

## **Section I: Techniques**

1. How to do an Interventional Procedure
2. Local Anaesthetics
3. Steroids
4. Autologous Blood Injection
5. Platelet Rich Plasma (PRP) and Autologous Conditioned Plasma (ACP)
6. Dry Needling (Peppering, Fenestration)
7. Saline Tripping for Tendinopathy (High Volume Injections or Brisement)
8. Tendon Sheath Ganglion Aspiration
9. Barbotage
10. Biopsy
11. Coblation
12. Extracorporeal Shock Wave Therapy (ECSWT)
13. Prolotherapy
14. Sclerosant Therapy

## **Section II: Shoulder**

15. Acromioclavicular Joint
16. Glenohumeral Joint including Hydrodilatation
17. Glenohumeral Joint Arthrogram
18. Sterno-Clavicular Joint
19. Long Head of Biceps Tendon
20. Subacromial Subdeltoid Bursa
21. Suprascapular Notch Injection

## **Section III: Elbow**

22. Elbow Joint
23. Radiocapitellar Joint
24. Dry needling in Lateral Epicondylitis
25. Olecranon Bursa
26. Cubital Tunnel Injection

## **Section IV: Wrist**

27. Distal Radio Ulnar Joint
28. Radiocarpal Joint
29. DeQuervain's Tenosynovitis
30. Wrist Extensor Tendon Sheath Injections
31. Carpal Tunnel Injection
32. Wrist Ganglia Aspiration

## **Section V: Hand**

33. Thumb Carpometacarpal Joint
34. Metacarpophalangeal Joint
35. Proximal and Distal Interphalangeal Joints
36. Scaphotrapezium Trapezoid Joint
37. Flexor Tendon Sheath Injections
38. Trigger Finger Release

## **Section VI: Hip & Groin**

39. Hip Joint AP Approach

40. Hip Joint Lateral Approach
41. Greater Trochanter
42. Iliopsoas Bursa
43. Iliotibial Tract
44. Symphysis Pubis
45. Adductor Tendons

**Section VII: Knee**

46. Knee Joint
47. Patella Tendon
48. Proximal Tibio-fibular Joint
49. Pes Anserine Complex (Bursitis)
50. Iliotibial Tract
51. Popliteal Cyst (Baker's Cyst)

**Section VIII: Ankle**

52. Ankle Joint
53. Subtalar Joint
54. Antero-lateral Gutter
55. High Volume Injections for Achilles Tendinopathy (Saline Stripping)
56. Peroneal Tendon Sheath Injections
57. Tibialis Posterior Tendon Sheath Injections
58. Sinus Tarsi

**Section IX: Foot**

59. Metatarsophalangeal Joint
60. Talo-navicular Joint
61. Plantar Fasciitis
62. Mortons Neuroma