



Canadian Association of Orthopaedic Medicine 38TH Annual Conference

Thursday October 24: Pre-Conference Workshops
Friday October 25 – Saturday October 26, 2024

Inn at Laurel Point
Victoria, British Columbia

Thursday October 24

Preconference Workshop One: Ultrasound Guided Nerve Hydrodissection

Drs. Jannice Bowler, Francois Louw, Jonathan Chow, Adrian Gretton, and Eric Lavoie

Pre-Requisite: must have advanced beginner or intermediate ultrasound skills.

This is a full day workshop with **limited numbers**.

We will work through nerve entrapment syndromes systematically.

Participants will practice ultrasound techniques for nerves and locating nerve entrapment regions on each other. There will be some live HD demonstrations as well.

At the conclusion of this workshop, participants will be able to:

- perform ultrasound-guided imaging to nerves at entrapment sites
- explore ultrasound techniques best suited for imaging nerves
- review the evidence for hydrodissection of nerves

Merino Room

*25% of each presentation will be reserved for QA

| | |
|-------|---|
| 0745h | Registration and Breakfast: Main Foyer/Stone Room |
| 0830h | Welcome and Opening Remarks |
| 0840h | Face, neck and upper back |
| 1015h | Refreshment break: Main Foyer/Stone Room |
| 1040h | Shoulder, arm, wrist |
| 1230h | Lunch: Main Foyer/Stone Room |
| 1330h | Torso, lower limb |
| 1500h | Refreshment break: Main Foyer/Stone Room |
| 1525h | Finish lower limb, plane blocks |
| 1630h | Group Discussion/Question and Answer |
| 1700h | Closing remarks and conclusion |



Preconference Workshop Two: Perineural Injection – The Lyftogt Method

Join Dr. David Bowler, Dr. Jennifer Moss and Dr. Keith Weber

John Lyftogt has spent many hours investigating the effects of dextrose on peripheral nerves and has developed courses teaching this method. This involves subcutaneous injections of D5W to Valleix (constriction) points along the course of cutaneous nerves, resulting in rapid changes in the chemistry around the nerve and resolution of nerve swelling and thus diminished pain.

Join us for this one day workshop to begin this simple, safe and effective therapy This technique is ideal for use at a sports med or family practice: quick, effective and only utilizing the most basic of supplies for injections.

Target audience: Family physicians, Sports med physicians, ER physicians, NDs, nurse practitioners

At the conclusion of this workshop, the participant will be able to:

- confidently identify the sites of peripheral nerve constriction injuries and
- administer perineural injections to these sites in order to
- alleviate neurogenic musculoskeletal pain.

Hunt Room

*25% of each presentation will be reserved for QA

| | |
|-------|--|
| 0745h | Registration and Breakfast: Main Foyer/Hunt Room |
| 0830h | Welcome and opening remarks |
| 0840h | Face, neck and upper back |
| 1015h | Refreshment Break: Main Foyer/Hunt Room |
| 1045h | Shoulder, arm, wrist |
| 1230h | Lunch: Main Foyer |
| 1330h | Torso, lower limb |
| 1500h | Refreshment break: Main Foyer/Hunt Room |
| 1525h | Finish lower limb, demonstration of plane blocks |
| 1700h | Workshop concludes |



Friday October 25

0715h Registration and Breakfast
Main Foyer and Spirit Rooms

0800h Welcome and Announcements
Dr. Pam Squire

0805h The Shoulder Complex: Best Clinical and Diagnostic Imaging Tests to Clarify Management Options
Dr. Ashley Smith

At the end of this presentation, the participant will be able to:

- Provide an overview of the prevalence of different shoulder conditions that commonly present to primary care
- Outline clinical diagnostic tests that assist with management of persistent shoulder symptoms
- Summarize the various diagnostic imaging modalities that are indicated for differential diagnosis of shoulder conditions

0845h Zinging and Zaps: The Workup for Neuropathic Pain
Dr. Pam Squire

At the end of this presentation, the participant will be able to:

- Identify common symptoms of neuropathic pain and central sensitization
- Perform an exam to easily outline the area of abnormal sensation
- In that area, describe three simple tests to identify signs of central sensitization

0915h Perineural Injection Treatment: A Green Run on the Mountain of Chronic Pain
Dr. Keith Weber

- Identify the two mechanisms that make Perineural Injection Treatment effective for neuropathic pain.
- Develop the solution used for Perineural Injection Treatment and perform the injection technique.
- Decipher which medical conditions Perineural Injection Treatment is effective for.

0945h Moderated Group Question and Answer

1000h Nutrition Break – Main Foyer
Exhibitor Booths are open

1030h Surgery for Sore Shoulders?
Dr. Owen Williamson

Although rotator cuff tears have long been accepted as a source of shoulder pain, it is well recognized they are frequently asymptomatic. Similarly, impingement of the rotator cuff under the acromial arch has also been accepted as a source of shoulder pain.



Surgical repair for rotator cuff tears or to decompress the rotator cuff in the subacromial space has been performed for decades however, recent systematic reviews have questioned the efficacy of surgery in the treatment of these conditions.

This presentation will review the diagnosis of surgically treatable rotator cuff pathology and factors that influence the outcomes of surgery.

At the conclusion of this presentation, participants will be able to:

- Confirm rotator cuff pathology as the source of shoulder pain
- Describe factors that influence the outcome of rotator cuff surgery
- Identify people who might benefit from rotator cuff surgery.

**1100h Fascia and Biotensegrity: How Do Fascial Lines of Tension Create Pathology
Alp Ertung**

At the end of this presentation, the participant will be able to:

- Describe the basic organization of fascial system and basic principles of biotensegrity concept.
- Interrelate the 3-dimensional architecture of fascial system and biotensegrity concept.
- Interpret what may be considered as fascial dysfunction and the possible local and global compensations that fascial dysfunctions may cause depending on the individual medical history and lifestyle.

1140h Moderated Group Question and Answer

1200h Lunch – Terrace Ballroom
Exhibitor Booths are open

1300h Welcome Back

**1300h Temporomandibular Disorder (TMD). Jaw Dropping Treatment Options
Dr. Pam Squire and Dr. Francois Louw**

At the conclusion of this presentation, participants will be able to:

- Identify subtypes of TMD.
- Evaluate treatment approaches including fascial techniques, Botox injections and prolotherapy.
- Assess current literature in this regard.

**1400h Lidocaine infusions for chronic pain. More than just “numbing the pain” with a “caine”
Dr. Francois Louw**

At the conclusion of this activity, participants will be able to:

- Appraise the role of SC lidocaine infusions in chronic pain.
- Recognize the rationale behind using this modality and briefly touch on evidence.
- Discuss results of a recent retrospective review of patients receiving this modality in a clinical setting.



- Identify practical tips pertaining to introducing this to your practice.

1440h **Moderated Group Question and Answer**

1500h **Nutrition Break – Terrace Ballroom**
Exhibitor Booths are open

1530h **My Patient isn't Improving.....Could it be Nociplastic Pain?**
Dr. Andrea Furlan (attending virtually) and Dr. Debra Torok

At the end of this presentation, participants will be able to:

- Identify ways to consider the role of multiple pain sources, especially nociplastic pain
- Explain the biological mechanisms of nociplastic pain
- Communicate effectively and compassionately with patients about the diagnosis and treatment of nociplastic pain

1640h **Moderated Question and Answer**

1700h **Closing Comments and Conclusion of Day One**
Dr. Pam Squire

1715h **CAOM Annual General Meeting** – All CAOM Members are welcome to attend
Location: Spirit Rooms

Free evening for all attendees.

If you are dining at the hotel or going into town to explore, please ensure you make reservations in advance.



Saturday October 26

0715h Registration and Breakfast
Main Foyer and Spirit Rooms

0755h Welcome to Day Two
Dr. Pam Squire

0800h Optimizing Platelet Rich Plasma: How to Get the Best Bang for Your Blood
Dr. Ted Harrison

At the conclusion of this presentation, the participant will be able to:

- Optimize PRP to get best clinical results
- Identify the platelet-rich fractions of centrifuged blood
- Explain the effects of dextrose on platelets

0830h Supplement Considerations for Proliferative Injection Therapies
Dr. Marieta Buse

At the conclusion of this presentation, the participant will be able to:

- Evaluate & prescribe supplements with particular scrutiny of quality & bioavailability
- Discern what are the forms & indications in using tissue building blocks such as collagen, vitamins & minerals in conjunction with proliferative injection therapy
- Discern when & how it is indicated to use anti-inflammatory supports such as fish oils, antioxidants & digestive enzymes in conjunction with proliferative injection therapy

0910h Moderated Group Question and Answer

0930h Nutrition Break – Terrace Ballroom
Exhibitor Booths are open

Morning Breakout Sessions

25% of each breakout will incorporate question and answer

Each breakout will be one hour in length therefore each participant will select two breakout sessions in each time frame

1000h Prolotherapy of the Upper Extremity – Palpation Guided
Dr. Erik Ouellette, Dr. Brian Shamess
Room: Merino

At the conclusion of this presentation, participants will be able to:

- Familiarize themselves with the basic concepts of tissue healing and prolotherapy.
- Review the surface anatomy, palpate and make correlations to underlying MSK pathologies.
- Identify 3 safe, palpation guided prolotherapy injection techniques per joint (shoulder, elbow, wrist).



Perineural Injection Treatment for Shoulder and Arm pain

Dr. Keith Weber

Room: Hunt

At the conclusion of this presentation, participants will be able to:

- Outline the anatomical fields of the upper limb peripheral nerves.
- Examine, identify and mark the location of upper limb peripheral nerves.
- Recognize common entrapment points of the major nerves of the upper limb.

Ultrasound Guided Shoulder Treatments: From Prolotherapy to Hydrodilatation

Dr. Adrian Gretton, Dr. Francois Louw

Room: Spirits

At the conclusion of this activity, participants will be able to:

- Familiarize themselves with the basic concepts of tissue healing and Prolotherapy.
- Review anatomy and practice hands-on palpation and marking of peripheral joints.
- Observe and discuss Prolotherapy and PRP injections.

1200h

Lunch – Main Foyer

Exhibitor Booths are open

Afternoon Breakout Sessions

25% of each breakout will incorporate question and answer

Each breakout will be one hour in length therefore each participant will select two breakout sessions in each time frame

1300h

Welcome back → proceed to your next breakout

Hydrodissection of the spinal accessory, dorsal scapular, and long thoracic nerves: going beyond the textbooks.

Dr. Xiao Yuan and Dr. Jannice Bowler

Room: Spirits

At the end of this presentation, the participant will be able to:

- Describe the anatomy of the spinal accessory, dorsal scapular, and long thoracic nerves and their common variations.
- Using ultrasound, identify the location of common entrapment points of the spinal accessory, dorsal scapular, and long thoracic nerves.
- Identify patients who would benefit from hydrodissection of these nerves.

Manual Hands-on Techniques in Cervico- Thoracic- Shoulder Pain Syndromes

Dr. Brian Shames, Dr. Adrian Gretton

Room: Merino

At the end of this presentation, the participant will be able to:

- Practice manual and palpatory hands on diagnostic and treatment techniques.
- Combine manual and palpatory diagnostic and treatment techniques and injection therapies to maximize the treatment outcome in patients.



- Explore the biotensegrity constrained linked myofascial system and how this understanding improves treating patients with musculoskeletal pain syndromes.

Update on the Treatment of Migraine

Dr. Corrie Grabowski

Room: Hunt

At the end of this presentation, the participant will be able to:

- Describe some of the proposed new injection sites to address migraine pain including the V2 distribution as add on therapy to the current PREEMPT protocol for onabotulinum ToxinA.
- Identify candidate patients for trials of Gepants medication.
- Formulate treatment plans for individuals who may benefit from combinations of medications including onabotulinum Toxin A, CGRP monoclonal antibodies and Gepants.

1500h Nutrition Break – Terrace Ballroom
Exhibitor Booths are open

1530h Welcome Back
Spirits Room

1530h A Layered Approach to the Patient with Chronic MSK Pain: Chronic Lateral Elbow Pain
Dr. Pam Squire, Dr. Erik Ouellette, Dr. David Bowler

At the conclusion of this activity, participants will be able to:

- Discuss diagnostic tests for chronic lateral elbow pain.
- Identify at least 4 different mechanisms for lateral elbow pain.
- Review multimodal treatment options and timing of the options for lateral elbow pain based on the patients' current goals.

1630h Closing Remarks and conclusion of conference

CAOM Celebratory Dinner

Terrace Ballroom – Adults only

1830h Cocktails – cash bar available

1900h Dinner
Conference Passport Winner announced



Meet our Presenters



Dr. David Bowler

MBChB MRCP(UK) FCFP CAFCI PgCPain

David graduated from the University of Cape Town medical school in 1981, completed an internship at Groote Schuur Hospital, residency in the United Kingdom, and practiced as a family physician in Canada from 1986 until 2014. He holds a postgraduate certificate in pain management from the department of rehabilitation medicine at the University of Alberta. Having travelled extensively to study regenerative medicine procedures, in 2014 he and Dr. Jannice Bowler moved to Victoria where David has a focused practice in pain rehabilitation and clinical hypnosis. He teaches Dr Lyftogt's Perineural Injection Treatment (PIT) and is vice-president of the Canadian Society of Clinical Hypnosis (BC Division).



Dr. Jannice Bowler

MB, ChB, DRCOG, FCFP, CAFCI, IROM(C), PgCPain
Past President, CAOM

Dr. Jannice Bowler is a family physician who has always enjoyed treating pain. Since 2014 she left family medicine to work exclusively treating musculoskeletal pain patients in her practice which she shares with her husband, David Bowler, in beautiful Victoria BC.

Her interests include perineural hydrodissection for nerve entrapments, prolotherapy, platelet-rich plasma injections and point of care ultrasound. When not working she enjoys hiking or trail running with her dog, gardening, music and good food.



Dr. Marieta Buse

ND, CISSN

Dr. Marieta Buse is a naturopathic doctor with clinical focus on sports medicine, sports nutrition & ultrasound-guided injection therapy for athletes, particularly rock climbers. She holds a BSc in Honors Biology from UWO and a Doctor of Naturopathic Medicine from BINM.

Dr. Buse practices at MVMTLab and Elios Health in Vancouver and supports elite athletes as part of the Climbing Escalade Canada's National Practitioner Network, the Hive Competitive Climbing Team and the BC Gymnastics Team. As a co-author of the ProHealthSys "Textbook of Orthopedic Assessment," she developed the Buse Pin & Stretch Maneuver for assessing wrist instability in rock climbers. Dr. Buse is passionate about injury prevention, nutrition, and safeguarding vulnerable athlete groups. She has presented at numerous conferences, including the Canadian Climbing Medicine Symposium 2019 & 2023.





Dr Jonathan Chow DC MD CCFP

Evidence Sport and Spine, Calgary AB

Dr Chow originally trained as a sports chiropractor at what is now the University of Western States in Portland Oregon, completed his medical training at the University of Alberta and a family medicine residency at the University of Calgary. He completed further training with the Hackett Hemwall Patterson foundation, MSKUS (ultrasound training), the Canadian Association of Orthopaedic Medicine (CAOM) and longitudinally with Dr Adrian Gretton.

His clinical interests include musculoskeletal and spine injuries, ultrasound guided interventions including platelet rich plasma injections, prolotherapy and hydrodissections. He enjoys clinical teaching and is a clinical lecturer in the department of Family Medicine. When he is not in clinic he enjoys spending time in the mountains chasing his 3 kids.



Alp Ertung

Alp Ertung is a Certified Fascial Manipulation® Specialist, Fascial Manipulation® Teacher and Neuromuscular Therapist. He has been practicing as a manual therapist and movement professional since 2011, mostly in orthopedic rehab and post rehab, focusing on myofascial pain and dysfunction. He completed his international certification and diploma programs in the US, Ireland and Italy. Alp devoted most of his education to fascia science in order to understand and interpret the functional integration of the human body. Beside his extensive training in soft tissue manual therapy methods he also attended international fascial anatomy dissection workshops, fascia research summer school in Germany and International Fascia Research Congresses. Now he is based in Vancouver and practicing only Fascial Manipulation® in 4 different physiotherapy clinics and also teaching this method internationally.

Dr. Andrea Furlan



Dr. Andrea Furlan is a scientist at the Institute for Work & Health (IWH). She is also a physician and senior scientist at the KITE Research Institute, Toronto Rehabilitation Institute at University Health Network (UHN). She is professor in the Department of Medicine’s Division of Physical Medicine & Rehabilitation at the University of Toronto. She is chair of ECHO Ontario Chronic Pain and Opioid Stewardship at UHN, and co-chair of ECHO Occupational and Environmental Medicine and ECHO for Return to Work of Public Safety Personnel at IWH. She is a physician in the pain clinic at Toronto Rehabilitation Institute, which is part of the Toronto Academic Pain Medicine Institute (TAPMI).

Her main research interests include rehabilitation medicine, chronic pain, low-back pain and neuropathic pain, with a focus on knowledge mobilization to healthcare professionals. She has over 130 publications in peer-reviewed journals, has written seven book chapters, published a book in 2023, and



has been an invited speaker at many local, national and international conferences, and is frequently sought by the media for interviews. During the Covid-19 pandemic, she started a YouTube channel to share her knowledge about chronic pain worldwide, and it has reached more than 620,000 subscribers. She is author of the book 8 STEPS to Conquer Chronic Pain. A Doctor's Guide to Lifelong Relief.



Dr. Corrie Grabowski

Dr. Corrie Graboski completed her Residency in Physical Medicine and Rehabilitation at the University of Alberta and a fellowship in Nerve conduction studies/EMG in 2007. She has been practicing in Victoria BC since that time. She has a special interest in treatment of headache disorders. She is part of numerous national and international clinical studies exploring new treatment options for migraine and is a faculty member of the Island Health Research Division. She loves spending time on the Island, hiking and enjoying nature with her husband, twin 15 years olds and shepherd, Thea.



Dr. Adrian R. Gretton

MD, CCFP, FCFP, CIME, IROM-C

Dr. Gretton developed a particular interest in chronic pain and injury management early in his medical career. He enjoyed practicing community-based family medicine for many years, while also developing expertise in pain and injury management. He is a consulting physician and the AHS Calgary Chronic Pain Centre, and his main practice is at Evidence Sport and Spinal Clinic in Calgary. He is a Clinical Assistant Professor in the Faculty of Medicine at the University of Calgary and continues in an active practice and enjoys teaching peers and community based health professionals. Outside of work, he enjoys skiing, cycling, hiking, travel, and photography.



Dr. Ted Harrison

Dr. Ted Harrison is board certified in Emergency Medicine and Regenerative Medicine. Now retired from clinical practice he spends his time doing research on platelets and platelet-rich plasma.



Dr. W. Francois Louw

CCFP(EM), FCFP, MBChB (Pret), DA(SA), ECFMG, Adv. Dipl Pain Mgt CAPM (Interventional Pain Management)

Dr. Louw is a co-founder and treating physician at the Bill Nelems Pain and Research Centre, the biggest comprehensive pain clinic in Canada. Dr. Louw is triple certified in GP Anaesthesia, ER medicine and Pain Medicine with multiple research interests in these fields. He serves as Clinical Associate Professor, UBC Dept. of Family and is a Past President of the Canadian Association of Orthopaedic Medicine. He also serves as the Chief Medical Officer of EntheoTech, a bioscience company. Dr. Louw is passionate



about improving both physical and mental health, exploring new paradigms, always with deep compassion and putting the patient at the centre.



Dr. Jennifer Moss
ND, RMT

Dr Jennifer Moss is a naturopathic physician practicing in Squamish, BC. She has been interested in helping people with pain challenges since her health care career began as a registered massage therapist. As a naturopathic physician, Dr Moss's passion for helping people experiencing pain led her to Perineural Injection Treatment with Dr John Lyftogt in 2013. The revelation of the prevalence of neuropathic pain in the pain world, and the role of dextrose to treat neuropathic pain sparked the passion to learn and integrate Perineural Injection Treatment and Prolotherapy into her practice. She has a general family practice with a clinical focus on musculoskeletal care coming from a patient-centred approach, considering the body, mind, spirit, and lifestyle factors to help her patients transform their pain experience.

When not working Jennifer can be found driving her son to activities, spending time in nature with her husband and doodle, or taking time for pranayama breath work by herself.



Dr. Erik Ouellette
MD, BSc, CCFP(EM), IROM-C, F-AAOM, CROMIC

Dr. Ouellette graduated from the Université de Montreal in 1997. He is a certified emergency physician. Since 2003 he has dedicated his practice to the treatment of acute and chronic musculoskeletal pain.

Dr. Erik Ouellette has participated in humanitarian aid programs in Honduras, and Mexico. Dr. Erik Ouellette contributes to the training of doctors and to the teaching of Prolotherapy and PRP (Platelet Rich Plasma Therapy), in Canada and abroad.

Dr. Ouellette is the owner and medical director of the Ottawa Clinic of Orthopaedic Medicine.



Dr. Brian A Shames
MD Dip Sport Medicine

Dr Shames has taught widely on myofascial dysfunction, proper myofascial recruitment patterns, pain referral patterns, difficult to diagnose and treat pain syndromes and manual diagnostic techniques. These techniques can assist busy MD's (ie musculoskeletal physicians) to better diagnose and treat pain sometimes without drugs and injections. He was a core curriculum teacher for the American Association of Orthopaedic Medicine from about 1990 to 2004. He taught with V Janda, Czech Republic eminent rehab specialist in 1993 and 1994. He has been a consultant to professional North American sports teams (ie Toronto Maple Leafs- 2004). He was the Chief Medical Officer at the 1994 Berlin, Germany World Track & Field Paralympic Championships, 1998 World Under 18 Junior Hockey Championships in Czech Republic, World Hockey Junior Championships in Winnipeg, Manitoba 1999-2000. He was a



Team physician for the National and Olympic Canadian Cross Country Ski Team from 1984 to 1993. His research interests have included myofascial imbalance and anabolic steroid / illicit drug use in athletes.



Dr. Ashley Smith

PT, PhD

Ashley has appointments with the Department of Clinical Neurosciences at the University of Calgary and McMaster University School of Rehabilitation Science. Ashley has over 50 peer-reviewed publications and book chapters, primarily investigating pain mechanisms, whiplash-associated disorders and orthobiologics. Ashley's ongoing grant-funded postdoctoral clinical research studies investigate how clinical manifestations of WAD can be modulated, both interventionally and via endogenous analgesia. He is also a member of the Cochrane Musculoskeletal group, investigating the role of spinal injections in people with chronic neck and low back pain. Ashley's clinical responsibilities revolve around co-ordinating evidence-based inter- and multi-disciplinary care of people with chronic musculoskeletal pain as Director of Rehabilitation and Research at Vivo Cura Health. He is also a tireless patient advocate and volunteers with FAIR Alberta to advocate for the rights of Albertans injured in motor vehicle collisions and was honored to be the first non-lawyer to be recognized for community advocacy efforts on behalf of those people.



Dr. Pam Squire

MD CCFP DCAPM ISAM CPE

Associate Clinical Professor UBC

Life Again Musculoskeletal Pain Clinic

Dr. Squire is a Clinical Associate Professor in the Department of Family Medicine at the University of British Columbia. She was a member of the guidelines committee (2010-2012) for Pain Medicine, the national group mandated to write the curriculum for the new Royal College of Physicians and Surgeons specialty of Pain Medicine. She currently practices in Vancouver where she has a consultative practice in musculoskeletal, spine and neuropathic pain, providing assessments, medical, manual and interventional treatment.

Since 2020, Dr. Squire has trained in advanced techniques using the Stecco Fascial Manipulation framework. This treatment is a global treatment that addresses fascial causes of myofascial pain. It is emerging as the most scientifically validated treatment for the fascia.



Dr. Debra Torok

Debra is grateful to live on the unceded territories of the lək'wəŋən peoples, where she is pursuing her PhD in Clinical Psychology at the University of Victoria. She received a Masters of Science in Clinical Psychology in 2020. In May 2022, Debra sustained a concussion that thrust her out of school for nearly two years. Despite receiving multiple treatments, she experienced constant debilitating chronic pain during this period. Her symptoms dramatically improved when both her fascial pain and nociplastic pain were simultaneously addressed.





Dr. Keith Weber

Dr Weber was born and raised in Saskatchewan, one of the flattest places on earth, yet developed a passion for gravity fed winter sports. To pay for medical school (and the occasional ski trip) he enlisted in the Canadian Forces. Once completing residency training at the University of Calgary he was posted to Canadian Forces Base Gaagetown where he served as a General Duty Medical Officer, and eventually Base Surgeon.

In 2009 Major Weber was deployed for 9 months to Afghanistan as the Officer in Command of all Canadians working at the NATO Trauma Hospital in Kandahar Airfield, where he was also one of five Trauma Team Leaders. After retiring from the Canadian Forces Dr Weber worked full time Emergency Medicine in Fredericton NB until his passion for the mountains finally drew him full time to Invermere BC in 2015. After a chance encounter with Dr Francois Louw, he started training in prolotherapy, PRP and ultrasound. In 2019 the Bowler's introduced him to Perineural Injection Treatment, which was transformational to his Interventional Pain Medicine practice. When he is not skiing at Panorama Mountain Resort or adventuring in the backcountry, he can be found on the lake surfing, foiling, swimming and paddling.



Dr. Owen Williamson

Dr Owen Williamson is an orthopedic surgeon and specialist pain medicine physician. He is an Adjunct Professor in the School of Interactive Arts and Technology, Simon Fraser University, and Associate Professor in the Department of Epidemiology, Monash University, Australia.

Dr Williamson practices in the Jim Pattison Outpatient Care and Surgery Centre Pain Clinic in Surrey BC where he provides multimodal care, including fluoroscopic and ultrasound guided interventional pain procedures, to people with predominantly chronic musculoskeletal pain.



Dr. Xiao Yuan

MD CCFP D-CAPM

Dr. Yuan is the Medical Director at White Oak Pain Clinic located in Burnaby BC. She completed her family medicine residency at the University of Calgary in 2017 and has since delved into the world of interventional pain management. She has a special interest in diagnosis and treatment of fascial tears using ultrasound-guided regenerative injections.



The Canadian Association of Orthopaedic Medicine has received an educational grant or in-kind support from the following exhibitors:

