



# AACES Musculoskeletal Ultrasound Course

## Course Description

This program is designed as an introduction for healthcare providers who are exploring point of care ultrasound to enhance the evaluation and management of the patients with upper and lower limb pathologies.

By providing a structured and systematic approach, all major joints are covered with additional lectures focussing on ultrasound guided interventions and sports injuries. Learning is delivered in an interactive format and with the small class sizes, attendees are encouraged to engage through discussion with the faculty. Participant will develop ultrasound pattern recognition of the major tendons, ligaments, and muscles surrounding joints as well as understand how dynamic assessments can aid in the evaluation of pathologies. Case discussions will enhance learning by making the ultrasound clinically relevant.

**The format will be live scanning of a subject to familiarize participants with a standardized regional scanning protocol, followed by practical hands-on sessions. Additional didactic teaching may be done to highlight specific key pathologies and their sonographic appearance.**

During practical sessions, participants will be guided to perform bedside scans on volunteers and the faculty will pass on pearls of wisdom from their personal experience of performing musculoskeletal ultrasound. With a trainer to trainee ratio to a maximum of 1:5, there is also ample time provided for participants to develop essential motor skills during the Hands-on training sessions.

To complete learning, there will also be a formative assessment, where delegates can challenge themselves on the theoretical and practical aspects of musculoskeletal ultrasound.

## Who Should Attend?

Sports physician, orthopaedic surgeons, emergency physicians, nurse practitioners, residents, medical officers and healthcare workers involved in the management of patients with musculoskeletal complaints. Participants should already have a basic understanding and appreciation of ultrasound physics.

## ACGME-I Competencies

This course is designed to meet one or more of the following ACGME competencies:

- Patient Care
- Medical Knowledge
- Practice-Based Learning and Improvement

# Course Programme

Day 1 (13 <sup>th</sup> Nov 2025)		
Time	Activity	Faculty
0800	Registration	Administration
0825	Intro and Welcome	Dr Benjamin Soh
0830	Ultrasound physics / Knobology	Dr Benjamin Soh
0900	Shoulder – Sonoanatomy and pathology	Dr Benjamin Soh
0925	Shoulder – Live Demo	Dr Benjamin Soh
0940	Hands-on training	All Faculty
1040	Break	
1100	Elbow – Sonoanatomy and pathology	Dr Scott Xu
1125	Elbow – Live Demo	Dr Scott Xu
1140	Hands-on training	All Faculty
1240	Lunch	
1330	Wrist and Hand – Sonoanatomy and pathology	Dr Chin Teck Yew
1355	Wrist and Hand – Live Demo	Dr Chin Teck Yew
1410	Hands-on training	All Faculty
1510	Break	
1530	Knee – Sonoanatomy and pathology	Dr Benjamin Soh
1555	Knee – Live Demo	Dr Benjamin Soh
1610	Hands-on training	All Faculty
1710	Free scanning	All faculty
1730	Close	

Day 2 (14 <sup>th</sup> Nov 2025)		
Time	Activity	Faculty
0800	Registration	Administration
0830	Recap of Day 1 and Q&A session	Dr Benjamin Soh
0900	Hip and Groin - Sonoanatomy and pathology	Dr Ng Chung Sien
0920	Hip and Groin – Live Demo	Dr Ng Chung Sien
0940	Hands-on training	All Faculty
1040	Break	
1100	Foot and Ankle – Sonoanatomy and pathology	Dr Wang Mingchang
1125	Foot and Ankle – Live Demo	Dr Wang Mingchang
1140	Hands-on training	All Faculty
1240	Lunch	
1330	Ultrasound cases in Sports Medicine	Dr Dinesh Sirisena
1400	Ultrasound guided interventions	Dr Dinesh Sirisena
1430	Ultrasound guided injections/Free scanning	All faculty
1500	Break	
1530	Written and practical formative assessment Group 1 – Written Group 2 – Practical	All faculty/Administration
1615	Written and practical formative assessment Group 1 – Practical Group 2 – Written	All faculty/Administration
1715	Feedback session	Dr Benjamin Soh
1730	Close	

## Course Faculty

Dr Benjamin SOH (Consultant, Sports Medicine Service, Department of Orthopaedic Surgery, Khoo Teck Puat Hospital) (Course Director (MSK), AACES)

Dr CHIN Teck Yew (Senior Consultant, Department of Diagnostic Radiology, Khoo Teck Puat Hospital)

Dr Dinesh SIRISENA (Consultant Sports Physician, Injection Technician)

Dr NG Chung Sien (Senior Staff Physician, Sports & Exercise Medicine, Changi General Hospital)

Dr WANG Mingchang (Consultant Sports Physician, Apex Sports Clinic)

Dr Scott XU (Consultant, Sports & Exercise Medicine, Changi General Hospital)