

2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

MSK Ultrasound for Pain

Presented by: MAJ Brian Merrigan & Dr. Chelsea Hamilton

Offered: 18 Aug 2026; 0730-1130 AM ET, 1230-1630 PM ET

Location: National Union Building, Washington, DC

Description: This class reviews the basic principles of musculoskeletal (MSK) ultrasound (US), instrumentation and basic US examination for the diagnosis of MSK conditions. Students will learn to recognize the appearance of pathologic tissue and how it differs from normal tissue under US. They will learn how to adjust instruments and knobs to optimize image quality, reducing artifact. Basic protocols for scanning the shoulder, elbow, wrist, hand, hip, knee and ankle will be reviewed, with common diagnoses and conditions highlighted. Students will get hands on experience operating the US and scanning body regions.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. Incorporate basic principles of MSK ultrasound, instrumentation, and basic imaging adjustment (knobology) to improve exam quality.
2. Recognize normal and pathologic appearances on US of various body structures to facilitate diagnosis and management of MSK conditions.
3. Recognize artifact and implement measures to reduce it to optimize diagnostic imaging.
4. Use basic ultrasound exam protocols for the shoulder, elbow, wrist, hand, hip, knee and ankle to diagnose common MSK conditions.

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- 0730–0815 Principles of MSK US
I. Intro to the US machine, tools, settings
II. Basic image adjustment (knobology)
III. Practice session
- 0815–0915 Shoulder
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 0930–1015 Elbow
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 1015–1130 Wrist and Hand
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 1130–1230 ----- LUNCH -----
- 1230–1330 Hip
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 1330–1430 Knee
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 1445–1545 Ankle
I. Review of normal anatomy, pathology, scanning protocol
II. Practice session
- 1545–1630 Questions & Answers, Resources