

Lumbopelvic Ultrasound Imaging – Schedule at a Glance Mountain Time Zone

	Day One - Saturday		Day Two - Sunday
0800	Lecture: Ultrasound 101	0800	Lecture: TAUS of the bladder and Pelvic Floor
	Knobology, image generation		Sonographic anatomy, morphology, morphometry of the PFM and pelvic contents
	Interpreting the US image, measurements		Pelvic floor, pelvic wall and pelvic contents
0845	Lab I: Knobology		Application of RUSI for PFM in clinical setting
	Image creation, using presets	0900	Lab VI: TAUS of the Bladder and Pelvic Floor
	Image optimization, PARRT		Structure identification
	Measurements		B-mode and M-mode,
0945	Lecture: Imaging anterior abdominal wall		Axial loading in supine and standing
	Sonographic anatomy, morphology		Bladder volumes, post void residual
	Clinical application for AAW	1015	Lecture: Transperineal People with Male Anatomy
1030	Lab II: Anterior abdominal wall		Sonographic anatomy, morphology, morphometry
	Structure identification		Application of RUSI for TPUS in clinical setting
	Evaluation and functional training		Post prostatectomy care
	Inner-rectus distance, behavior with CUT	1115	Brief Meal Break
1130	Meal break	1130	Male anatomy models should arrive
		1145	Lab VI: Transperineal for people with male anatomy
			Structure identification
			Evaluation and functional training
1230	Lecture: Imaging lateral abdominal wall		Discrete motor control patterns for continence
	Sonographic anatomy, morphology, morphometry	1245	Lecture: Transperineal for people with female anatomy – Anterior compartment
	Clinical applications		Sonographic anatomy, morphology, morphometry
1330	Lab III: Lateral abdominal wall		Assessment of pelvic floor in clinical setting
	Structure identification	1330	Lab VII: TPUS female anterior compartment
	Evaluation and functional training		Structure identification
	Co-activation, pressure management supine and standing		Evaluation and functional training of voluntary and involuntary motor control
1415	Lecture: Imaging the deep lumbar multifidus		Prolapse evaluation with strain, valsalva
	Sonographic anatomy, morphology, morphometry and clinical applications		Bladder neck stability, Puffer training
1445	Lab IV: Deep lumbar multifidus	1445	Lecture: TPUS - Posterior compartment
	Structure identification		Sonographic anatomy, morphology, morphometry
	Observation in transverse and sagittal planes		Application of RUSI for defecation dysfunction in a clinical setting
	Evaluation and functional training	1530	Lab VIII: TPUS – Posterior Compartment
1545	Lecture: Imaging respiratory diaphragm		Structure identification
	Sonographic anatomy, morphology, morphometry		Evaluation and functional training of voluntary and involuntary motor control
	Clinical applications		Anorectal angle, anal canal, defecation disorders
1630	Lab V: Respiratory diaphragm	1630	Adjourn
	Structure identification		
	Diaphragm excursion B-mode and M-mode		
	Response to intervention		
1730	Adjourn		