

# 4<sup>th</sup> Annual Hip Symposium: Hip Diagnostic and Interventional Ultrasound Lab Syllabus

- (1) Using ultrasound, identify and recognize anatomical landmarks that correlate with relevant bone, muscle, ligament and tendon structures around the hip joint
  - (a) Anterior hip joint
    - Femoral head
    - Femoral neck
    - Joint capsule
    - Anterior labrum
    - Iliopsoas tendon
    - Femoral vessels and nerve
    - Sartorius
    - Rectus femoris
  - (b) Lateral
    - Gluteus medius
    - Gluteus maximus
    - Gluteus minimus
    - TFL/ITB
  - (c) Medial
    - Adductor muscles
    - Distal iliopsoas tendon
    - Pubic bone, and pubic symphysis
    - Distal rectus abdominis insertion
  - (d) Posterior
    - Gluteal muscles
    - Hamstrings
    - Ischial tuberosity
    - Sciatic nerve
- (2) Understand how to perform an injection of the following:
  - (a) Hip joint
  - (b) Iliopsoas Tendon
  - (c) Piriformis
  - (d) SI Joint
  - (e) Greater Trochanteric bursa/tendon

