**Schedule Day 1**

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| **Time** | **Program** | **Content** |
| **09.00-09.15** | Start | Welcome, introduction round. |
| **09.15-09.45** | Kahoot or Lecture | Introduction in musculoskeletal ultrasound. |
| **09.45-10.00**  | Lecture | Quality scanning checklist incl. demo |
| **10.00-10.15** | Lecture | Anatomy: Musculoskeletal ultrasound of the long head biceps and subscapularis |
| **10.15-10.30** | Demo | Musculoskeletal ultrasound of the long head biceps and subscapularis |
| **10.30-10.45** | *Coffee break* |  |
| **10.45-11.45** | Hands-on | Musculoskeletal ultrasound of the long head biceps and subscapularis |
| **11.45-12.05** | Lecture | Pathology: the long head biceps and subscapularis |
| **12.05-12.15** | Kahoot or Lecture | Anatomy: supraspinatus and coracoacromial arch |
| **12.15-12.30** | Demo | Musculoskeletal ultrasound of the supraspinatus. |
| **12.30-13.15** | *Lunch break* |  |
| **13.15-14.30** | Hands-on | Musculoskeletal ultrasound of the supraspinatus. |
| **14.30-14.45** | Lecture | Pathology: supraspinatus |
| **14.45-15.00** | *Coffee break* |  |
| **15.00-15.10** | Kahoot or Lecture | Anatomy: AC-joint, infraspinatus, teres minor |
| **15.10-15.20** | Demo | Musculoskeletal ultrasound of the AC joint, infraspinatus, teres minor |
| **15.20-16.00** | Hands-on  | Musculoskeletal ultrasound of the AC-joint, infraspinatus, teres minor |
| **16.00-16.10** | Lecture | Pathology: AC-joint, infraspinatus, teres minor |
| **16.10-16.20** | Kahoot or Lecture | Anatomy: common extensor tendon |
| **16.20-16.30** | Demo | Musculoskeletal ultrasound of the common extensor tendon |
| **16.30-17.10** | Hands-on | Musculoskeletal ultrasound of the common extensor tendon |
| **17.10-17.25** | Lecture | Pathology: the common extensor tendon |
| **17.25-17.30** | *Closing* | Outlook to next course day, feedback of group |

Schedule Day 2

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| **Time** | **Program** | **Content** |
| **09.00-09.10** | Lecture | Anatomy: ventrolateral, ventral and ventromedial elbow. |
| **09.10-09.20** | Demo | Musculoskeletal ultrasound of the ventrolateral, ventral and ventromedial elbow. |
| **09.20-10.10** | Hands-on | Musculoskeletal ultrasound of the ventrolateral, ventral and ventromedial elbow. |
| **10.10-10.20** | Lecture | Pathology: ventrolateral, ventral and ventromedial elbow |
| **10.20-10.30** | Kahoot or Lecture | Anatomy: medial and posterior elbow |
| **10.30-10.45** | *Coffee break* |  |
| **10.45-10.55** | Demo | Musculoskeletal ultrasound of the medial and posterior elbow |
| **10.55-11.30** | Hands-on | Musculoskeletal ultrasound of the medial and posterior elbow |
| **11.30-11.40** | Lecture | Pathology: medial and posterior elbow |
| **11.40-11.50** | Lecture | How to proceed? |
| **11.50-12.00** | Kahoot or Lecture | Anatomy: extensor compartments and dorsal wrist |
| **12.00-12.15** | Demo | Musculoskeletal ultrasound of the extensor compartments and dorsal wrist |
| **12.15-13.00** | *Lunch break* |  |
| **13.00-13:45** | Hands-on | Musculoskeletal ultrasound of the extensor compartments and dorsal wrist |
| **13.45-13.55** | Lecture | Pathology: extensor compartments and dorsal wrist |
| **13.55-14.05** | Kahoot or Lecture | Anatomy: carpal- and ulnar tunnel. |
| **14.05-14.15** | Demo | Musculoskeletal ultrasound of the carpal- and ulnar tunnel |
| **14.15-15.00** | Hands-on | Musculoskeletal ultrasound of the carpal- and ulnar tunnel. |
| **15.00-15.15** | *Coffee break* |  |
| **15.15.15.30** | Lecture | Pathology: carpal- and ulnar tunnel |
| **15.30-16.45** | Hands-on | Rehearsing shoulder and/or elbow and/or wrist |
| **16.45-17.00** | *Closing* | Outlook to next course day, feedback of group |