



West Coast Injection Training Inc, Itinerary Jan 24 - 26 2026, Vancouver

Part A - Peripheral Joint Injection Training Workshop

Part B - Axial Skeleton Injection Training Workshop

Orthopedics, Perineural & Trigger Point Injections - Training Workshop

Saturday Jan 24th 2026: Day 1 PHYSIOLAB

0900

Arrival at PHYSIOLAB

128 Keefer Street, Vancouver BC,
V6A 1X4.

thephysiolab.ca/

P H Y S I O L A B

Where can I park?

Street parking is paid and meters will have to be tended.

There is a paid parkade at 110 Keefer called EasyPark lot 7. Their daily rate \$ 23.25 - they accept Visa, MasterCard, American Express (2 min walk from Venue)

Pay by apps: Zipby, PaybyPhone, Honk Mobile or Park Mobile

What should I wear? Dress in layers - you will be scanned throughout the course. Tank tops and shorts under comfortable clothes work best.

0930

General introduction and ground rules

Advanced Injection Therapy
PERIPHERAL INTERVENTIONS
Didactic lecture Hands-On training

Advanced Injection tiTherapy
AXIAL SPINE INTERVENTION
Didactic lecture Hands-On training

Orthopedics, Perineural &
Trigger Point Injections
Didactic lecture Hands-On training

1000
-
1230

Shoulder
SUBACROMIAL
BURSITIS
SUBDELTOID
BURSITIS
ACJ ARTHRITIS
GHJ ARTHRITIS
BICEPS TENDON

Sacrum, coccyx
SACROILIAC JOINT
SACROTUBEROUS
LIGAMENT
POSTERIOR SUPERIOR
ILIAC

Didactic: Foundations Review
Lumbosacral Anatomy
Hands on: Solutions, Nerve and
Trigger Point Injections,
Darting+Stabilizing Techniques

Didactic: Hip Anatomy
Hands on: Nerve and Trigger Point
Injections, Backhand Techniques

1230

Lunch Time - Food Provided

1300
-
1500

Knee Joint
KNEE JOINT
MEDIAL KNEE
LATERAL KNEE
BAKER'S CYST

Sacrum, coccyx
POST. SACROILIAC
LIGAMENT
SACROCOCOCYGEAL
LIGAMENT
CAUDAL EPIDURAL

Didactic: Knee Anatomy
Hands on: Nerve Injections

1400
KNEE
E
DEMO
O
HA

1500 - 1700	<u>Hip Joint</u> HIP JOINT GREATER TROCHANTER	<u>Lumbar</u> LUMBAR FACETS TRANSVERSE PROCESSES LUMBAR LAMINA	Didactic: Ankle/Foot Anatomy Hands on: Nerve Injections, Tenting Technique
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1700
-
1900

Sponsored Vendor Reception: Dinner and Refreshments















Sunday Jan 25th 2026: Day 2 PHYSIOLAB

0900 - 1100	<u>Wrist</u> CMC JOINT DE QUERVAIN'S INTERSECTION SYNDROME TRIGGER FINGER	<u>Lumbar Cont'd</u> ILIOLUMBAR LIGAMENT LUMBAR SPINOUS PROCESS INTERSPINOUS LIGAMENT	Didactic: Foundations Upper Review Head / Neck Anatomy Hands on: Nerve and Trigger Point Injections; Crown of Thorns and Facial Techniques
1100 -1110	Break Time - Food Provided		
1110 - 1230	<u>Elbow</u> LATERAL EPICONDYLITIS MEDIAL EPICONDYLITIS ELBOW JOINT	<u>Thoracic</u> FACET JOINT LAMINA COSTOTRANSVERSE JOINT SPINOUS PROCESS AND INTER-SPINOUS LIGAMENT	Didactic: Shoulder Anatomy Hands on: Shallow and Deep Nerve Fascial Space Injections
1230 -1330	Lunch Time - Food Provided		

1330 - 1530	<u>Ankle</u> ATFL ANKLE JOINT PLANTAR FASCIA	<u>Cervical</u> Nuchal Lines Facet Lamina Transverse Process S.P. and Nuchal Ligament	Didactic: Foundations Intro to therapeutics Elbow / Wrist Hands on: Nerve Injections
1530 - 1700	Review Demo Injection Arthrex PRP Preparation	<u>Anterior Thoracic,</u> <u>TMJ</u> STERNOCOSTAL STERNOCLAVICULAR COSTOCHONDRAL TEMPOROMANDIBULAR JOINT	Didactic: Foundations Intro to therapeutics Thoracic Hands on: Nerve and Trigger Point Injections
			COURSE CONCLUSION

Monday Jan. 26th 2026: Somatic Exploration Cadaver Lab 1584 Booth Ave, Coquitlam

0900	Review injection procedures on Cadaver Specimens	Review injection procedures on Cadaver Specimens	
1100	Break Time - Light Snacks Provided		
	Review injection procedures on Cadaver Specimens	Review injection procedures on Cadaver Specimens	
1300	Course Conclusion for Part A & Part B		

Peripheral and Axial Skeleton injection courses with landmark and ultrasound training options. Both peripheral (Part A) and axial (Part B) are CNPBC-certified and include a 4 hour full-specimen cadaver lab.

Orthopedics, Perineural and Trigger Point Injections course assessment, manual therapy, injections (trigger point, cutaneous nerve, scar). Does not include cadaver lab.

The only CNPBC-certified courses to offer a cadaver lab for injection training. Cadaver lab injection training is invaluable for cementing your skills on the last day of our training.

We also offer ultrasound-guided injection training for experienced doctors who already have CNPBC certification or for doctors or nurses who already have, or do not need, CNPBC certification.