

Unlocking Elbow insights:

“A Deep Dive into Musculoskeletal Ultrasound”

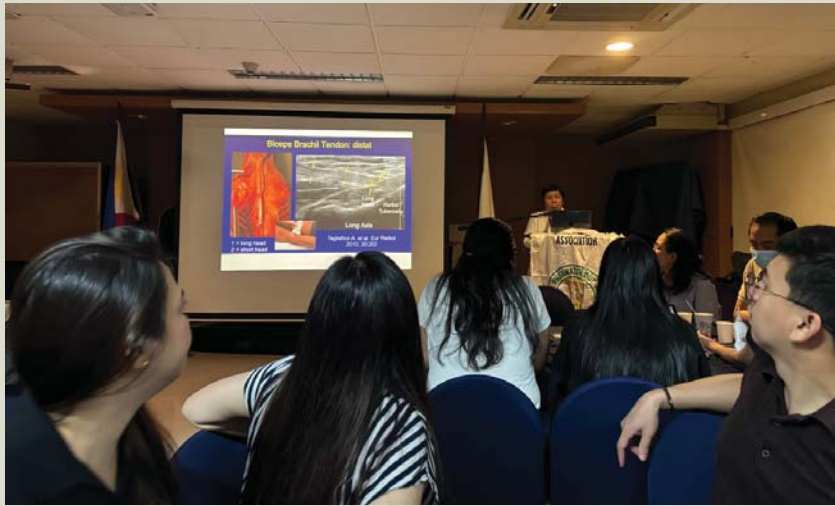
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MSK WORKSHOP

The Philippine Rheumatology Association conducted its 4th Musculoskeletal Ultrasound Workshop focusing on the elbow at Saint Luke's Medical Center last 27 July 2024. This specialized session aims to equip the Rheumatology fellows in training of the 5 Rheumatology training institutions with the knowledge and techniques necessary to perform detailed musculoskeletal ultrasound evaluations, focusing specifically on the intricate anatomy and common pathologies of the elbow



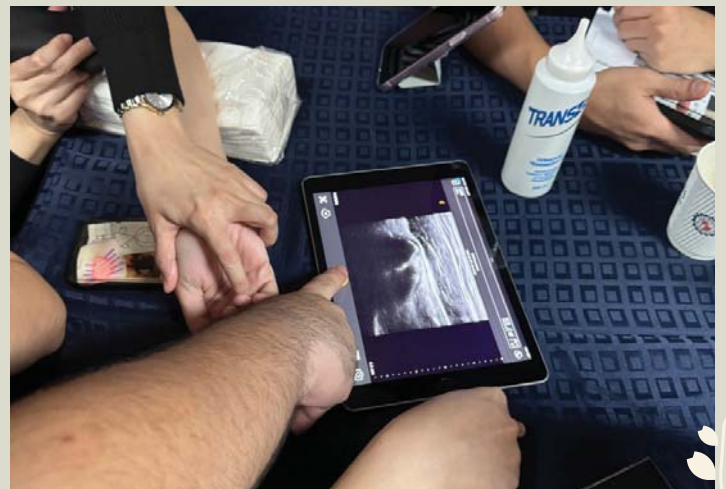
In this workshop, the fellows explored through the nuances of elbow ultrasound, learning to interpret and diagnose various conditions with precision. The expert instructors guided the participants through hands-on sessions, providing practical experience and personalized feedback. For us fellows trying to refine our skills and are eager to expand our expertise, this workshop offered invaluable insights and opportunities for professional growth.



Dr. Millicent Tan Ong provided a fantastic lecture using high-quality images which made complex anatomical details and enhanced the learning experience .

The hands-on component where participants took turns performing ultrasound on a specific model is a crucial aspect of the workshop. This practical experience allowed the participants to apply theoretical knowledge in a controlled, real-world setting, enhancing their learning and skill development.

Participants were able to directly apply the ultrasound techniques and protocols from Dr. Tan Ong's lecture, including probe positioning and optimizing settings. They received personalized feedback from instructors, refining their techniques and deepening their understanding of elbow anatomy and pathology. Practicing with a model helped them develop diagnostic skills for conditions like tendinitis and joint effusions, boosting their confidence. The collaborative learning environment also allowed participants to learn from each other's experiences, enhancing the overall workshop.



**"TELL ME AND I FORGET, TEACH ME AND I MAY REMEMBER,
INVOLVE ME AND I LEARN."**

BENJAMIN FRANKLIN