



## Practical course on nerve blocks

**Location:** Habiliteringssenteret, Konggata 51, 3019 Drammen

Drammen sykehus, Vestre Viken HF

**Time:** Thursday 05th of February 2026, 0830-16

The course is useful for neurologists, rehabilitation doctors (PMR), pediatricians, anesthesiologists, pain medicine specialists, and headache specialists.

The course is divided into two parts:

Part 1 focuses on "diagnostic motor nerve block" in the context of spasticity treatment.

Learning objectives: Know where to place the most common diagnostic motor nerve blocks when treating muscle overactivity. This helps determine whether joint malposition is due to muscle overactivity, with expected effects from BoNT-A, or structural changes in joints or connective tissue, which may indicate surgery.

Part 2 focuses on sensory nerve blocks for shoulder pain, facial pain, and headaches.

Learning objectives: Know how to perform a blockade of the suprascapular nerve as part of diagnosis and management of hemiplegic shoulder pain.

Understand where to perform a blockade, whether diagnostic or for pain management, with an emphasis on branches of the trigeminal nerve and other relevant peripheral nerves associated with facial pain and headaches, regardless of etiology.

## Program

08:30–08:50: Welcome - Jakob Bistrup.

**08:50–12:30 - Martin Bitsch: Diagnostic nerve block in the extremities with ultrasound workshops.**

08:50–09:30: Diagnostic nerve block of the upper extremities, theoretical review

09:30–10:15: Ultrasound scanning of nerves in the upper extremities, practice  
10:15–10:30: Break  
10:30–11:15: Diagnostic nerve block of the lower extremities, theoretical review  
11:15–12:00: Ultrasound of nerves in the lower extremities, practice  
12:00–12:30: Demonstration of diagnostic nerve block of the ulnar nerve on a patient

### **12:30–13:15: Lunch**

13:15–14:00: Suprascapular nerve block - Kristin Østlie  
14:00–15:00: Facial and occipital nerve blocks - Maja Villseth  
15:00–15:15: Break  
15:15–15:45: SPG block - Anesthesiologist TBA  
15:45–16:00: Q&A

**Price:** NOK 1500, including catering.

**Registration deadline:** Thursday 22nd of January 2026

Registration via [www.skandyspas.com](http://www.skandyspas.com) - topic courses

### **Organizers on behalf of the Skandyspas board**

Maja Villseth, Neurologist, Drammen Hospital, Vestre Viken HF  
Kristin Østlie, Ph.d, Rehabilitation doctor (PMR specialist), Innlandet Hospital trust,  
Department of Physical Medicine and Rehabilitation, Ottestad.  
Jakob Bistrup, Pediatrician, Clinic for Brain and Nerve Diseases, Aarhus University  
Hospital  
Bo Biering-Sørensen, Neurologist, Copenhagen University Hospital, Rigshospitalet  
Glostrup.  
Invited lecturer: Martin Bitsch, anesthesiologist, Copenhagen University Hospital,  
Bispebjerg Hospital