

## Written report

It is my great honour to receive the travelling sponsorship for young fellows to attend the Kuala Lumpur Global Musculoskeletal Ultrasound Course on 14-15 May 2023.

The course has been run for over 10 years. The organizer, Professor John George, is a consultant radiologist with expertise in musculoskeletal MRI and Ultrasound. The target participants of this course are general practitioners who wish to apply musculoskeletal ultrasound for clinical practice.

The 2-day course is well organized and structured. In the morning there were lectures with detailed illustration of sonographic anatomy. It covered shoulder, elbow, wrist, knee and ankle. MRI and ultrasound of various pathologies were shown for correlation. Comprehensive course materials including powerpoint slides and an ultrasound technique workbook were printed for all participants. Hands-on practices were organized in the afternoon in groups of 5 to 6 people. Experienced radiologists demonstrated the systematic examination of the joints. Participants may also ask them to demonstrate certain anatomical structures of interest. Examples included suprascapular nerve and spinoglenoid notch. We had to perform ultrasound examination under supervision of the faculties afterwards. In the last hands-on session, the faculties asked each participant to demonstrate 3 anatomical structures as a quiz.

After attending the course, I am confident in application of ultrasound during my clinical practice. Professor John George also shared a lot of his personal experience in ultrasound guided platelet rich plasma injection for tendinopathies, high grade muscle tear and ligament injuries. The patients generally reported satisfactory reduction in pain and improvement in function.

I highly recommend this course to young fellows who wish to incorporate musculoskeletal ultrasound into their clinical practice. It is particularly suitable for orthopaedic surgeons as we know the anatomy of the extremities. The next course is going to be held in May 2024. Last but not least, I would like to thank

the Young Fellow Committee of Hong Kong College of Orthopaedic Surgeon  
for the sponsorship.

Dr. Chan Tze-wang (PYNEH)  
29-5-2023