UPPER EXTREMITY

Musculoskeletal ULTRASOUND

Presented by the American Institute of Ultrasound in Medicine and the United States Olympic Committee

September 13–14, 2014
Colorado Springs, CO

AIUM COURSE FACULTY
Levon Nazarian, MD
Jay Smith, MD

USOC COURSE FACULTY
Bill Moreau, DC, DACBSP, CSCS
Dustin Nabhan, DC, DACBSP, CSCS

Each participant will receive 3 hours of HANDS-ON scanning and 1.5 hours of demos.

www.aium.org
Course Description
This course is an introduction to musculoskeletal ultrasound of the upper extremity. The course will consist of didactic lectures and live demonstrations focusing on the shoulder, elbow, and wrist. Emphasis will be on sonographic anatomy and scanning technique, although common musculoskeletal pathologies will also be illustrated. The lecture material will be reinforced by hands-on scanning of live models, supervised closely by the course faculty.

Target Audience
This course is designed to meet the needs of physicians and other health care providers who wish to incorporate upper extremity musculoskeletal ultrasound in their practice, but need to learn the basics of scanning technique and image interpretation.

Course Objectives
Following this course, the participant should be able to:
1. Demonstrate basic scanning technique and sonographic anatomy of the shoulder, elbow, and wrist.
2. Identify common pathologies seen on upper extremity ultrasound.

Designation Statement
AIUM designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accommodations
Information will be provided upon receiving your registration.

Travel
Fly directly into Colorado Springs Airport (COS), or Denver Airport (DEN) and rent a car to Colorado Springs (75 miles to USOC).
This course will provide an overview of musculoskeletal ultrasound with emphasis on the upper extremities and live demonstrations with hands-on scanning of the shoulder, wrist, and elbow.

**UPPER EXTREMITY**

**Musculoskeletal Ultrasound**

US Olympic Complex Training Center
Colorado Springs, CO

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**Saturday, September 13**

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<th>Time</th>
<th>Activity</th>
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<tr>
<td>7:30–8:00 am</td>
<td>Breakfast</td>
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<tr>
<td>8:00–8:30 am</td>
<td>Overview of Musculoskeletal Ultrasound With Emphasis on the Upper Extremity</td>
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<tr>
<td>8:30–9:00 am</td>
<td>Normal Shoulder Ultrasound</td>
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<tr>
<td>9:00–9:30 am</td>
<td>Live Demonstration: Shoulder Ultrasound</td>
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<td>9:30–9:45 am</td>
<td>Break</td>
</tr>
<tr>
<td>9:45–10:45 am</td>
<td>Group A: Shoulder Pathology Lecture</td>
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<tr>
<td>10:00–10:45 am</td>
<td>Group B: Shoulder Hands-On</td>
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<tr>
<td>10:45–11:45 am</td>
<td>Group A: Shoulder Hands-On Lecture</td>
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<tr>
<td>11:00–12:15 pm</td>
<td>Lunch</td>
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<tr>
<td>12:15–1:15 pm</td>
<td>Tour USOC Clinical Facilities</td>
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<tr>
<td>1:15–1:45 pm</td>
<td>Knobology: How to Optimize Musculoskeletal Ultrasound Images</td>
</tr>
<tr>
<td>1:45–2:15 pm</td>
<td>Normal Elbow Ultrasound</td>
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<tr>
<td>2:15–2:30 pm</td>
<td>Break</td>
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<tr>
<td>2:30–3:00 pm</td>
<td>Live Demonstration: Elbow Ultrasound</td>
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<tr>
<td>3:00–3:45 pm</td>
<td>Group A: Elbow Hands-On Lecture</td>
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<tr>
<td>3:45–4:30 pm</td>
<td>Group A: Elbow Pathology Lecture</td>
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<tr>
<td>4:30–5:00 pm</td>
<td>Questions and Answers</td>
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<tr>
<td>5:30–7:00 pm</td>
<td>Reception</td>
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**Sunday, September 14**

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<th>Time</th>
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<tbody>
<tr>
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<td>Breakfast</td>
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<tr>
<td>8:00–8:30 am</td>
<td>Normal Wrist Ultrasound</td>
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<tr>
<td>8:30–9:00 am</td>
<td>Live Demonstration: Wrist Ultrasound</td>
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<tr>
<td>9:00–9:15 am</td>
<td>Break</td>
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<tr>
<td>9:15–10:00 am</td>
<td>Group A: Wrist Pathology Lecture</td>
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<tr>
<td>10:00–10:45 am</td>
<td>Group B: Wrist Hands-On</td>
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<tr>
<td>10:45–11:45 am</td>
<td>Group A: Wrist Hands-On Lecture</td>
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<tr>
<td>11:00–12:15 pm</td>
<td>Lunch</td>
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<tr>
<td>12:15–1:15 pm</td>
<td>Group A: Wrist Pathology Lecture</td>
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<tr>
<td>1:15–1:45 pm</td>
<td>Group B: Wrist Hands-On Recap</td>
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<tr>
<td>1:45–2:15 pm</td>
<td>Group A: Wrist Pathology Lecture</td>
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<tr>
<td>2:15–2:30 pm</td>
<td>Group B: Upper Extremity Peripheral Nerve Ultrasound Lecture</td>
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<tr>
<td>2:30–3:00 pm</td>
<td>Questions and Answers</td>
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<tr>
<td>3:00–3:45 pm</td>
<td>Group A: Elbow Hands-On-Recap</td>
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<tr>
<td>3:45–4:30 pm</td>
<td>Group A: Elbow Pathology Lecture</td>
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Course Directors

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(continued)

Earn up to 12 AMA PRA Category 1 Credits™ (accepted by the ARDMS)
or ARRT Category A Credits.
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Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

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The AIUM reserves the right to cancel the course, and all money paid to the AIUM will be refunded. If registrants choose to cancel their course registration before June 17, 2014, they will receive a 90% refund. After June 17, 2014, and no later than July 16, 2014, a 50% refund will be given. After July 17, 2014, no refund will be given.

Course Registration Fee
Course registration is $2,000. Your fee includes a walking tour, reception, 2 breakfasts, and 1 lunch. Register at www.aium.org.

AIUM Membership
Visit www.aium.org for more information or call 800-638-5352 or 301-498-4100.
About the AIUM

The American Institute of Ultrasound in Medicine (AIUM) is a multidisciplinary medical association of more than 10,000 physicians, sonographers, scientists, students, and other health care providers. Established more than 50 years ago, the AIUM is dedicated to advancing the safe and effective use of ultrasound in medicine through professional and public education, research, development of guidelines, and accreditation. For more information, visit www.aium.org.

About the United States Olympic Committee

The US Olympic Complex in Colorado Springs is the flagship training center for the US Olympic Committee (USOC) and the Olympic Training Center programs. The Colorado Springs Olympic Training Center (CSOTC) rests on a 35-acre complex located near downtown Colorado Springs.

As an attendee of this course, your registration fee includes a walking tour of the USOC, reception in the famous “Torch Room,” and lunch with Olympic athletes. The tour includes an overview of the history, purpose, and general facts about the CSOTC. Presentation highlights will include a discussion of how sonographic imaging protocols developed for the care of elite athletes can be translated into best practices in sports medicine for the general population.

Within the complex is the Ted Stevens Sport Center that contains the new state-of-the-art Sports Medicine Clinic and Recovery Center. The Sports Medicine Clinic, houses a top-of-the-line musculoskeletal ultrasound, state-of-the-art x-ray machine, an extremity MRI, and a Lunar iDXA. These high end technology machines create a one-stop comprehensive sports medicine assessment facility; the only one of its kind in the United States.

The clinic includes treatment areas, physician exam rooms, a pharmacy, taping stations and Sports Optometry, all which allow for a variety of evaluations and cares that are individualized to the specific needs of each athlete. In addition to the high-tech equipment and a comprehensive care facility, the Sports Medicine Clinic also houses the Recovery Center which serves as a retreat for athletes after a hard day of training. Services include a sports massage team, a recovery nutrition station, and other recovery modalities such as sauna, steam, and pneumatic compression garments. Adjacent to the Recovery Center is the large aquatic room that contains specially designed accessible hot and cold plunge tubs and a jet resisted pool to allow for both rehabilitation and recovery treatments for the athletes.