



5th International Conference of Association of Rheumatology and Medical Rehabilitation in Kurdistan Region - Iraq

MUSCULOSKELETAL ULTRASOUND WORKSHOP

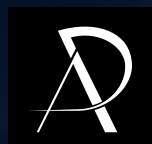
VENUE

Divan Hotel, Erbil
Kurdistan, Iraq

19-20 NOVEMBER 2026

REGISTER HERE

WWW.RHEUMATOLOGY-KRG.COM



Organized by

DILYAZA COMPANY

Events planning and Conference Management

info@dilyaza.com | www.dilyaza.com | +964 771 457 2029



Theoretical Sessions

2:30 – 3:30 PM (60 minutes)

2:30 – 2:45

15 minutes

Introduction to MSK
Ultrasound

Dr. Zeyad Tareq

- Basic principles
- Clinical applications
- Probe selection

2:45 – 3:00

15 minutes

MSK Ultrasound
Fundamentals &
Sonoanatomy

Dr. Avin Maroof

- Basic machine settings
- Normal tissue appearance
- Basic artifacts & anisotropy

3:00 – 3:15

15 minutes

Shoulder Ultrasound

Dr. Shwan Kader

- Basic scanning approach
- Key anatomical landmarks
- Dynamic assessment

3:15 – 3:30

15 minutes

Wrist & Hand Ultrasound

Dr. Chra Hawezi

- Wrist joint
- Flexor & extensor tendons
- Carpal tunnel & median nerve
- MCP/PIP joints

3:30 – 3:45 PM

15 minutes



Coffee & Transition Break

3:45 – 4:05 PM

Dr. Zeyad Tareq

20 minutes



Live Demonstration – For All Participants

- MSK Ultrasound Fundamentals & Normal Sonoanatomy
- Machine optimization (depth, gain, focus, frequency)
- Probe orientation and movements
- Identification of tendon, muscle, nerve, artery, vein, bone and joint
- Anisotropy and image optimization

Hands-on Training

4:05 – 5:30 PM (85 minutes)

 4 Rotating Stations

 20 minutes each station

 5 minutes transition between stations

1

MSK Ultrasound Fundamentals & Sonoanatomy

Dr. Avin Maroof

20 minutes

- Machine settings & optimization
- Probe orientation and movements
- Tissue identification (tendon, muscle, nerve, artery, vein, bone, joint)
- Artifacts and anisotropy

2

Shoulder Ultrasound

Dr. Shwan Kader

20 minutes

- Long head of biceps
- Subscapularis
- Supraspinatus
- Infraspinatus
- SASD bursa
- AC joint
- Dynamic assessment

3

Wrist & Hand Ultrasound

Dr. Chra Hawezi

20 minutes

- Radiocarpal joint
- Flexor & extensor tendons
- Extensor compartments
- Carpal tunnel & median nerve
- MCP/PIP joints

4

Ultrasound-Guided Needle Visualization & Targeting

Dr. Zeyad Tareq

20 minutes

- Needle-probe orientation
- Flexor & extensor tendons
- Out-of-plane technique
- Needle-tip visualization
- Hand-eye coordination
- Reaching a target under ultrasound guidance
- Practice on meat/liver model

Theoretical Sessions

9:00 – 10:00 AM (60 minutes)

9:00 – 9:15

15 minutes

Elbow Ultrasound

Dr. Chra Hawezi

- Basic scanning approach
- Key anatomical landmarks
- Common extensor & flexor tendons
- Ulnar nerve
- Common pathologies

9:15 – 9:30

15 minutes

Knee Ultrasound

Dr. Shwan Kader

- Basic scanning approach
- Anterior & posterior anatomy
- Suprapatellar recess
- Normal anatomy and variants
- Common pathological findings

9:30 – 9:45

15 minutes

Ankle & Foot Ultrasound

Dr. Avin Maroof

- Basic scanning approach
- Key anatomical landmarks
- Tendons, ligaments and joints
- Plantar fascia
- Common pathologies

9:45 – 10:00

15 minutes

Power Doppler Ultrasound in Rheumatology

Dr. Zeyad Tareq

- Principles and basic settings
- Doppler optimization
- Assessment of synovitis
- Scoring systems
- Clinical applications in RA, SpA, and other rheumatic diseases

10:00 – 10:15 AM

15 minutes



Coffee & Transition Break

Hands-on Training

10:15 AM – 12:00 PM (105 minutes)

 4 Rotating Stations

 25 minutes each station

 5 minutes transition between stations

1

Elbow Ultrasound

Dr. Chra Hawezi

25 minutes

- Anterior elbow
- Common extensor tendon
- Common flexor tendon
- Distal biceps tendon
- Ulnar nerve
- Radiohumeral / radiocapitellar joint

2

Anterior Knee Ultrasound

Dr. Shwan Kader

25 minutes

- Quadriceps tendon
- Supratellar recess
- Patellar & trochlear cartilage
- Patellar tendon
- Medial & lateral joint lines

3

Posterior Knee Ultrasound

Dr. Zeyad Tareq

25 minutes

- Popliteal fossa anatomy
- Popliteal artery & vein
- Tibial nerve
- Medial gastrocnemius
- Semimembranous tendon
- Baker's cyst region

4

Ankle & Foot Ultrasound

Dr. Avin Maroof

25 minutes

- Anterior ankle
- Medial and lateral ankle
- ATFL & CFL
- Peroneal tendons
- Achilles tendon
- Plantar fascia

**Venue Place:
Divan Hotel,
Erbil-Kurdistan, Iraq**



— Organized by —
DILYAZA COMPANY



 www.dilyaza.com

 info@dilyaza.com

 00964 771 457 2929