



香港物理治療學會有限公司
HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

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MSK Ultrasound Imaging in Sports Medicine

Hong Kong Physiotherapy Association jointly organized the MSK Ultrasound Imaging in Sports Medicine with SMUG (Sports Medicine Ultrasound Group). SMUG is a UK-based group providing MSK ultrasound imaging training. Their philosophy is to integrate diagnostic ultrasound into clinical practice. Over the past 10 years they have taught over 1000 practitioners, from 10 different disciplines and from over 20 countries.

The teaching faculties are as following:



Robert Laus BSc HCPC MCSP

**Highly Specialised MSK Physiotherapist & MSK Sonographer
Specialist in Ultrasound Imaging in Sports Medicine**

Co-Head of Faculty SMUG


Private practice

Robert completed his degree in 1989 in the Netherlands and became a senior partner in private practice. He moved to London in 1994 and set up sports injury clinics within premier health clubs in Central London and provided in-house services to national newspapers and investment banks. He co-founded a private Physiotherapy clinic in 2004.

He specialises in diagnostic ultrasound imaging, complex sports injuries, post-surgical rehabilitation and muscle/biomechanical imbalance. Robert is one of the pioneers and most experienced physiotherapists using diagnostic ultrasound imaging within sports and orthopaedic rehabilitation in Europe. He was trained in MSK ultrasound imaging by the world leading musculoskeletal radiologists specialising in this field and has, since 1996, fully integrated it within his clinics, combining his expertise in sports medicine with ultrasound imaging, providing tailored sports injury rehabilitation programmes.

Robert uses ultrasound imaging to complement clinical assessment by monitoring tissue healing, measuring the response to treatment and detecting complications early.

He is regularly invited to lecture on Musculoskeletal Ultrasound Imaging in Sports Medicine and as co-founder of SMUG provides advanced ultrasound skills training courses for clinicians both nationally and internationally.

	<p>Christopher Myers Extended Scope Physiotherapist, Registered Osteopath & MSK Sonographer MSc Sports Medicine Co-Head of Faculty SMUG Private practice</p>
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Chris is a highly experienced Extended Scope Physiotherapist, Osteopath & MSK Sonographer. He has fully integrated diagnostic ultrasound into his clinical practice and carries out articular and peri-articular ultrasound guided injections.

Chris is a qualified musculoskeletal sonographer, with a PG Cert and CASE accredited qualification from Canterbury Christ Church University. He has taught ultrasound both nationally and internationally as co-founder of SMUG and on a variety of courses and conferences at universities and professional sports clubs. He teaches diagnostic ultrasound as visiting lecturer at University College London and Canterbury University.

Chris runs a group of private physiotherapy practices based in London treating recreational and elite level sports people. He has worked for the English Institute of Sport, British Athletics, Tottenham FC and at the London Olympics.

Chris is passionate about integrating ultrasound into practice and feels it is an invaluable tool in the diagnosis and management of MSK conditions. He has a particular interest in tendon pathology and shoulder pain.

	<p>Dr. Lorenzo Masci Consultant in Sports & Exercise Medicine & MSK Sonographer Institute of Sports & Exercise Health (ISEH) & Pure Sports Medicine Tutor SMUG</p>
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Lorenzo is a private practice consultant in sports and exercise medicine in London. He completed his sports medicine studies in Australia before moving to the UK over 10 years ago. He has worked as a sports physician for various elite teams including Melbourne Storm, Fulham football club and London Wasps. He also works as a sports medicine consultant in rehabilitation clinics in the military. He is also a visiting lecturer at University College London.

Lorenzo is a strong advocate of the use of ultrasound as an invaluable resource in the assessment of musculoskeletal conditions. He has been using ultrasound for over 10 years in the assessment of sporting injuries in the clinical setting.

Lorenzo is an internationally renowned lecturer in tendon pathology, with a particular focus on the Achilles and patella tendinopathy. He works closely with Mr. Hakan Alfredson and has travelled the world researching and refining his skills in minimally invasive tendon procedures using ultrasound guidance. Lorenzo shares these experiences and his clinical knowledge and skills on the SMUG 2-Day Cadaveric MSK & Sports Medicine Ultrasound Guided Injection course.

Course Content

Day 1 -2: In the first two days, there is lots of hands-on practice in small groups, under close supervision. It provides the required skills and knowledge base to further develop your scanning in clinical practice. More advanced techniques are covered on day 2 with protocols for the most commonly scanned structures within Sports Medicine and scanning more challenging anatomical structures.

Day 3-4: Covers detailed anatomical review of the most commonly assessed structures in Sports Medicine and their ultrasound appearance. Presentations will provide an overview of ultrasound in acute sports injuries and the clinical management implications.



Integrating Ultrasound into Clinical Practice

Day 1 – Friday 28th April - Introduction to MSK Ultrasound Imaging in Sports Medicine

18:15 – 18:30	Registration	
18:30 – 19:30	Introduction	<p>Introduction to Course and Tutors</p> <p>The role of ultrasound in the hands of the physiotherapist <i>“An extension of our clinical assessment”</i></p> <ul style="list-style-type: none"> - applications and uses - competency and training pathways - medico-legal issues <p>US applications in clinical setting and sports medicine. Tissue characterisation.</p>
19:30 - 20:30	<p>Basic Scanning Skills</p> <p>Skills Training</p> <p>Demonstration & Practical Workshop</p> <p>Tissue visualisation</p>	<p>The essentials: Patient and practitioner positioning Hand setting, pressure Orientation in anatomical not radiology planes, Bony landmarks Transverse/longitudinal spin and sonopalpation Dynamic scanning</p> <p>Tendon: Achilles tendon</p> <p>Muscles: calf muscle Ligament: MCL Joint: knee/ankle Nerve: sciatic nerve Tendon with synovial sheet: tibialis posterior</p>
20:30 - 21:30	<p>Knee Part 1 Presentation, Demonstration and Practical Workshop</p> <p>Presentation, Demonstration and Practical Workshop</p> <p>Presentation and Discussion</p>	<p>Anterior: Distal quadriceps Infrapatellar tendon Fat pads, suprapatellar recess medial: Medial Knee: MCL Peripheral margin medial meniscus Medial retinaculum</p> <p>Knee Case Studies Differential diagnosis, treatment implications. MRI versus US</p>



Integrating Ultrasound into Clinical Practice

Day 2 – Saturday 29th April - Introduction to MSK Ultrasound Imaging in Sports Medicine

09:15 - 09:30	Registration	
09:30 - 10:45	Shoulder Part 1 Presentation, Demonstration and Practical Workshop Presentation and Discussion	Anterior Shoulder Deltoid LH Biceps Pectoralis Major Rotator Interval Subscapularis Shoulder Case Studies – MRI V US
10:45 – 11:00	Break	
11:00 – 12:30	Shoulder Part 2 Presentation, Demonstration and Practical Workshop Presentation and Discussion	Rotator Cuff - Supraspinatus and Infraspinatus Coraco-acromial ligament Postero-superior gleno-humeral joint Impingement tests Shoulder Case Studies
12:30 :13:15	Lunch	
13:15 - 14:30	Ankle Part 1 Presentation, Demonstration and Practical Workshop Presentation and Discussion	Anterior: Tibialis anterior tendon Extensor hallucis/digitorum tendons Tibiotalar joint capsula Lateral: Peroneal tendons and retinaculum ATFL Ankle Case Studies
14:30 - 15:30	Knee Part 2 Presentation and Discussion	Lateral: LCL, ITB Lateral meniscus Popliteal tendon Posterior joint: PCL Posteromedial corner and pes anserinus Medial and lateral patellar retinaculum Knee Case Studies - When is ultrasound assessment indicated?
15:30 - 15:45	Break	
15:45 - 17:00	Ankle Part 2 Presentation, Demonstration and Practical Workshop Presentation and Discussion	Lateral: peroneal tendons, ATFL, CFL Posterior: Achilles and calf muscle, flexor hallucis longus, tibiotalar and subtalar capsula, plantar fascia. Medial: Tarsal tunnel, deltoid ligament. Anterior: Tibialis anterior, flexors halluces/digitorum, tibiotalar joint. Ankle Case Studies and Tissue Healing on US



Integrating Ultrasound into Clinical Practice

Day 3 – Sunday 30th April - Advanced MSK Ultrasound Imaging in Sports Medicine Upper Limb

09:15 - 09:30	Registration	
09:30 - 11:30	<p>Advanced Shoulder Scanning Detailed anatomy review</p> <p>Presentation, Demonstration and Practical Workshop</p> <p>Presentation and Discussion</p>	<p>Rotator cuff, rotator cable, rotator cuff interval. A-c joint and coraco-acromial ligament. Impingement tests.</p> <p>Nerves: Suprascapular</p> <p>Case Studies Clinical examples: sports injuries, post surgical evaluation Relation functional-structural changes. Practical implications. Integrate imaging with clinical assessment.</p>
11:30 - 11:45	Break	
11:45 - 13:30	<p>Elbow Presentation, Demonstration and Practical Workshop</p>	<p>Lateral, medial and posterior joint.</p> <p>Tendons, ligaments</p> <p>Nerves: from proximal to the elbow to the wrist: Ulnar, radial, posterior interosseus, median.</p> <p>Case Studies Sport related injuries, diagnosis and treatment implications.</p>
13:30 - 14:15	Lunch	
14:15 - 15:30	<p>Wrist & Hand Presentation, Demonstration and Practical Workshop</p>	<p>Extensor compartment, carpal tunnel, wrist joints, finger muscles and tendons.</p> <p>Nerves: Ulnar, median, radial.</p> <p>Case Studies Sport related injuries</p>
15:30 - 15:45	Break	
15:45 - 16:30	Review / Consolidate	<p>The challenging shoulder</p> <p>Clinical and imaging correlation</p>
16:30 - 17:00	Going forwards	<p>Recognise spectrum of trauma and healing. Ultrasound guided procedures.</p>

Day 4 - Monday 1st May -Advanced MSK Ultrasound Imaging in Sports Medicine Lower Limb

09:15 - 09:30	Registration	
09:30 - 11:30	<p>Hip Detailed anatomy review Presentation, Demonstration and Practical Workshop</p> <p>Practical Presentation</p>	<p>Anterior and lateral structures: Anterior Thigh: Quadriceps Posterior Thigh: Hamstrings, adductors Nerves: Sciatic, femoral, lateral cutaneous.</p> <p>Case Studies Muscle Injury Classification. Relation functional-structural changes. Practical implications.</p>
11:30 - 11:45	Break	
11:45 - 13:30	<p>Advanced Knee Detailed anatomy review Presentation, Demonstration and Practical Workshop</p> <p>Practical Presentation</p>	<p>Postero-medial, postero-lateral Calf muscle Complex, including Plantaris Nerves: Tibial and peroneal nerve</p> <p>Case Studies When to use ultrasound imaging in knee injuries. Grading tendon injury. Other imaging. Function- structural changes. What to do and when.</p>
13:30 - 14:15	Lunch	
14:15 - 15:30	<p>Advanced Ankle & Foot Presentation, Demonstration and Practical Workshop</p> <p>Practical Presentation</p>	<p>Posteromedial ankle Tibiotalar and subtalar joints Lateral ankle Forefoot – Mortons Neuroma, 1st MTP, FHL, Sesamoids Nerves: Tibial, sural</p> <p>Case Studies – stress fractures on US Differential diagnosis in ankle injuries</p>
15:30 - 15:45	Break	
15:45 - 16:30	Review / Consolidate	Practical review by request/popular demand
16:30 - 17:00	Going forwards	Recognise spectrum of trauma and healing, clinical and rehabilitation/exercise implications.

Participant

There is no special pre-requisite in terms of knowledge of ultrasound imaging. However, a good knowledge of anatomy and tissue pathology will definitely aid your understanding and training. Feedback from previous participants shows that SMUG courses provide good logical methods of scanning for each particular structure, and lots of opportunity to use the scanners with extensive one to one supervision.

Certificate

Upon completion of the course, student will be granted a certificate issued by SMUG together with HKPA.

Venue:

Physiotherapy Centre, 5/F, Li Shu Pui Block,
Hong Kong Sanatorium & Hospital

Course Fees

HK\$ 9,000 (HKPA members)

HK\$ 11,000 (non HKPA members)

Class size: 20

Deadline of application:

28 Feb 2017

Notification of enrollment:

Successful enrollment will be notified by email and phone call by 15 Mar 2017.

Enquiry:

Dr. Amy FU

E-mail: amy.fu@polyu.edu.hk

Phone: 9665 1445

Application Form

Hong Kong Physiotherapy Association – MSK Ultrasound Imaging in Sports Medicine

Name	(English)	(Chinese)
HKPA Member	<input type="checkbox"/> Yes (membership no: _____) <input type="checkbox"/> No	
Year of Graduation		
Workplace / Setting		
Contact Number	(Office)	(Mobile)
Address		
E-mail Address		
Cheque No.		Issuing Bank:
Registration	<p>Completed registration form and payment should be sent to: General Office QT 512 Department of Rehabilitation Sciences, The Hong Kong Polytechnic University Hung Hom, Kowloon, Hong Kong Attn: Mr. Alexander WOO</p> <p>Payment should be made by crossed cheque to “Hong Kong Physiotherapy Association Limited” (Please write your name, HKPA membership number, contact phone number & course name at the back of the cheque).</p>	
<p><u>Legal Claim Waiver Consent</u></p> <p>In consideration of HKPA Ltd. accepting my application to I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd</p> <p>Signature: _____ Name of Applicant: _____ Date: _____</p>		
<p><u>Special Weather Arrangement</u></p> <p>When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:</p> <p>For classes that have NOT YET STARTED</p> <ul style="list-style-type: none"> ● If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled. <p>For classes that have already started</p> <ul style="list-style-type: none"> ● When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend. <p>After confirmation of successful application, course fee paid are NOT refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.</p>		