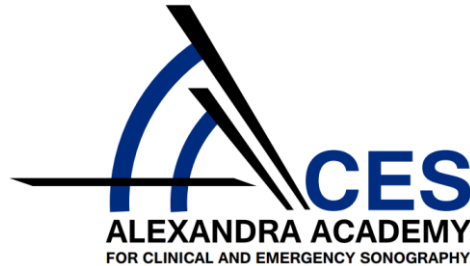


Pain Medicine Ultrasound Course

22 – 23 October 2026



Course Description

Specifically designed for healthcare providers who are exploring point of care ultrasound to enhance the management of patients with chronic pain.

Pain Medicine Ultrasound Course gives you two days of intensive, highly interactive learning and practical information that you can immediately put to use in your practice. Each topic consists of an introductory lecture followed by hands-on practice using live models

Covering all the aspects of Ultrasound application in Chronic Pain, this course presents a systematic and focused assessment with ultrasound. Lectures are succinct and delivered in an interactive format. The participant will develop ultrasound pattern recognition of the neuraxial structures, peripheral nerves, major tendons, ligaments, and muscles surrounding these joints. The case discussions will focus on pathologies that are commonly encountered.

*The **Hands-on Training** is the cornerstone of the program. During these sessions, participants will be guided to perform bedside scans on volunteers. The scanning protocols and pearls and pitfalls to perform interventions and obtaining high quality diagnoses are emphasized. With 9 hours set aside for live demonstration and scanning and keeping the trainer to trainee ratio to a maximum of **1:5**, participants will have ample opportunities to practise during the hands-on training sessions.*

Who should attend?

Chronic pain physicians, anaesthesiologists, sports physicians, orthopaedic surgeons, emergency physicians, palliative care practitioners, residents, medical officers and healthcare workers involved in the management of patients with chronic pain and 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

Registration details on:

<https://for.sg/22-23oct2026pain>

AACES Pain Medicine Ultrasound Course, Singapore 22-23 Oct 2026

Day 1: 22 Oct 2026

0830 Registration

0840 Welcome address

Lectures

0850 Head and Neck I (Cervical Medial Branch, Nerve Roots and Facet Joints)

0910 Head and Neck II (Stellate Ganglion, Greater/ Lesser Occipital Nerves)

0930 Shoulder (Acromioclavicular/ Glenohumeral Joints, Biceps tendon, Subacromial subdeltoid Bursa, Suprascapular Nerve)

0950 Brachial Plexus (Interscalene, Supraclavicular and Axillary approach, Individual nerves)

1010 Elbow and Wrist (Common Extensor/ Common Flexor Tendon, Ulnar Nerve (Cubital tunnel), Median Nerve (Carpal tunnel), Wrist joint, De Quervian's tenosynovitis)

1030 Tea break

1100 Hands – on session 1

1145 Hands – on session 2

1230 Lunch

1330 Hands – on session 3

1415 Hands – on session 4

1500 Tea break

1530 Hands-on session 5

1615 Free scanning

1700 Closing

Day 1 Hands-on stations

A	Head and Neck I	Dr Zheng Zhongxi, Dr Darryl Heng
B	Head and Neck II	Dr Ong Say Yang, Dr P A Singh
C	Shoulder	Dr Christopher Liu, Dr Pang S Y
D	Brachial plexus	Dr Chen Kuo Chih, Dr Ashutosh Joshi
E	Elbow and Wrist	Dr Benjamin Soh, Dr Nimish Mittal

AACES Pain Medicine Ultrasound Course, Singapore 22-23 Oct 2026

Day 2: 23 Oct 2025

Lectures

0830	Registration
0850	Lumbar Spine (Medial branch, Facet, SIJ, Caudal epidural)
0910	Pelvis and Trunk I (Iliohypogastric/ Ilioinguinal, Lateral Femoral Cutaneous, Peng block, Genitofemoral Nerve)
0930	Pelvis and Trunk II (Hip joint, GTPS, Piriformis, Pudendal Nerve)
0950	Knee and Ankle (Knee and Ankle joint, Plantar fascia, Achilles, distal nerves)
1010	Thoracic- Paravertebral, Intercostal Nerves, Erector Spinae Plane (ESP) block
1030	Tea break
1100	Hands – on session 1
1145	Hands – on session 2
1230	Lunch
1330	Hands – on session 3
1415	Hands – on session 4
1500	Tea break
1530	Hands-on session 5
1615	Free scanning
1700	Course Closure

Day 2 Hands-on stations

- | | | |
|---|---------------------|--|
| 1 | Lumbar Spine | Dr Ong Say Yang, Dr
Darryl Heng |
| 2 | Pelvis and Trunk I | Dr Chen Kuo Chih, Dr
Ashutosh Joshi |
| 3 | Pelvis and Trunk II | Dr Zheng Zhongxi, Dr
Nimish Mittal |
| 4 | Knee and Ankle | Dr Christopher Liu, Dr
Benjamin Soh |
| 5 | Thoracic | Dr Pang S Y, Dr P A Singh |

Faculty:

International Faculty

Dr Chen Kuo-Chih

Attending Physician, Emergency Department
Shuang Ho Hospital, Taiwan

Dr (A/Prof) Nimish Mittal

MBBS, MD, MSc., FRCPC (PM&R and Pain Medicine)
Temerty Faculty of Medicine, Division of PM&R, University of Toronto
Department of Anaesthesiology and Pain Medicine, University of Toronto
Faculty of Kinesiology and Physical Education, University of Toronto
Co- Medical Director – GoodHope Ehler Danlos Syndrome Clinic, Toronto General Hospital
Staff Physician/ Affiliate Scientist – University Health Network (UHN)/ KITE/Toronto

Local Faculty

Dr Ashutosh Joshi (Course Director)

MBBS, FCAI, G Dip (Palliative Medicine), FAMS
Senior Consultant, Department of Anaesthesia, Khoo Teck Puat Hospital

Dr Benjamin Soh Zhi An

MBBS, M Med (Family Medicine)
Consultant, Department of Orthopaedic Surgery, Khoo Teck Puat Hospital

Dr Christopher Liu

MBBS, M Med (Anaesthesia), FAMS
Medical Director, Alleviate Pain Clinic

Dr Darryl Heng Hee Chuan

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Consultant, Department of Anaesthesia, Khoo Teck Puat Hospital

Dr Ong Say Yang

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Senior Consultant, Department of Anaesthesia, National University Hospital
President, Pain Association of Singapore

Dr Pang Si Ying

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Dr Prit Anand Singh

MBBS, FRCA, FFPMRCA
Senior Consultant, Dept of Anaesthesia, Changi General Hospital

Dr Zheng Zhongxi

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Senior Consultant, Department of Anaesthesia, Changi General Hospital