

Thursday 24th August, 2023 | PRE-CONFERENCE WORKSHOPS

9.00 - 12.00 **Workshop 1a: Regenerative Injection Therapies**

Dr Ramona Chryssidis (Adelaide) & Dr Zaid Matti (New Zealand)

This workshop will cover the history and basic science of regenerative injection therapies.

We will discuss the regenerative approach and applications of these techniques, focussing on the role of Platelet Rich Plasma (PRP) in the management of tendinopathies (lateral elbow and lateral hip).

There are a number of different PRP systems available and we will discuss the pros and cons of these to help you choose the best system for your practice.

We will use case examples and demonstrations to show how we use PRP in our practice.

Relevant pre-reading articles will be sent to you prior to the workshop.

9.00 - 12.00 **Workshop 1b: Intro to MSK USS Workshop**

This will be a 3 hour, hands on workshop dedicated to providing an introduction to the use of point of care ultrasound in musculoskeletal medicine.

This course assumes no prior knowledge or skill in ultrasound and is intended to provide a solid grounding in understanding all the basic controls and settings of an ultrasound (sometimes termed “knobology”) to provide the best images in practice.

We will take you through scanning techniques and how to get optimal patient and practitioner positioning and techniques for handling the ultrasound probe.

You will have plenty of time to practice scanning each other with a focus on identifying the healthy sonographic appearance of soft tissues including fat, muscle, tendon, nerves, bone and blood vessels with the help of experienced clinicians.

Finally there will be an introduction to ultrasound guided interventional techniques using simulated gel models for you to practice on in real time.

This course is targeted at those with minimal ultrasound experience who are looking for an introduction to scanning, but is also great for those who already incorporate ultrasound into their practice and feel they would like to brush up on skills in ultrasound fundamentals.

Whilst not a dedicated Real Time Ultrasound course physiotherapists looking to incorporate ultrasound into their practice will also find benefit in learning the fundamentals of MSK ultrasound including identifying key muscles and demonstrating active muscle contraction.

It is important to note that this course is intended to provide a foundation of ultrasound principles and will not be providing dedicated diagnostic protocols or training.

To ensure adequate time scanning and access to hands on supervision with a tutor attendance at this module is capped at 16 participants (4 per ultrasound machine).

However, if demand is high enough a second morning session will be made available to those who missed out on the afternoon session.

12.00 - 13.00 **MORNING TEA & INDUSTRY EXHIBITION**

13.00 - 16.00 **Workshop 2a: Intro to MSK USS Workshop**

Dr Bruce Jones (Brisbane) & Dr Rob Illingworth (Brisbane)

Repeat of the morning session.

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13.00 - 16.00 **Workshop 2b: Movement Rehabilitation of the Sacroiliac Joint**

Mark Comerford (Physiotherapist, Brisbane)

This workshop will detail movement retraining framework to help with the rehab of sacroiliac joint movement impairments and strategies to maintain optimal function and control.

The workshop will include:

- An overview of sacroiliac joint biomechanics emphasising the concepts of close pack positioning for load bearing function and loose pack positioning for movement function.
- A brief summary of differential diagnosis of sacroiliac vs lumbar spine vs hip priorities.
- A brief review of sacroiliac joint muscle anatomy with relevance to stabilisation and movement functions of different muscles.
- An extensive update of the concept of myofascial slings - when and how to train and use them.
- Some selected, clinically useful movement tests of sacroiliac movement impairments.
- Movement control retraining options for sacroiliac rehab.
- Muscle specific retraining to optimise sacroiliac joint stability, function and control.
- Demonstration of sacroiliac taping options to enhance force closure and symptom