



Sovereign
Medical
GROUP



Sovereign Medical Ultrasound Training Program – 23rd April 2025

📍 **Venue:** School of Medicine- UIB- Hospital Universitari Son Espases

🕒 **23rd April: Morning Session: 9:00 AM – 12:00 PM | Afternoon Session: 1:00 PM – 4:00 PM. Same Level 1 program delivered each session.**

Faculty:

- **BSSR Faculty:** Dr Edward Sellon, Dr Yaron Berkowitz
- **BSSH Faculty:** Mr Nick Riley, Mr Chris Little, Ms Sally-Anne Phillips, Mr Jit Sen

23rd April: Basic Hand & Wrist Ultrasound Training & Injection Techniques

◆ **Introduction to Ultrasound in Hand Surgery**

- The role of ultrasound in hand and wrist diagnosis & intervention
- Optimising machine settings.
- Selecting the right transducers and positioning for optimal imaging

◆ **Hand & Wrist Anatomy Under Ultrasound**

- **US to define anatomy-** identify nerves and tendons; follow structures; observe structures moving
- **US to confirm examination findings** - tendon integrity and stability; identify foreign body & position; assess collateral ligament integrity and endpoints; identify solid Vs fluid-filled lesions.
- **US to enable interventions** - Guided aspiration and injection; nerve blocks.

- **Carpal tunnel injection** – Safe and accurate placement under ultrasound guidance
- **Trigger finger injection** – Identifying the A1 pulley for guided procedures
- **CMCJ injection** – Ensuring accurate targeting of the joint space

- ◆ **Setting Up an Ultrasound-Guided Injection Clinic**
 - **Essential Equipment & Setup**
 - Ultrasound machine & probe selection
 - Consumables, sterility, and patient positioning
 - **Clinic Workflow & Best Practices**
 - Patient selection & indications
 - Documentation & consent considerations
 - **Integrating Ultrasound into Daily Practice**
 - How to incorporate ultrasound for routine assessments and procedures

- ◆ **Hands-On Practice & Supervised Scanning**
 - Small group scanning sessions with faculty guidance
 - Case-based discussions

- ◆ **Q&A & Discussion**