



# Rehabilitative Ultrasound Level 1 Course

Presenter Mr. Peter Esselbach  
Physiotherapist & Sonographer



Time	Topic Day 1
8:45-9:00	Registration
9:00-9:30	Basics of Sonography and Utilising RTU Machine
9:30-10:00	Demo & Group scanning: Basics of Sonography and Utilising RTU Machine
10:00 -10:30	US of Muscle
10:30- 11:00	Demo and Group scanning of Calf muscle
11:00-11:15	Morning tea
11:15-12:00	US of Bursa, tendons, ligaments, fascia and bone
12:00-12:30	Demo and Group scanning of Achilles and Plantar fascia US
12:30-12:45	US of Foreign bodies and infection
12:45-1:00	Limitations and pitfalls of US
1:00-2:00	Lunch
2:00-2:30	Motor Control and US of the Pelvic Floor
2:30-3:00	Demo and Group scanning of Pelvic Floor US
3:00-3:30	Ultrasound of TrA
3:30-4:00	Demo and Group scanning of Ultrasound of TrA
4:00-4:30	US of Multifidus
4:30-5:00	Demo and Group scanning of Multifidus

Time	Topic Day 2
9:00-9:30	US of Blood vessels , nerves and lymph nodes
9:30:10-15	US of the Knee
10:15-11:00	Demo and Group scanning of the anterior knee
11:00-11:30	Demo and Group scanning of the popliteal fossa and med/lateral knee
11:30:12:30	US of the Anterior Hip
12:30: 1:00	Demo and Group scanning of the Anterior Hip
1:00-2:00	Lunch
2:00-2:30	US of the lateral hip
2:30-3:00	Demo and Group scanning of lateral hip US
3:00-3:50	US of the shoulder
3:50-4:30	Demo and Group scanning of shoulder US
4:30-4:45	Image Interpretation session
4:45-5:00	Course Evaluation and Quiz

