



Injection Treatments for Orthopedic Pain-Honduras 2024
Gran Hotel Paris
La Ceiba, Honduras
March 1 – March 9, 2024
Course Agenda

Saturday, March 2, 2024

Morning (AM)

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|-------------|--|-----------------------------------|
| 7:00-8:00 | Breakfast | |
| 8:00-8:15 | Welcome & Orientation | Kay Weeden & Brian Ralston, MD |
| 8:15-8:45 | The Basics: Injection Solutions & Supplies | Kay Weeden & Brian Ralston, MD |
| 8:45-9:15 | Knee Anatomy | David Wang, DO |
| 9:15-9:45 | Knee Marking & Palpating | David Wang, DO |
| 9:45-10:15 | Shoulder Anatomy | Ripal Parikh, DO |
| 10:15-10:45 | Shoulder Marking & Palpating | Ripal Parikh, DO |
| 10:45-11:15 | Lumbar Spine Anatomy | David Wang, DO |
| 11:15-11:45 | Lumbar Spine Marking & Palpating | David Wang, DO |
| 11:45-12:15 | Hip Anatomy | Brian Ralston, MD |
| 12:15-12:45 | Hip Marking & Palpating | Brian Ralston, MD |

Afternoon (PM)

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| 12:45-1:30 | Lunch | |
| 1:30-2:00 | Ankle/Foot Anatomy | Brian Ralston, MD |
| 2:00-2:30 | Ankle/Foot Marking & Palpating | Brian Ralston, MD |
| 2:30-3:00 | Elbow/Wrist Anatomy | Ripal Parikh, DO |
| 3:00-3:30 | Elbow/Wrist Marking & Palpating | Ripal Parikh, DO |
| 3:30-4:00 | Cervical/Thoracic Spine Anatomy | David Wang, DO |
| 4:00-4:30 | Cervical/Thoracic Spine Marking & Palpating | David Wang, DO |
| 4:30-5:00 | Safety & Needle Stick Protocol | William Knight, MD |
| 5:00-5:30 | HHPF Policies and Logistic Instructions | Kay Weeden |



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Monday March 4, 2024

9:00-10:00 AM Morning Clinical Skills-Knee David Wang, DO
10:30AM-12:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
12:30PM-1:30PM Lunch
1:30PM-5:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
7:30-9:00PM Anatomy&Injection Technique-Knee Flory Davila, MD

Tuesday March 5, 2024, 2024

9:00-10:00 AM Morning Clinical Skills-Shoulder Ripal Parikh, DO
10:30AM-12:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
12:30PM-1:30PM Lunch
1:30PM-5:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
7:30-9:00 PM Anatomy&Injection Technique Shoulder Part 2 Ripal Parikh, DO

Wednesday, March 6, 2024

9:00-10:00 AM Morning Clinical Skills-Ankle David Wang, DO
10:30AM-12:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
12:30PM-1:30PM Lunch
1:30PM-5:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)
7:30-9:00 PM Anatomy&Injection Techniques-Ankle William Knight, MD

Thursday, March 7, 2024

9:00-10:00 AM Morning Clinical Skills-Elbow/Wrist

Ripal Parikh, DO

10:30AM-12:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)

12:30PM-1:30PM Lunch

1:30PM-5:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Janze, Lanza, Ralston)

7:30-9:00 PM Anatomy&Injection Techniques elbow/wrist

Jay Harms, MD

Friday, March 8, 2024

9:00-10:00 AM Morning Clinical Skills-Hip

Brian Ralston, MD

10:30AM-12:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)

12:30PM-1:30PM Lunch

1:30PM-5:30 PM Workshops: La Ceiba, Tela
La Ceiba (Wang, Parikh, Davila, Knight, Svetozarevic)
Tela (Harms, Carda, Lanza, Ralston)

Planning Committee: Annette Zaharoff MD, Michael Weber MD