



Success and confidence in treating MSK pain

Regenerative Orthopaedic Medicine
35th Annual Conference

Nov 5 - 7, 2021
Inn at Laurel Point, Victoria BC

Friday Nov 5th

07:00 Registration and breakfast

07:50 Welcome and announcements

08:00 **Intro to poster presentations**

08:20 **Dr Ian Finkelstein:** Beyond PREEMPT: how to manage the complex migraine patient

09:20 **Dr Francois Louw:** ketamine and psychedelics: their role in the treatment of pain

10:00 Q & A

10:15 Nutrition break and visit exhibitors

10:45 **Dr Grant Pagdin:** Stem cell study update

11:30 **Dr Ted Harrison:** PRP update and dextrose/PRP study

12:00 Q & A

12:15 Lunch

1:15 **Dr Ashley Smith:** Facet joint platelet-rich plasma in whiplash associated disorder

1:45 **Dr Mansoor Mohammed:** Functional genomics – fibromyalgia in 2021

2:45 Q & A

3:00 Nutrition break

3:30 **Dr Francois Louw:** 10 top pain papers

4:00 **Dr Rob Burnham:** Radiofrequency treatments for refractory knee pain

4:30 **Dr Melina Thibodeau & Sandy Wilson PT:** evaluating hip pain: a sports medicine perspective

5:00 Q & A

5:30 - 6:30 CAOM AGM (anyone welcome)

6:45 pm Welcome reception/light supper

Saturday Nov 6th

07:00 Breakfast

08:00 **Dr Ravi Dhanoa:** All about trigger points

08:30 Dr J Bowler: Workshop announcement

08:40 **Dr Anna Davenport:** Fascial manipulation a la Stecco

09:10 **Dr Jean Gillies:** Exercises to enhance your regenerative treatments

09:50 Q & A

10:00 Nutrition break

10:30 **Dr Steven Helper:** Intradiscal platelet-rich plasma

11:00 **Dr Paul Etheridge:** Ultrasound sacroiliac techniques

11:45 Q & A

12:00 Lunch

Saturday Nov 6th AFTERNOON WORKSHOPS

Choose 2 workshops, which will run as follows:

1 - 2:45 First workshop

2:45 - 3:15 Nutrition break

3:15 - 5 Second workshop

WORKSHOP A: Manual Medicine part a and b

Drs. Anna Davenport and Pam Squire: **Fascia Manipulation**

Dr. Jean Gillies: **Exercises** to enhance your regenerative treatments

WORKSHOP B: Ultrasound-guided procedures part a and b

– (Drs Etheridge, J Bowler, de Wet and Bester)

work your way around several ultrasound stations: identify joints, entheses and nerves, and learn techniques you can quickly apply

WORKSHOP C: Prolotherapy part a and b

Drs. Gretton, Ouellette, Louw and Basson

Included this year: sacroiliac treatment, as well as upper/lower body prolotherapy. There will also be a short platelet-rich plasma presentation.

Sunday Nov 7th

07:30 Breakfast

08:25 Announcements

08:30 **Dr Adrian Gretton:** Sacroiliac prolotherapy: assessment and structures

09:00 **Dr Erik Ouellette:** Sacroiliac prolotherapy: injections, tips & techniques

09:30 **Dr Guy de Wet:** Passport to function: helping patients take control of their pain

10:00 Q & A

10:15 Nutrition break

10:45 **Dr Cobus Bester:** Clinical cases, back to basics

11:15 Q & A

11:20 **Dr Jannice Bowler:** Injectate review synopsis, plus training opportunities for prolotherapy and perineural injection therapy

11:35 **Dr Pam Squire:** Stecco modified for fascial injections

11:50 Orthopaedic panel

12:10 Closing remarks and forms