



CANADIAN ASSOCIATION OF ORTHOPAEDIC MEDICINE  
ASSOCIATION CANADIENNE DE MÉDECINE ORTHOPÉDIQUE

**TRAINING STANDARDS FOR PROVIDERS OF PROLOTHERAPY AND PLATELET-RICH PLASMA**  
Position Statement by the Canadian Association of Orthopaedic Medicine

**JUNE 2019**

Regenerative medicine is an evolving field and we recognise a variety of organisations provide training for interventional injections.

Recommended **minimum training** to be considered proficient and safe in providing PRP and prolotherapy in Canada:

**Initial** training to be acquired:

A)

1) American Association of Orthopaedic Medicine (AAOM) [www.aaomed.org](http://www.aaomed.org)

or

2) American Board of Prolotherapy

<http://prolotherapycollege.org/wp-content/uploads/2015/11/Protocol.pdf>

or

3) Training via the International Association for Regenerative Therapy (IART) and its charitable foundation, the Hackett Hemwall Patterson Foundation (HHPF)

or

4) American Osteopathic Association of Prolotherapy Regenerative Medicine (AOAPRM)

or

5) Equivalent training

**Plus**

B)

1) a minimum of one practicum with HHPF or AAOM or equivalent “apprenticeship” (to ensure correct and safe injection techniques), or prolotherapy workshops and missions such as those offered through HHPF, CAOM, AAOM

or

2) an interventional pain fellowship, or a specialty fellowship which includes training in interventional injections

**Continuing requirements:**

On-going continuing medical education in regenerative orthopaedic medicine of a minimum of 12

hours per year

This could include:

1. Annual attendance at one of:

a) HHPF/IART Annual Madison, Wisconsin training conference - The Anatomy, Diagnosis, and Treatment of Chronic Myofascial Pain with Prolotherapy

or

b) AAOM Annual Conference and Scientific Seminar (USA)

or

c) CAOM Annual Conference (Canada)

or

d) - Prolotherapy: Getting to the Point course (Dr. Tom Ravin, Colorado) - <https://www.prolotherapyeducation.com>

e) equivalent continuing medical education in regenerative orthopaedic medicine

Recommended Provider groups: family physicians with extra training in MSK pain, sports medicine physicians, physiatrists, rheumatologists, orthopaedic surgeons, chronic pain physicians, occupational medicine physicians, anaesthetists, interventional radiologists and nurse practitioners with additional training in MSK pain.

Submitted by the Board of CAOM