PURA HEALTH

Lower Extremity Soft Tissue Ultrasound - Online

Self-paced online education for physical therapists, athletic trainers, and sports medicine clinicians.

California approval status: Pending. This document does not establish California continuing competency approval.

Proposed California approval period: November 1, 2026 - October 31, 2027. These are application dates, subject to approval; existing course enrollment remains available.

Location and registration: Online at purahealth.net/online/lower-extremity-soft-tissue-ultrasound.
Price: $299 USD, with 12 months of access. All sales final, except where required by law.

Course description and teaching methods

Develop an understanding of lower-extremity muscle and tendon ultrasound through recorded instruction, scanning demonstrations, image-based cases, and module assessments with explanatory feedback. Regional content covers quadriceps, knee, adductors, anterior hip, hamstrings, foot and ankle, and dynamic assessment. A clinical reflection connects learning with physical therapy assessment and clinical reasoning. This online activity includes no required hands-on laboratory.

Learning objectives

1. Optimize ultrasound settings and recognize artifacts.

2. Identify normal lower-extremity muscle and tendon anatomy in two planes.

3. Interpret sonographic findings alongside clinical context and recognize limitations.

4. Select appropriate dynamic maneuvers and describe how findings inform clinical assessment.

Instructor

Carlos Jimenez, DPT, RMSK, CPSS
Colorado physical therapist license PTL.0015227. Sports physical therapist and musculoskeletal ultrasound educator with experience in elite and professional sports, including U.S. Soccer and the U.S. Olympic & Paralympic Committee. Founder of Pura Health, with a focus on connecting imaging, clinical assessment, and return-to-play decisions.

Disclosure: Carlos Jimenez reports nothing to disclose.

Learning-time outline

Estimated completion times include each module assessment. Recorded lesson durations are taken from the course inventory; assessment and reflection times are estimates and will vary by learner. Times below are minutes:seconds.

Module	Lessons	Assessment	Total
Ultrasound Fundamentals	94:12	6:00	100:12
Quadriceps	55:27	6:00	61:27
Knee	59:16	6:00	65:16
Adductors	44:30	6:00	50:30
Anterior Hip	35:32	6:00	41:32
Hamstring	55:04	6:00	61:04
Foot & Ankle	106:07	6:00	112:07
Dynamic Ultrasound Assessment	25:09	6:00	31:09
Clinical reflection	-	-	16:43
Total learning time	475:17	48:00	**540:00 (9 h)**

The total includes 16:43 for clinical reflection. Course evaluation, administrative tasks, and breaks are excluded. Learners choose their own study times; there are no scheduled live sessions.

Completion and documentation

Complete the required lessons, pass each module assessment with at least 80 percent (retakes available), submit a clinical reflection, and complete the course evaluation. Eligible completers can download their certificate and receive it by email. Completion documents education; it does not establish independent clinical competency or expand professional scope of practice.

Questions and registration support

Pura Health | cjimenez@purahealth.net | 305-303-2678
9990 E Harvard Ave, Unit 305, Denver, CO 80231
www.purahealth.net