder and Elbow hands on practice and image and needling review

11:00 Review Hand/Wrist Scan Technique and Live Demo: Hand/Wrist

Median Nerve Localization SAX

- Wrist-Forearm Ratio Step One
- Wrist-Forearm Ratio Step Two
- Median Nerve LAX
- Ulnar Nerve SAX
- DeQuervain's Tenosynovitis SAX
- DeQuervain's Tenosynovitis LAX
- 1st Carpal-Metacarpal Joint LAX
- Ulnar Collateral Ligament LAXDorsal
- Metacarpal-Phalangeal Joint LAX
- Triangular Fibrocartilage LAX

12:00 Lunch

1:00pm Begin hands on performance of hand/wrist protocol. All images are saved and labeled for review/critique with Dr. Moore Dr. Coppola.

2:30 Dry needling technique Shoulder or additional hands on practice for ATC's, MD, NP, PA, DC not employing DN.

3:00-3:30 Complete Hand/Wrist hands on practice and image review

4:00 Questions and Adjourn