



Ultrasound Guided Injection Techniques for Spasticity Management An Anatomical Approach

Botulinum Toxin Injections Under Ultrasound Guidance



Course Programme

Course Lead:

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Course Summary

This course is aimed at developing a systematic and anatomically based approach to the application of ultrasound guidance in the management of spasticity using botulinum toxin. It is intended for clinicians and practitioners with some experience of ultrasound scanning for guidance of injections who are seeking to consolidate and improve technique. The course does not culminate in an exam or any form of educational or competency assessment but has been independently assessed for CPD accreditation.

The course is a home-based programme of practical instruction that is facilitated by provision of an appropriate ultrasound scanner to each delegate. This series of remotely delivered interactive video conference sessions with accompanying practice exercises has been specifically designed to develop applied anatomical knowledge, focusing on the identification of target muscles and safe, accurate and consistent injection under ultrasound guidance.

The course is conducted over 4 weeks.

All delegates are sent an Orca POD Toolbox containing a Sonon 300L portable ultrasound, a gel phantom, ultrasound gel and clinical wipes all of which are provided for the duration of the course. The POD Toolbox incorporates all the elements necessary to enable the progressive acquisition of knowledge and skills through home-based practice. The teaching programme is delivered by a combination of interactive lectures and practice exercises that will equip delegates with the essential cognitive skills necessary to begin incorporating ultrasound imaging guidance into their daily clinical management.

There is an assignment at the end of each session which helps the delegates to revise the concepts learnt during each session and to provide a framework for practising those skills.

Course Objectives:

- Identify the muscle anatomy of the upper and lower limbs using ultrasound
- Develop consistent and reliable approaches for performing a scan and injecting target muscles under ultrasound guidance

What's Included?

- Each delegate has their own POD Toolbox for the duration of the course. This contains a Sonon 300L ultrasound system and gel phantom. Ultrasound gel and wipes are also included.
- 4 x weekly 2hr live teaching sessions with lectures, demonstrations, and interactive guided scanning practice.
- Weekly homework assignment with feedback to guide practice.
- CPD certificate upon completion.

Course Outline

Week 1: Ultrasound Guided Injection techniques

Welcome and introduction
Injections for spasticity -Need for Guidance
Anatomical Approach – General principles
Upper limb – Applied Anatomy,
Demonstration, and practice
Elbow flexors Forearm volar aspect,
Part 1, Q & A

Week 2: Upper Limb Continued

Injections for spasticity -Need for Guidance
Anatomical Approach - General principles
Upper limb - Applied Anatomy,
demonstration, and practice
Elbow flexors Forearm volar aspect-
Part 2 Q&A

Week 3: Lower Limb

Review of Exercises from Session 2
Lower limb – Applied Anatomy,
Demonstration, and practice:
Hip Adductors,
Hamstrings,
Quadriceps,
Psoas major
Q&A

Week 4: Lower Limb Continued

Review of exercises from session 3
Lower limb - Applied Anatomy,
Demonstration, and practice:
Tibialis anterior, EHL, EDL
Gastrocnemius and Soleus
Tibialis Posterior,
FHL, FDL
Q&A and close

Week 5: Review and Closing Remarks

Review of exercises from session 4
Summary of what has been learned
Q&A and close

Our CPD courses provide practical knowledge but do not award a certificate of competency. You must enquire with your relevant professional body to confirm if the skills covered within the scope of your professional practice, and whether your professional insurance will cover your practice.

Reviews:

“Excellent course presented brilliantly. I wasn’t expecting to learn as much as I did as I’ve been giving toxin for years, but it was a very well run and informative course, his experience really comes across.”

Liz 2021 course

“I actually found the online one to be more informative and able to visualise the muscles better than the face-to-face ones I’ve been on before. Also, much more accessible.”

Liz 2021 course

“Thank you very much. I definitely learned a lot and will use it in practice!”

Simon 2021 course

How effective was the online training – Very effective

How useful was it to have an ultrasound system to practice with – very useful

Branwen 2021

How do I register

Please register interest or book via the website www.orcamedical.co.uk or contact us on 0117 428 5774 for more information.