

Artofinjection

Fullday Course (09:00 - 16:30)

Content:

Injection therapy is significantly more than technology and anatomy. I have chosen the name Artofinjection, because it best describes what I intend. In order to develop your skills in this area requires trust, presence and awareness of what you are doing. The focus and readiness to cope with any complications, and a certain amount of compassion for the patient are also important ingredients. In most countries, doctors have the exclusive right to this kind of injections to treat physical pain syndrome. During this course we go through the most common injection forms in primary care. We will also practice how we find our inner peace, our trust and our presence in the practice of this art form. This course is unique in the world. We practice together with real syringes and small needles. All for daring to evolve and become skillful, as a doctor or physiotherapist.

This is an interactive course. We practice on each other. Please come in workout clothes. It will be very much "hands on".

SCHEDULE

09: 00-10: 00 Introduction. COURSE STRUCTURE. Grouping.

- Theory, practical tips, why "The artofinjection".
- "Tricks of the trade", everything to make it as smooth as possible.
- Entry technique (Muscle pain): wheals / papules with only NaCl.

10: 00-10: 15 Coffee / tea break.

10: 15-12: 00 Cortisone Injections: Where, how and when.

- Indications and contraindications.
- Effects and side effects.
- Rehab plan.
- Techniques: Subakromiel pain syndrome.
- Technology, handling, and the performance. We train in pairs on each other.

12: 00-13: 00 LUNCH

13: 00-15: 00 Regathering and feedback on the morning techniques.

- Technics:
- Frozen Shoulder,
- ACL (acromioclavicular) affection,

- Possibly Thumbbase (CMC1),
- Knee injection sitting..

15: 00-15: 15 Coffee / tea break.

15: 15-16: 30 - small joints theoretically.

- Pelvic disorder, Trokanteritis, piriformis syndrome.
- Specific Stretching Piriformis.
- Sacroileit, the "missed diagnosis."
- Open Forum/ questations.

During the day, you will receive the DVD "Injectionart" as coursematerial.

You can also download the "Injectionguide" for free from my website

www.artofinjection.com (on pdf).

However, the best learningtool is the app - **artofinjection**. Easy to use, always with you

and quite cheap. Check the website above for links.

Coursefee: 3800 SEK + VAT (ca 480 Euro), including dvd, coffee x 2, diploma and Injectionguide.

Notification and more info: artofinjection@gmail.com

Welcome

Dr. Roger Stadra
MD, GP, specialist in
Ortopedic Medicine
Creator & Senior teacher