

UNIVERSITY OF
BALAMAND



جامعة
البلمند

1st UOB Pain Medicine Workshop

Articulations Sonoanatomy and Procedures

Course Organizers:

Prof. Maroun Ghabach, Dr. Fadi Zein El Abidine

WORKSHOP PROGRAMME

APRIL 26-27, 2024

[Click here to fill out
the registration form](#)

Date: Friday, 26 April

Venue: University of Balamand

Time	Topic	
14:00-14:30	Registration and Exhibition	
14:30-14:40	Welcome and Introduction	
14:40-16:20	Session One <ul style="list-style-type: none">• Sono-Anatomy & Pain Medicine• Medical articles: How to read and limitations• Osteoarthritis: Non-Surgical Management	
16:20-16:40	Coffee Break	

16:40-18:30	Session Two <ul style="list-style-type: none"> • Platelet Rich Plasma • Bone Marrow Aspirate Concentrate • Adipose Derived Stem Cells • Visco-supplements 	
--------------------	--	--

Date: Saturday, 27 April

Venue: University of Balamand

Time	Topic	
08:30-09:00	Registration and Exhibition	
09:00-10:15	Session Three <ul style="list-style-type: none"> • Basics of Radiofrequency in Pain Medicine • Recent Evidence • Basics of Ultrasound, Knobology 	
10:15-10:35	Coffee Break	
10:35-12:20	Session Four <ul style="list-style-type: none"> • Shoulder: Anatomy, Sonoanatomy • Elbow: Anatomy, Sonoanatomy • Hip: Anatomy, Sonoanatomy • Knee: Anatomy, Sonoanatomy 	
12:20-13:30	Lunch Break	
13:30-15:10	Session Five: Hands-On Sonoanatomy (4 Stations) <ul style="list-style-type: none"> • Group A • Group B • Group C • Group D 	
15:10-15:30	Coffee Break	
15:30-16:30	Free Session: Hands on	
16:30-17:00	Course Adjourn	

Sonoanatomy	Learning Objectives
--------------------	----------------------------

1	SHOULDER	Long Head of Biceps Subscapularis Rotator Cuff Tendons Subacromial-Subdeltoid Bursa Coraco-Acromial & Coraco-Clavicular Ligaments Acromio-Clavicular Joint Gleno-Humeral Joint Suprascapular & Axillary Nerves
2	ELBOW	Biceps Brachii & Median Nerves Lateral Epicondyle & Common Extensor Tendon Radial & Posterior Interosseous Nerve Medial Epicondyle & Common Flexor Tendon Cubital Canal & Ulnar Nerve Triceps
3	HIP	Hip Joint Iliopsoas Gluteal Tendons/Bursae Ilio Tibial Band Sartorius Tensor Fascia Lata & Lateral Femoral Cutaneous Nerve Femoral, Saphenous, Obturator Nerves Ischial Tuberosity & Hamstrings
4	KNEE	Quadriceps & Patellar Tendons Supra-patellar Recess Lateral Collateral Ligament & Lateral Menisci Medial Collateral Ligament Medial Menisci & Pes Anserinus Posterior Knee & Genicular Nerves