



**THE SOCIETY OF
MUSCULOSKELETAL
MEDICINE**
putting theory into practice

SOMM Injection Therapy CPD day – One-day course

- Are you an injection therapist looking for some quality CPD and a one-stop injection therapy update?
- Are you interested in developing your ongoing injection therapy capabilities and CPD within your portfolio?
- Would you like to learn the current evidence, as well as refreshing your practical skills and enhancing your clinical reasoning skills in MSK injection therapy?

Come and join us if any of your answers are YES!



Overview of the SOMM Injection Therapy CPD day

This highly popular CPD day - recently updated with clinical experience, evidence and feedback from our multi-professional MSK communities - aims to provide injection therapists with a **one-stop update and refresher**. It is an essential CPD activity in demonstrating ongoing capabilities, currency and continued professional development in injection therapy and for your portfolio.

This is a **face-to-face** course, which includes a combination of:

- Bite-size lectures on a variety of topics and clinical updates in injection therapy;
- Interactive practical workshop to revise surface anatomy and palpation skills;
- Case-based discussions offering delegates an opportunity to discuss case scenarios and enhancing clinical reasoning skills.

This one-day CPD day is **ideal for existing multi-professional MSK injection therapists**, who are currently practising anatomical landmark-guided injection in their clinical settings. This includes FCPs, ACPs, MSK Physiotherapists and medical doctors, such as GPs, and doctors in sport & exercise medicine and orthopaedics.

Teaching team

The CPD day will be run by two SOMM IT tutors. Our teaching team includes medical practitioners and advanced/ consultant physiotherapists, who are highly experienced in using injection therapy as part of their clinical practice, and highly experienced in Masters-level teaching and assessment:

- **Dr Sharon Chan-Braddock**- Module Lead of Injection Therapy & APP in MSK and FCP
- **Nick Worth**- SOMM Chair of Council & Private Physiotherapist
- **Dr Duncan Reid**- Sport and Exercise Medicine Doctor & GPwSI MSK
- **Amanda Hensman-Crook**- Consultant Physiotherapist & PhD candidate
- **Helen Welch**- Consultant Physiotherapist & Professional Doctorate candidate
- **Matt Daly**- APP in MSK & FCP clinical lead
- **Dr Niall Corroon**- GPwSI MSK & GP Partner
- **Dr Simon Morris**- Sport and Exercise Medicine Doctor & GPwSI MSK





- 08.45 *Coffee & registration*
- 09.15 Introduction and objectives for the day
Upper Limb injections workshop
 Problem solving, clinical reasoning, case scenarios, when to/not to inject |
Practical skill workshop upper limbs
- 10.30 *Break*
- 10.45 More harm than good? Steroid on tendons and joints**
 Effects of steroid on tendons and joints
 Current evidence
 Clinical implication
- 11:15 **When do we use/ not use local anaesthetics?**
 Effects of LA on tendons and articular cartilage
 Current evidence
 Clinical implication
- 11:45 **Aftercare advice**
 Relative rest- for how long?
 Rehabilitation/ total management plan
 Current evidence/ EULAR guidelines
- 13.00 *Lunch*
- 13.45 **Anticoagulation therapy (ACT) and MSK injections**
 Overview of ACT
 Difference between ACT and Anti-platelet therapy (APT) medications
 Cautions and general [advice](#)
- 14.15 **Lower Limb injections workshop**
 Problem solving, clinical reasoning, case scenarios, when to/not to inject
Practical skill workshop lower limbs
- 15.30 *Break*
- 15.45 **Visco-supplementation and Regenerative medicine**
 Overview on HA, PRP, stems cells [therapy](#)
 Current evidence
 Clinical implication
- 16.15 **Update on cautions in MSK injection**
 Central Serous Chorioretinopathy (CSC) and glaucoma
 Acute porphyria
 LT steroids
 Local policies
- 16.45 **Open Q & A**
- 17.00 *Close*

Date & venue

Venue	Date	Venue	Cost fees
Belfast	Sat 9 th March 2024	Musgrave Park Hospital, Belfast (24 places)	£175
Belfast	Sun 10 th March 2024	Musgrave Park Hospital, Belfast (24 places)	£175
Liverpool	Sat 11 th May 2024	SOMM HQ (24 places)	£175

Booking and further information- For further information and booking, please visit our website via [Training Days | SOMM | Society of Musculoskeletal Medicine \(sommcourses.org\)](#)