



West Coast Injection Training Inc, Itinerary Oct 3rd- Oct 5th 2026, Vancouver

Part A - Peripheral Joint Injection Training Workshop

Part B - Axial Skeleton Injection Training Workshop

Orthopedics, Perineural & Trigger Point Injections - Training Workshop

Saturday Oct 3rd 2026: Day 1 FIT TO TRAIN Human Performance Systems

0900

**Arrival at
FIT TO TRAIN Human
Performance Systems
Inc.**

**808 Nelson St. #710, Vancouver,
BC V6Z 2H2**



FIT TO TRAIN™
HUMAN PERFORMANCE SYSTEMS INC.

Where can I park?

Parking at the location at the Nelson Square building off Nelson Road

Public Transit - Vancouver City Centre, Sky Train is a 9 minute walk to the venue

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

WCIT staff will be waiting in the lobby for you in the morning.

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	<u>Knee Joint</u> KNEE JOINT MEDIAL KNEE LATERAL KNEE BAKER'S CYST	<u>Sacrum, coccyx</u> POST. SACROILIAC LIGAMENT SACROCOCOCYGEAL LIGAMENT CAUDAL EPIDURAL	Didactic: Knee Anatomy Hands on: Nerve Injections
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

Sponsored Vendor Reception: Dinner and Refreshments



healthcare within reach







Inspired by the care you deliver







hyaluronic acid, stabilized single injection





Sunday Oct 4th 2026: Day 2 FIT TO TRAIN Human Performance Systems

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
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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 Oct 5th 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		