



UNIVERSITY OF  
**BALAMAND**  
FACULTY OF MEDICINE AND MEDICAL SCIENCES

1ST UOB PAIN MEDICINE WORKSHOP

# ARTICULATIONS SONOANATOMY AND PROCEDURES

April 26-27, 2024

Location: Dekwaneh Campus



**Dr. Zbigniew Kirkor**

Consultant in Anaesthesia  
and Pain Medicine  
Head of Regenexx Clinic, UK



**Dr. Martynas Juozaitis**

Consultant Anaesthetics and  
Pain Management,  
Princess Royal Hospital, UK



**Dr. Hadi Badran**

Consultant Anesthesia and  
Pain Medicine  
St. Georges Hospital, UK

Course Organizers: Prof Maroun Ghabach, Ass Prof Fadi Zein El Abidine  
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*This Workshop is Worth 9 CME Credits*

## SPONSORS:



Trenker  
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# WORKSHOP PROGRAM:

**Friday April 26, 2024**

14:00-14:15	Registration and Exhibition	
14:15-14:30	Welcome and Introduction	Dr Maroun Ghabach
<b>14:30-16:00</b>	<b>Session One:</b>	
14:30 - 15:00	Regenerative Medicine as Alternative to the Surgery	Dr Martynas Juozaitis
15:00 - 15:30	Medical articles: How to read and limitations	Dr Zbigniew Kirkor
15:30 - 16:00	Osteoarthritis: Non-Surgical Management	Dr Mohammad Ali Reda
16:00-16:30	Coffee Break	
<b>16:30-18:30</b>	<b>Session Two:</b>	
16:30-17:00	Platelet Rich Plasma	Dr Zbigniew Kirkor
17:00-17:30	Bone Marrow Aspirate Concentrate	Dr Martynas Juozaitis
17:30-18:00	Adipose Derived Stem Cells	Dr Zbigniew Kirkor
18:00-18:30	Visco-supplements	Dr Fadi Zein Al Abidine

**Saturday April 27, 2024**

08:30-09:00	Registration and Exhibition	
<b>09:00-10:30</b>	<b>Session Three:</b>	
09:00-09:30	Basics of Radiofrequency in Pain Medicine	Dr Hadi Badran
09:30-10:00	Recent Evidence	Dr Martynas Juozaitis
10:00-10:30	Basics of Ultrasound, Knobology	Dr Maya Sammour
10:30-11:00	Coffee Break	
<b>11:00-12:30</b>	<b>Session Four:</b>	
	Shoulder: Anatomy, Sonoanatomy	Dr Maroun Ghabach
	Elbow: Anatomy, Sonoanatomy	Dr Hadi Badran
	Hip: Anatomy, Sonoanatomy	Dr Martynas Juozaitis
	Knee: Anatomy, Sonoanatomy	Dr Zbigniew Kirkor
12:20-13:30	Lunch Break	
<b>13:30-15:30</b>	<b>Session Five: Hands-On Sonoanatomy (4 stations)</b>	
	Group A	Color Red
	Group B	Color Blue
	Group C	Color Yellow
	Group D	Color Green
15:30-16:00	Coffee Break	
16:00-17:00	Free Session: Hands on	
17:00-17:15	Course Adjourn	

## Sonoanatomy Learning Objectives

1	<b>SHOULDER</b>	Long Head of Biceps Subscapularis Rotator Cuff Tendons Subacromial-Subdeltoid Bursa Coraco-Acromial & Coraco-Clavicular Ligaments Acromio-Clavicular Joint Gleno-Humeral Joint Suprascapular & Axillary Nerves
2	<b>ELBOW</b>	Biceps Brachii & Median Nerves Lateral Epicondyle & Common Extensor Tendon Radial & Posterior Interosseous Nerve Medial Epicondyle & Common Flexor Tendon Cubital Canal & Ulnar Nerve Triceps
3	<b>HIP</b>	Hip Joint Iliopsoas Gluteal Tendons/Bursae Ilio Tibial Band Sartorius Tensor Fascia Lata & Lateral Femoral Cutaneous Nerve Femoral, Saphenous, Obturator Nerves Ischial Tuberosity & Hanstrings
4	<b>KNEE</b>	Quadriceps & Patellar Tendons Supra-patellar Recess Lateral Collateral Ligament & Lateral Menisci Medial Collateral Ligament Medial Menisci & Pes Anserinus Posterior Knee & Genicular Nerves