



**Physician Education Program  
PROCEDURE SKILLS LIST BY LEVEL**

<b>LEVEL / JOINT</b>	<b>JOINT/STRUCTURE</b>
<b>KNEE Level I</b>	Intra-articular with US (supra-patellar pouch)
	Intra-articular with fluoro
<b>KNEE Level II</b>	Patellar tendon with US
	Quadriceps tendon with US
	Lateral compartment through patella-femoral joint with US
	Lateral compartment through patella-femoral joint with fluoro
	MCL, meniscus, and coronal ligaments with US
	LCL to fib head, meniscus, popliteus, biceps femoris with US
	Distal ITB insertion with US
	Baker's cyst drainage with US
	Posterior medial corner structures (meniscus, pes anserine tendons, meniscus hamstrings insertions) with US
Medial-lateral retinaculum and POL with US	
<b>KNEE Level III</b>	ACL with US
	ACL with fluoro
	PCL with US
	PCL with fluoro
	Medial and lateral femoral condyle bone access
	Medial and lateral tibial bone access
<b>HIP Level I</b>	Intra-articular with fluoro
	Intra-articular with US
<b>HIP Level II</b>	Labrum and hip capsular ligaments with US
	Anterior, Superior, and Posterior facets of greater trochanter with US
	Proximal ITB with US
	Posterior-lateral iliac crest muscle origins with US
	ASIS and associated muscle origins with US
	Adductor group tendons with US
	Hamstrings origin with US
	Femoral nerve block
<b>HIP Level III</b>	Femoral bone access with fluoro
	Acetabulum bone access with fluoro
	Hip intraarticular hydrodilatation
<b>SHOULDER Level I</b>	Intra-articular with US
	Intra-articular with fluoro
	Sub-deltoid with US
	AC joint intra-articular with US
	AC joint intra-articular with fluoro
<b>SHOULDER Level II</b>	Supraspinatus
	Infraspinatus/Teres
	Subscapularis
	Biceps tendon
	CA/CC ligaments and SGHL



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	AC joint IA MGHL/IGHL/Posterior capsule with labrum Suprascapular nerve block Shoulder intra-articular hydrodilatation
<b>SHOULDER Level III</b>	Humerus bone augmentation / intraosseous Superior labrum with US & fluoro Interscalene supraclavicular nerve block with US
<b>ANKLE Level I</b>	Ankle TT joint with US & fluoro
<b>ANKLE Level II</b>	Lateral ankle ligaments (ATF, CF, PTF) with US High lateral ankle ligaments with US Peroneal tendons (longus and brevis) Anterior/posterior tibialis tendon Achilles tendon Tibial nerve block
<b>ANKLE Level III</b>	Tibial nerve hydrodissection with US Deltoid ligament with US ST joint injection with US ST joint injection with fluoro Talus bone injection with fluoro Calcaneus bone injection with fluoro
<b>FOOT Level I</b>	MTPs with US MTPs with fluoro Plantar fascia with US Plantar fascia with fluoro
<b>FOOT Level II</b>	FHL with US FDL with US Digital nerve block with US Dorsal capsular ligaments of MTP with US EHL with US EDL with US Plantar capsular ligaments with US Plantar plate with US Sesmoid with US Talo-navicular under US Talo-navicular under fluoro Calaneo-cuboid under US Calaneo-cuboid under fluoro
<b>ELBOW Level I</b>	Elbow joints with US and Fluoro (radiohumeral and humeroulnar) Medial and lateral epicondyle with US



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<b>ELBOW</b> <b>Level II</b>	UCL with US
	RCL with US
	Radial annular ligament
	Biceps insertion
	Triceps tendon insertion
<b>ELBOW</b> <b>Level III</b>	Ulnar nerve hydrodissection with US
<b>HAND/WRIST</b> <b>Level I</b>	Intercarpal with US
	Intercarpal with fluoro
	Digit intra-articular (MCP, PIP, DIP) with US
	Digit intra-articular (MCP, PIP, DIP) with fluoro
	CMC intra-articular with US
	CMC intra-articular with fluoro
<b>HAND/WRIST</b> <b>Level II</b>	CMC capsular ligaments with Us
	Radial, median, ulnar nerve blocks with US
	Digit capsular ligaments with US
	Flexor tendons with US
	EPB and APL tendons with US
	SL ligament with US
<b>HAND/WRIST</b> <b>Level III</b>	360 wrist ligaments with US
	Median, ulnar, radial nerve hydrodissection with US
	Flexor tendon sheath hydrodilatation with US
	TFCC complex, RUC/DUC ligaments with US
	Radial collateral ligament with US
<b>SPINE</b> <b>Level I</b>	Spinal ligaments with US
	Spinal ligaments with flourosopy
<b>SPINE</b> <b>Level II-III</b>	Intradiscal using PRP for facets and SI joint
	Spinal Ligaments including: interspinous-supraspinous, ILL, SI joint ligaments, inter-transverse ligaments
	Using platelet products epidural