

Joint & Soft Tissue Injections

For Primary Care

14th & 15th Dec 2023

14th Dec: Holiday Inn Winchester
15th Dec: Village Hotel Bournemouth

ONLINE MODULES

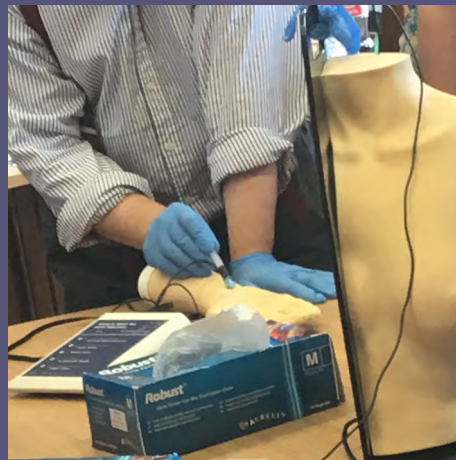
half-day

Basics

Examination
Techniques

Options for
Treatment

Adjunctive
Treatments



Course fee: £250

For an application form or further
Information, Contact

Dr Soon Lim FRCGP

Director of Minor Surgery, RCGP
Education Lead & President, ASPC

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PRACTICAL SESSION

9.30 - 12.30

13.30 - 16.30

SHOULDERS

ELBOWS

HANDS &
WRISTS

KNEES



Joint Injection Course

Practical Skills Module
(3 Hours)

Online
Knowledge
Module



Diagnostic Tests for
tennis and golfers elbow
Eccentric exercises
Injection techniques

Mechanism of action of
corticosteroids



Oxford Hospitals
Shoulder Pathway for
ACJ, GHJ and rotator cuff
tendinopathy
Examination & Injection
techniques

Pharmaceutical
Agents



Trigger finger, De
Quervain's, Carpal
Tunnel
Examination and
Injection techniques

Patient
selection

Knee

OA Knee
Lateral and anterior
approaches to injection.

Consent

- The **joint injection course** is based on the old RCGP 1-day course which has been converted to a hybrid online/attended format as well. It covers the diagnostic tests, injection techniques and rehab exercises for the most injected condition in primary care for the elbow, shoulder, hand/wrist and knee. The 3-hour practical sessions will be carried out on synthetic simulation mannequins. There will be a maximum of 8 delegates per session and a choice of 2 sessions (9.30-12.30 or 1.30-4.30). Following the course, a certificate of CPD is awarded. The course fee is £250.

Programme:

Online Theory Modules:

MSK Steroid Injections	The why, who, what, when and how of corticosteroid injections.
Elbows	Pathology, clinical diagnosis, conservative management, injection and surgical options for common conditions.
Shoulders	
Hands & wrists	
Lower Limb	

F2F Practical modules:

Intro	20min
Elbow (tennis and golfers' elbow)	30min
Shoulder (ACJ, genohumeral disorders and rotator cuff tendinopathies)	50min
Hand (Trigger digit, deQuevain's, carpal tunnel syndrome)	50min
Lower limb (knee, gluteal tendinopathy and plantar fasciopathy)	30min

Dr Soon Lim FRCGP, Education Lead and Director of Events