

WORKSHOP

ULTRASOUND APPLICATIONS IN REHABILITATION: UPPER LIMB

Organizer: Prof. Dr. Carolina de Miguel Benadiba, MD
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Ultrasound Professor of Spanish Society of Physical Medicine and Rehabilitation (SERMEF)

Practical workshops with small groups to learn technical ultrasound in human models.
Upper limb Anatomy Ultrasound: shoulder, arm, elbow, forearm, wrist and hand.

The role of musculoskeletal ultrasound in the diagnosis and management of musculoskeletal disorders has increased in recent years in clinical applications. (1). The ultrasound probe can be thought as the physician's stethoscope. Ultrasonography is non-invasive, repeatable, and does not require exposure to radiation.

It can provide dynamic imaging and comparison, and has an important role in the diagnostic and therapeutic interventions of a wide spectrum of diseases in physical and rehabilitation medicine (PRM).

Nowadays, only a small minority of PRM physicians is able to use ultrasound in clinical practice due to the lack of an ultrasound device in the majority of PRM clinics and lack of education.

The benefits of ultrasounds provide support for its use by PRM physicians in their daily practice, and is readily accepted by patients.

Objectives:

- ♦ Provide knowledge of the indications, applications and limitations of ultrasound in musculoskeletal system.
- ♦ Know the Eco-anatomy of the different structures of the musculoeskeltal system and utility in PRM.
- ♦ Perform systematized explorations of upper limb
- ♦ Introduction to the neuromuscular ultrasound.
- ♦ Learn general aspects of interventional ultrasound techniques
- ♦ Recognition of spastic muscles ultrasonography in the upper limb.
- ♦ Know the ultrasouns-guided infiltration techniques of the musculoskeletal system.
- ♦ Econeurography: peripheral nerve blockage in patients with chronic pain.

Speakers:

Maria Eugenia Cuadra Madrid (Spain)

Guillermo Lanzas (Spain)

Maria Martín López de Abajo (Spain)

Maria José Lillo González (Spain)

Carolina de Miguel Benadiba (Spain)

(1) Levent Özçakar; Musculoskeletal ultrasonography in physical and rehabilitation medicine; J Rehabil Med 2012; 44: 310–318

