

# Diagnostic and Therapeutic Approach to the Upper Extremity



This hands-on course is a 2-day workshop that will allow participants to gain competency in the diagnosis and treatment of the shoulder, elbow, and wrist.

## Day 1

### **Introduction to Prolotherapy and PRP Therapy**

Indications

Contraindications

Common injuries of the Upper Extremity

Aftercare Instructions

### **Introduction to Musculoskeletal Ultrasound**

Basics of Musculoskeletal Ultrasound

Research Supporting the Use of MSK-US

### **Orthopedic Assessment: Elbow**

Intake questions related to the Elbow

Common Pain Referral Patterns

Specialty Testing for Elbow

### **Ultrasound Scanning Demonstration: Elbow**

Normal Elbow Imaging

Identifying Pathology of the Elbow

### **Ultrasound Guided Injection Demonstration: Elbow**

Guided Injection

### **Hands-On Training with Ultrasound for Elbow**

Scanning the Elbow

Guided Injections for the Elbow

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## Day 2

### **Orthopedic Assessment: Shoulder**

Intake questions related to the Shoulder  
Common Pain Referral Patterns  
Specialty Testing for Shoulder

### **Ultrasound Scanning Demonstration: Shoulder**

Normal Shoulder Imaging  
Identifying Pathology of the Shoulder

### **Ultrasound Guided Injection Demonstration: Shoulder**

Guided Injection

### **Hands-On Training with Ultrasound for Shoulder**

Scanning the Shoulder  
Guided Injections for the Shoulder

### **Orthopedic Assessment: Wrist**

Intake questions related to the Wrist  
Common Pain Referral Patterns  
Specialty Testing for Wrist

### **Ultrasound Scanning Demonstration: Wrist**

Normal Wrist Imaging  
Identifying Pathology of the Wrist

### **Ultrasound Guided Injection Demonstration: Wrist**

Guided Injection

### **Hands-On Training with Ultrasound for Wrist**

Scanning the Wrist  
Guided Injections for the Wrist

### **Business Practices for Injection Therapy**

Injection consent form and PARQ  
Cost breakdown of injections  
Pricing