

# ISPRM COMMITTEE OPERATIONAL GUIDELINES - USPRM TASK FORCE

December 2019

## 1. Purpose and Main Goals

The specialty of Physical and Rehabilitation Medicine (PRM) deals with a large variety of diseases involving the neuromusculoskeletal system. Accordingly, physiatrists need to diagnose, treat, and rehabilitate disorders affecting several tissues including muscles, nerves, tendons, ligaments, bones and cartilage. In this regard, the utility of ultrasound (US) imaging - which provides superior diagnostic and interventional opportunities for a musculoskeletal physician - is paramount for our specialty. Likewise, it is apparent that US imaging allows physiatrists to first see (without resecting), then assess/quantify, and eventually have access to the anatomical structure or pathology (for any intervention). This gives PRM physicians the liberty to conduct multiple explorations and provide “comfort” to physicians and patients alike. Further, taking into account the fact that the use of US in clinical practice is naturally coupled with scholarly publishing, this also means “academic superiority”. Physiatrists now have the chance to discuss new observations and data that were not available to them before.

Herewith, other than being unable to image intraosseous tissues, the most important disadvantage of musculoskeletal US is its user-dependency. As such, there is indisputably need for a lengthy education before one can confidently make comments on a pathology or, in other words, before others can rely on his/her scanning. To this end, it was hightime international standardized consensus had been established on formal educational curricula and accreditation programs to better educate and then certify those who are competent enough to perform US. In this sense, the task force of USPRM (US Study Group of ISPRM) is launched.

- **Training and Curriculum**

The curriculum for the initial training is planned at three levels; ‘Basic’, ‘Intermediate’ and ‘Advanced’. Starting from ISPRM 2020, USPRM courses will be organized annually with the following agenda.

	<b><u>Beginner</u></b>	<b><u>Intermediate</u></b>	<b><u>Advance</u></b>
<b>1st half-day</b>	Upper limb joints	Upper limb pathologies	Spinal interventions
<b>2nd half-day</b>	Upper limb joints	Upper limb interventions	Spinal interventions
<b>3rd half-day</b>	Lower limb joints	Lower limb Pathologies	Miscellaneous
<b>4th half-day</b>	Lower limb joints	Lower limb interventions	Miscellaneous

Physiatrists will also have the chance to go on training with ‘Experts’ at ‘Centers of Excellence’ and with ‘Trainers’ at ‘Training Centers’ - which are categorized/approved by USPRM.

Of note, after the 1st and 2nd (‘Blue’ and ‘Black’) US books; in 2019-2020, we are releasing the 3rd (‘Red’) book - this time on musculoskeletal interventions.