



West Coast Injection Training Inc, Itinerary May 2 - May 4 2026, Vancouver

Part A - Peripheral Joint Injection Training Workshop

Part B - Axial Skeleton Injection Training Workshop

Orthopedics, Perineural & Trigger Point Injections - Training Workshop

Saturday May 2nd 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. <u>Tank tops and shorts</u> under comfortable clothes work best.
0930	General introduction and ground rules		
	Advanced Injection Therapy <u>PERIPHERAL INTERVENTIONS</u> Didactic lecture Hands-On training	Advanced Injection tiTherapy <u>AXIAL SPINE INTERVENTION</u> Didactic lecture Hands-On training	Orthopedics, Perineural & Trigger Point Injections Didactic lecture Hands-On training
1000 - 1230	<u>Shoulder</u> SUBACROMIAL BURSITIS SUBDELTOID BURSITIS ACJ ARTHRITIS GHJ ARTHRITIS BICEPS TENDON	<u>Sacrum, coccyx</u> 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 1400 KNEE E DEM O HA	<u>Knee Joint</u> KNEE JOINT MEDIAL KNEE LATERAL KNEE BAKER'S CYST	<u>Sacrum, coccyx</u> POST. SACROILIAC LIGAMENT SACROCOCOCCYGEAL 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
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1700
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1900

Sponsored Vendor Reception: Dinner and Refreshments















Sunday May 3rd 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

<u>Monday May 4th 2026: Somatic Exploration Cadaver Lab 1584 Booth Ave, Coquitlam</u>			
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) 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.