

SCHEDULE AT A GLANCE - DAY ONE

Schedule-At-A-Glance

* Times listed are in Central Standard Time (CST).

Day One: Saturday, April 2, 2022

8:00 am - 8:30 am	Review of terminology and quiz over recorded materials
8:30 am - 9:15 am	Rehabilitative Ultrasound Imaging (RUSI) Basics Clinical application of RUSI in physical therapy Reliability and validity
9:15 am - 10:15 am	Ultrasound 101 Physics, Image Generation Interpreting the US images
10:15 am - 10:45 am	Knobology Measurements and annotations
10:45 am - 11:30 am	Lab I – Knobology Image creation, presets, image optimization, PARRT
11:30 am - 12:15 pm	Lecture: Imaging the Anterior Abdominal Wall -Sonographic anatomy, morphology, morphometry -Application of RUSI for anterior abdominal wall in clinical setting
12:15 pm - 1:15 pm	Lunch
1:15 pm - 2:15 pm	Lab II – Anterior Abdominal Wall -Evaluation and functional training of pressure system management -Inner-rectus distance and behavior with curl-up task
2:15 pm - 3:00 pm	Lecture: Imaging the Lateral Abdominal Wall -Sonographic anatomy, morphology, morphometry -Application of RUSI for lateral abdominal wall in clinical setting
3:00 pm - 4:00 pm	Lab III - Lateral Abdominal Wall -Evaluation and functional training, motor control, co-activation with PFM for core control and pressure management for continence, lumbopelvic dysfunction and the postpartum tummy
4:00 pm - 4:30 pm	Lecture: Imaging the Respiratory Diaphragm -Sonographic anatomy, morphometry -M-mode ultrasound imaging for diaphragm excursion
4:30 pm - 5:30 pm	Lab IV – Respiratory diaphragm -Evaluation of diaphragm excursion -Measurement of diaphragm excursion with B-mode and M-mode ultrasound

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Day Two: Sunday, April 3, 2022

8:00 am - 9:00 am	Lecture: Transabdominal Imaging of the Bladder and Pelvic Floor -Sonographic anatomy, morphology, morphometry of the PFM and pelvic contents -Application of RUSI for PFM wall in clinical setting
9:00 am - 10:00 am	Lab V: Transabdominal imaging of the bladder and PFM -Evaluation and functional training, motor control, pressure management, load transfer in supine and standing -RUSI for bladder volumes, post void residual, bladder wall thickness
10:00 am - 10:45 am	Lecture: Imaging of the deep lumbar multifidus -Sonographic anatomy, morphology, morphometry -Application of RUSI for lumbar multifidus in clinical setting
11:00 am - 12:00 pm	Lab VI: Deep lumbar multifidus muscle -Evaluation and functional training of voluntary and involuntary motor control -Observation of asymmetry
12:00 pm - 1:00 pm	Lunch and Lecture: Marketing RUSI
1:00 pm - 1:30 pm	TPUS Male Lecture -Sonographic anatomy, morphology, morphometry -Application of RUSI for transperineal assessment of pelvic floor in clinical setting
1:30 pm - 2:30 pm	Lab VII: TPUS Male (Arrange for male models to arrive at 1:15) -Evaluation and functional training of voluntary and involuntary motor control -Observation of discrete motor control patterns for continence
2:30 pm - 3:30 pm	Lab VI: Transperineal Female -Evaluation and functional training of voluntary and involuntary motor control -Observation of anterior compartment, bladder neck, prolapse, puffer training -Observation of posterior compartment, anorectal angle, anal canal, defecation disorders
3:30 pm - 4:30 pm	Transperineal/urogenital diaphragm applications for female -Sonographic anatomy, morphology, morphometry -Application of RUSI for transperineal assessment of pelvic floor in clinical setting -Anterior and posterior compartments

Total time: 18.5 hours

SCHEDULE AT A GLANCE - DAY TWO