



MSK AUSTRALIA

MSK Auckland:

Upper Limb Masterclass

Saturday 31st August 2024

North Shore Hospital

Whenua Pupuke

9:00AM-11:00AM

Shoulder and Surrounding Structures

09:00-09:30: Rotator Interval and Cuff Anatomy

09:30-09:50: Cuff tears and Tendinopathy

09:50-10:20: Shoulder Clinical Presentations and Differential Diagnoses

10:20-11:00: Shoulder Live Scanning Workshop

- Rotator cuff tendons, rotator interval, rotator cable, biceps and its pulley, glenohumeral joint and the inferior glenohumeral ligaments, coracoacromial ligament, coracohumeral ligament, ACJ.
- Shoulder extended examination- pec major and minor and their insertions, SCJ, triceps long head, latissimus dorsi, nerves around the shoulder.

11:00AM-11:30AM

Morning Tea

11:30AM-1:30PM

Elbow and Upper Limb Nerves

11:30-12:00: Elbow Load Induced Tendinopathies

12:00-12:40: Upper Limb Nerve Entrapments

12:40-13:30: Elbow and Upper Arm Nerves Live Scanning Workshop

- Elbow- common extensor origin & lateral ligament complex, common flexor origin, ulnar collateral ligament, biceps tendon and aponeurosis, triceps insertion, joint assessment.
- Upper Limb Nerves- median nerve and its branches, ulnar nerve, radial nerve, posterior interosseous nerve, superficial radial nerve, musculocutaneous nerve and cutaneous nerves of the forearm. Assessment of common areas of neural compression.

PROGRAM



GE HealthCare



MSK AUSTRALIA

MSK Auckland:

Upper Limb Masterclass

Saturday 31st August 2024

North Shore Hospital

Whenua Pupuke

1:30PM-2:15PM

Lunch

2:15PM-4:30PM

Wrist and Digits

14:15-14:40: Radial Sided Wrist Pain

14:40-15:05: Ulnar Sided Wrist Pain

15:05-15:30: Digit Extensor and Flexor Apparatus

15:30-16:30: Wrist and Hand Live Scanning Workshop

- Hand- Thenar and hypothenar muscles, digital nerves, MCP joint, PIP joints, DIP joints, collateral ligaments, palmar plates, flexor and extensor apparatus of the fingers.
- Wrist- extensor tendon compartments, dorsal wrist ligaments, PIN, FCR, FCU, joints about the wrist.

4:30PM-5:00PM

Q&A

PROGRAM



GE HealthCare