**Lower Limb Course**

**Day 1:**

**Pelvis & Hip**

**8.50am: Introduction: RC**

9am: MRI Technique (15 mins): **RC**

9.15am: Imaging acetabular labral tears (20 min) **HA**

9.35am: FAI Concepts & mechanisms (15Mins) **AJ**

9.50am: FAI: X-Ray & MRI assessment: Are measurements necessary? (15 mins) **AM**

10.05am: Apophyseal injury in the adolescent (15 mins) **AD**

10.20am: Bony stress lesions in the pelvis (15mins) **RC**

10.35am: Discussion (10 mins)

**10.45-11.15 am Coffee**

11.15am: Groin Anatomy & US Demo (20 mins) **AJ & AM**

11.35am: Imaging of groin pain (20 mins) **JL**

11.55 am: Nerve blocks & other injections around the pelvis (15 mins) **AD**

12.10pm: Pyriformis syndrome: Does it exist? Is it an imaging diagnosis? (15 Mins) **RC**

 (+? US demo of anatomy: **AD**)

12.25 pm: CT Pelvis: Orthopaedic measurements (15 mins) **AM**

12.40 pm: AVN & other marrow lesions in the hip (15 mins) **HA**

12.55pm: Discussion

**1-2pm Lunch**

2pm: Muscle anatomy of the hip & thigh & US demo (30mins) **ER & RC**

2.30pm: Muscle Injury: Imaging classification & prognostication (20 mins) **JL**

2.50pm: PRP & other injectables in muscle injury. Do they work? (15mins) **AD**

3.05pm: Causes of lateral Hip pain & US demo (20 mins) **HA & AJ**

3.25pm: Trochanteric Injections: Are they worthwhile? Which injectables? (10mins) **AM**

3.35: Discussion (10 mins)

**3.45-4.15pm Coffee**

**Knee**

4.15pm: MRI Technique (10 mins) **KL**

4.25pm: Meniscal anatomy (15mins) **ER**

4.40pm: Describing patterns of meniscal injury (15mins) **AM**

4.55pm: Difficult meniscal tears and pitfalls in diagnosis. (15 mins)**AD**

5.10pm: Soft tissue abnormalities around the knee (15 mins) **HA**

5.25pm: Discussion

5.30-5.45pm: Drinks break

**5.45pm-6.15pm Guest lecture: Rob Gilbert ?Title.**

**Day 2:**

**9-10.10am: Group Sessions**

**Workshop: Group A** – Case review session on i-Macs: **KL**

**Lectures: Group B** –Lectures

 9.00am: ACL & PCL Injury (20mins) **ER**

 9.20am: LCL & Postero-lateral corner injury (20mins) **JL**

 9.35am MCL & Posteromedial corner injuries (20 mins) **AG**

 9.50am: Osteochondral injury of the knee (10 mins) **AJ**

10.10-10.40am: Groups swap & Coffee

**10.40-11.50am: Group Sessions**

**Workshop: Group B** – Case review session on i-Macs: **JG**

**Lectures: Group A** –Lectures

 10.40am: ACL & PCL Injury (20mins) **ER**

 11.00am: LCL & Postero-lateral corner injury (20mins) **JL**

 11.15am MCL & Posteromedial corner injuries (20 mins) **AG**

 11.35am: Osteochondral injury of the knee (10 mins) **AJ**

11.55am: Patterns of Bone Contusion as predictors of knee injury (20 mins) **AG**

12.15pm: Post-operative Knee ligaments (20 Mins) **AM**

12.35pm: Discussion

**12.45-1.45pm Lunch**

**1.45-2.45pm: Group Sessions**

**Workshop: Group A** – Case review session on i-Macs: **AM**

**Lectures: Group B** –Lectures

 1.45pm: Patellar maltracking: what measurements should I do? (20 mins) **AG**

 2.05pm: CT Knee: Post-operative evaluation (15 mins) **JG**

 2.20pm: Acute Extensor mechanism injuries: MRI/US & US demo (25 mins) **ER & AG**

**2.50pm 3.50pm: Group Sessions**

**Workshop: Group B** – Case review session on i-Macs: **HA**

**Lectures: Group A** –Lectures

 2.50pm: Patellar maltracking: what measurements should I do? (20 mins) **AG**

 3.10pm: CT Knee: Post-operative evaluation (15mins) **JG**

 3.25pm: Acute Extensor mechanism injuries: MRI/US & US demo (25 mins) **ER & AG**

3.50-4.20pm: Coffee

**Ankle & Foot**

4.20pm: MRI Techniques (15 mins) **JG**

4.35pm: Ankle ligament & US demonstration (20 mins) **AM & RC**

4.55pm: Acute vs Chronic lateral ankle ligament injury MRI VS. US (15mins) **AG**

5.10pm: Syndesmotic Injury: Grading injuries (15mins) **AM**

5.25pm: Ankle impingement syndromes (15 mins) **ER**

**5.40pm Discussion & Close**

**Day 3**

**Lectures:**

9am: Ankle tendon anatomy & US demonstration (20 mins) **AJ & AD**

9.20am: Ankle tendon pathology MRI/US (20 mins) **RC**

**9-45.10.45am: Group Sessions**

**Workshop: Group A** – Case review session on i-Macs: **AJ**

**Lectures: Group B** –Lectures

 9.45am: Plantar Fasciitis, plantar fascia injury & therapy (15mins) **HA**

 10.00am: Intervention of Achilles & Patellar tendons (15mins) **AM**

 10.15am: Morton’s Neuroma: Diagnosis and therapy (15 mins) **RC**

 10.30am: Assessment of ankle & foot alignment on X-ray (15 mins) **KL**

10.45-11.15am: Groups swap & Coffee

**11.15-12.15pm: Group Sessions**

**Workshop: Group B** – Case review session on i-Macs: **AJ**

**Lectures: Group A** –Lectures

 11.15am: Plantar Fasciitis, plantar fascia injury & therapy (15mins) **HA**

 11.30am: Intervention of Achilles & Patellar tendons (15mins) **AM**

 11.45am: Morton’s Neuroma: Diagnosis and therapy (15 mins) **RC**

 12.00pm: Assessment of ankle & foot alignment on X-ray (15 mins) **KL**

12.20pm: Stress Fractures of the lower limb (20 mins) **AD**

**12.40pm: Discussion & Close**