



CANADIAN ASSOCIATION OF ORTHOPAEDIC MEDICINE  
ASSOCIATION CANADIENNE DE MÉDECINE ORTHOPÉDIQUE

**Perineural Injection Workshop: November 4, 2021 (Thursday) by Dr. David Bowler  
Inn at Laurel Point, Victoria, BC**

(Pre-conference workshop the day before the CAOM annual conference at the same location).

**Drs. David** (and Jannice) trained with Dr John Lyftogt attending his Seattle, New Zealand and Vancouver courses and master classes.

The CAOM is holding a pre-conference full day workshop on **the Lyftogt technique: perineural injection therapy (PIT)**. This is a **landmark-based** superficial injection technique using 5% dextrose for the treatment of neurogenic pain. Targeting superficial nerves under the skin resolves pain and inflammation quickly, and this technique can be stand-alone for some types of pain, or it can be used for superior results by combining it with prolotherapy or platelet-rich plasma.

This workshop has a **limit of 15 attendees** (with a minimum of 10 people) to make it personalized. We anticipate the cost will be approximately **\$350 for the day**, depending on number of attendees. This will include breakfast, lunch and nutrition breaks. You do not have to attend the full CAOM conference to be part of this workshop, although we hope you will!

The Lyftogt technique training is very **practical**; be prepared to be injected and to observe how and where to use this to gain optimal results. You will be ready to use this technique in your office the next week! Please note that this one-day workshop is an abbreviated, high-paced course keeping theory to the minimum necessary to train you. Most courses are 3 days long. Consider attending a Lyftogt course in the future (past courses have been offered in 17 countries, but currently the only course by Dr Lyftogt is the on-line 2019 3-day intro workshop). Also note that unlike prolotherapy where treatments are spaced out about a month apart, perineural injection therapy is most effective when you are able to give a few treatments close together; then you spread them out at longer intervals until no longer needed.

If you are learning this for the first time, or wanting a refresher, please reply ASAP to secure your place. Sign up forms and payment will come at a later date. Once we have a maximum number of attendees, we will start a waitlist. **You are not guaranteed a place until you have received an email back from me confirming you are on the list.** If you don't hear back within 24 hours, please email me again or call my office:

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