

5. Course

5.1 Information

- You need to:
 - bring a device to the course that connects you to the internet: a laptop, a tablet or a smartphone. You'll need it for the interactive quizzes we might do.
 - be well rested when coming to the course. The course is super fun, but experience has shown that it's also quite exhausting due to the overload of new information you'll receive.
 - know that in 98% of our courses all skills are practiced on each other; we hardly ever use models. Everybody should act as a patient, as this is also a learning experience.
 - understand that the times in the schedules below are indicative. Differences per country in starting/ending times might be possible depending on cultural, climate, religious, and practical differences. This study manual shows the most commonly used schedule in SonoSkills courses. Double check your emails when YOUR course is going to start and end.
- It's nice to (optional):
 - wear clothes which are comfortable, preferably in layers because in that case 1) you don't have to undress all when practicing on each other; and 2) you can be appropriately dressed for the temperature in the room.

5.2 Schedule day 1

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee, welcome
09.00-09.15	<u>Start</u>	Welcome, introduction round.
09.15-09.45	<u>Kahoot or Lecture</u>	Introduction in musculoskeletal ultrasound.
09.45-10.00	<u>Lecture</u>	Quality scanning checklist
10.00-10.10	<u>Demo</u>	Quality scanning checklist incl. knobology
10.10-10.45	<u>Hands-on</u>	Quality scanning checklist incl. knobology
10.45-11.00	<i>Coffeebreak</i>	
11.00-11.10	<u>Kahoot or Lecture</u>	Anatomy: long head of biceps tendon
11.10-11.20	<u>Demo</u>	Musculoskeletal ultrasound of the biceps.

11.20-12.15	<u>Hands-on</u>	Musculoskeletal ultrasound of the biceps.
12.15-12.30	<u>Lecture</u>	Pathology: long head of biceps tendon
12.30-13.15	<i>Lunch break</i>	
13.15-13.25	<u>Kahoot or Lecture</u>	Anatomy: subscapularis
13.25-13.35	<u>Demo</u>	Musculoskeletal ultrasound of the subscapularis
13.35-14.20	<u>Hands-on</u>	Musculoskeletal ultrasound of the subscapularis.
14.20-14.30	<u>Lecture</u>	Pathology: subscapularis
14.30-14.45	<u>Kahoot or Lecture</u>	Anatomy: supraspinatus and coracoacromial arch
14.45-15.00	<u>Demo</u>	Musculoskeletal ultrasound of the supraspinatus.
15.00-15.15	<i>Coffeebreak</i>	
15.15-16.10	<u>Hands-on</u>	Musculoskeletal ultrasound of the supraspinatus.
16.10-16.20	<u>Demo</u>	Supraspinatus dynamically
16.20-16.55	<u>Hands-on</u>	Supraspinatus dynamically
16.55-17.00	<i>Closing</i>	Outlook to next course day

5.3 Schedule day 2

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee
09.00-09.10	<u>Start</u>	Questions and comments to yesterday
09.10-09.15	<u>Demo</u>	Measuring the supraspinatus with musculoskeletal ultrasound
09.15-09.45	<u>Hands-on</u>	Measuring the supraspinatus with musculoskeletal ultrasound
09.45-10.15	<u>Lecture</u>	Pathology: supraspinatus
10.15-10.25	<u>Kahoot or Lecture</u>	Anatomy: AC-joint, infraspinatus, teres minor
10.25-10.40	<i>Coffeebreak</i>	
10.40-10.50	<u>Demo</u>	Musculoskeletal ultrasound of the AC joint, infraspinatus, teres minor

10.50-11.50	<u>Hands-on</u>	Musculoskeletal ultrasound of the AC-joint, infraspinatus, teres minor
11.50-12.00	<u>Lecture</u>	Pathology: AC-joint, infraspinatus, teres minor
12.00-12.15	<u>Lecture</u>	How to proceed?
12.15-12.25	<u>Kahoot or Lecture</u>	Anatomy: common extensor tendon
12.25-13.25	<i>Lunch break</i>	
13.25-13.35	<u>Demo</u>	Musculoskeletal ultrasound of the common extensor tendon
13.35-14.00	<u>Hands-on</u>	Musculoskeletal ultrasound of the common extensor tendon
14.00-14.10	<u>Demo</u>	Measuring the common extensor tendon with musculoskeletal ultrasound.
14.10-14.30	<u>Hands-on</u>	Measuring the common extensor tendon with musculoskeletal ultrasound.
14.30-15.00	<u>Practicum</u>	Labeling the extensor muscles
15.00-15.15	<i>Coffeebreak</i>	
15.15-15.25	<u>Lecture</u>	Pathology: the common extensor tendon
15.25-15.35	<u>Kahoot or Lecture</u>	Anatomy: ventrolateral and ventral elbow
15.35-15.45	<u>Demo</u>	Musculoskeletal ultrasound of the ventrolateral and ventral elbow
15.45-16.30	<u>Hands-on</u>	Musculoskeletal ultrasound of the ventrolateral and ventral elbow
16.30-16.40	<u>Lecture</u>	Pathology: ventrolateral and ventral elbow
16.40-17.00	<i>Closing</i>	Outlook to next course day

5.4 Schedule day 3

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee
09.00-09.10	<u>Start</u>	Questions and comments to yesterday
09.10-09.20	<u>Kahoot or Lecture</u>	Anatomy: ventromedial, medial and posterior elbow

09.20-09.30	<u>Demo</u>	Musculoskeletal ultrasound of the ventromedial and medial elbow
09.30-10.00	<u>Hands-on</u>	Musculoskeletal ultrasound of the ventromedial and medial elbow
10.00-10.10	<u>Demo</u>	Musculoskeletal ultrasound of the dorsal elbow
10.10-10.45	<u>Hands-on</u>	Musculoskeletal ultrasound of the dorsal elbow
10.45-10.55	<u>Lecture</u>	Pathology: ventromedial, medial and posterior elbow + closing the elbow
10.55-11.10	<i>Coffeebreak</i>	
11.10-11.20	<u>Kahoot or Lecture</u>	Anatomy: extensor compartments and dorsal wrist
11.20-11.30	<u>Demo</u>	Musculoskeletal ultrasound of the extensor compartments
11.30-12.00	<u>Hands-on</u>	Musculoskeletal ultrasound of the extensor compartments
12.00-12.10	<u>Demo</u>	Musculoskeletal ultrasound of the dorsal wrist
12.10-12.30	<u>Hands-on</u>	Musculoskeletal ultrasound of the dorsal wrist
12.30-13.30	<i>Lunch break</i>	
13.30-13.40	<u>Lecture</u>	Pathology: extensor compartments and dorsal wrist
13.40-13.50	<u>Kahoot or Lecture</u>	Anatomy: carpal- and ulnar tunnel.
13.50-14.00	<u>Demo</u>	Musculoskeletal ultrasound of the carpal- and ulnar tunnel
14.00-15.00	<u>Hands-on</u>	Musculoskeletal ultrasound of the carpal- and ulnar tunnel.
15.00-15.15	<i>Coffeebreak</i>	
15.15-15.25	<u>Lecture</u>	Pathology: carpal- and ulnar tunnel
15.25-16.30	<u>Hands-on</u>	Rehearsing shoulder and/or elbow and/or wrist
16.30-17.00	<i>Closing</i>	How to proceed, outlook to next course part

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5.2 Schedule day 4

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee, welcome
09.00-09.10	<u>Start</u>	Questions / discussion
09.10-09.20	<u>Kahoot or Lecture</u>	Anatomy: ventral and medial hip
09.20-09.30	<u>Demo</u>	Musculoskeletal ultrasound of the ventral hip
09.30-10.20	<u>Hands-on</u>	Musculoskeletal ultrasound of the ventral hip
10.20-10.30	<u>Demo</u>	Musculoskeletal ultrasound of the medial hip
10.30-10.45	<i>Coffee break</i>	
10.45-11.20	<u>Hands-on</u>	Musculoskeletal ultrasound of the medial hip
11.20-11.30	<u>Lecture</u>	Pathology: ventral and medial hip

11.30-11.40	<u>Kahoot or Lecture</u>	Anatomy: lateral and dorsal hip
11.40-11.50	<u>Demo</u>	Musculoskeletal ultrasound of the lateral hip
11.50-12.30	<u>Hands-on</u>	Musculoskeletal ultrasound of the lateral hip
12.30-13.15	<i>Lunch break</i>	
13.15-13.25	<u>Demo</u>	Musculoskeletal ultrasound of the dorsal hip
13.25-14.20	<u>Hands-on</u>	Musculoskeletal ultrasound of the dorsal hip
14.20-14.30	<u>Lecture</u>	Pathology: lateral and dorsal hip
14.30-14.45	<i>Coffee break</i>	
14.45-15.45	<u>Hands-on</u>	Rehearsing: hip protocol
15.45-16.45	<u>Hands-on</u>	Rehearsing: upper extremity protocol
16.45-17.00	<i>Closing</i>	Outlook to next course day, feedback of group

5.3 Schedule day 5

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee
09.00-09.10	<u>Start</u>	Questions / discussion
09.10-09.20	<u>Kahoot or Lecture</u>	Anatomy: ventral knee
09.20-09.30	<u>Demo</u>	Musculoskeletal ultrasound of the ventral knee
09.30-10.30	<u>Hands-on</u>	Musculoskeletal ultrasound of the ventral knee
10.30-10.45	<i>Coffeebreak</i>	
10.45-11.00	<u>Lecture</u>	Pathology: ventral knee
11.00-11.15	<u>Lecture</u>	Anatomy: medial and posteromedial knee
11.15-11.25	<u>Demo</u>	Musculoskeletal ultrasound of the medial knee
11.25-12.15	<u>Hands-on</u>	Musculoskeletal ultrasound of the medial knee
12.15-13.00	<i>Lunch break</i>	
13.00-13.10	<u>Demo</u>	Musculoskeletal ultrasound of the posteromedial knee

13.10-14.10	<u>Hands-on</u>	Musculoskeletal ultrasound of the posteromedial knee
14.10-14.25	<u>Lecture</u>	Pathology: medial and posteromedial knee
14.25-14.35	<u>Kahoot or Lecture</u>	Anatomy: posterolateral and lateral knee
14.35-14.50	<i>Coffeebreak</i>	
14.50-15.00	<u>Demo</u>	Musculoskeletal ultrasound of the posterolateral knee
15.00-15.40	<u>Hands-on</u>	Musculoskeletal ultrasound of the posterolateral knee
15.40-15.50	<u>Demo</u>	Musculoskeletal ultrasound of the lateral knee
15.50-16.30	<u>Hands-on</u>	Musculoskeletal ultrasound of the lateral knee
16.30-16.45	<u>Lecture</u>	Pathology: lateral and posterolateral knee
16.45-17.00	<i>Closing</i>	Outlook to next course day, feedback of group

5.4 Schedule day 6

Time	Program	Content
08.30-09.00	<i>Reception</i>	Coffee, thee
09.00-09.15	<u>Kahoot or Lecture</u>	Anatomy: plantar fascia and Achilles tendon
09.15-09.25	<u>Demo</u>	Musculoskeletal ultrasound of the plantar fascia and Achilles tendon
09.25-10.15	<u>Hands-on</u>	Musculoskeletal ultrasound of the plantar fascia and Achilles tendon
10.15-10.20	<u>Demo</u>	Measuring the Achilles tendon
10.20-10.45	<u>Hands-on</u>	Measuring the Achilles tendon
10.45-11.00	<i>Coffee break</i>	
11.00-11.15	<u>Lecture</u>	Pathology: plantar fascia and Achilles tendon
11.15-11.25	<u>Kahoot or Lecture</u>	Anatomy: lateral ankle compartment and lateral ligaments
11.25-11.35	<u>Demo</u>	Musculoskeletal ultrasound of the lateral ankle compartment
11.35-12.05	<u>Hands-on</u>	Musculoskeletal ultrasound of the lateral ankle compartment

12.05-12.15	<u>Demo</u>	Musculoskeletal ultrasound of the lateral ligaments
12.15-13.00	<i>Lunch break</i>	
13.00-13.45	<u>Hands-on</u>	Musculoskeletal ultrasound of the lateral ligaments
13.45-14.00	<u>Lecture</u>	Pathology: lateral ankle compartment and lateral ligaments
14.00-14.10	<u>Kahoot or Lecture</u>	Anatomy: ventral and medial compartment
14.10-14.20	<u>Demo</u>	Musculoskeletal ultrasound of the ventral and medial compartment
14.20-15.00	<u>Hands-on</u>	Musculoskeletal ultrasound of the ventral and medial compartment
15.00-15.15	<i>Coffee break</i>	
15.15-16.15	<u>Hands-on</u>	Rehearsing: ankle protocol
16.15-16.30	<u>Hands-on</u>	Drawing anatomy
16.30-16.45	<u>Lecture</u>	Pathology: ventral and medial compartment
16.45-17.00	<i>Closing</i>	Applause, how to proceed, certification?, group picture, feedback of group, high fives & goodbyes