



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 Q & A

09:30 **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: a 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 Jannice Bowler:** Injectate review, plus training opportunities for prolotherapy and perineural injection therapy

2:20 **Dr Francois Louw:** 10 top pain papers

2:50 Q & A

3:00 Nutrition break

3:30 **Dr Rob Burnham:** Radiofrequency treatments for refractory knee pain

4:05 **Dr Melina Thibodeau & Sandy Wilson PT:** evaluating hip pain: a sports medicine perspective

4:45 Q & A

5:00 – 6:00 CAOM AGM (anyone welcome)

6:30 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, Levins 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 **Dr Pam Squire:** Stecco modified for fascial injections

11:35 Q & A

11:45 Orthopaedic panel

12:00 Closing remarks and forms