



REGENERATIVE ORTHOPAEDIC MEDICINE
37TH Annual Conference

Thursday October 26: Pre-Conference Workshops

Friday October 27 – Saturday October 28, 2023

Inn at Laurel Point

Victoria, British Columbia



CANADIAN ASSOCIATION OF ORTHOPAEDIC MEDICINE
ASSOCIATION CANADIENNE DE MÉDECINE ORTHOPÉDIQUE

Updated: August 26 2023

Thursday October 26, 2023

Pre-Conference Workshops

Interested in learning more about platelet-rich plasma (PRP)?
Already using it but wanting to keep up with the latest research?
Wanting to take a deeper dive into its applications, including practical demonstrations?
Please join us for a full day workshop prior to the main CAOM annual conference.

0700-
1700h
Plasma Rich Platelet Therapy
Dr. Jannice Bowler
Merino Room

[Please view our preliminary agenda here](#)

As a result of attending this activity participants will be able to:

- Evaluate the current evidence for platelet-rich plasma (PRP)
- Compare methods of PRP production
- Appraise a practical demonstration of PRP.

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Over the course of this 1-day scanning workshop, you'll learn to scan, scan and scan some more. Injecting is great, but you have to be able to find your target before you can inject it!

0900h-
1700h
Sport Medicine Ultrasound Canada – Ultrasound Scanning Training for Injections (2 Streams) [Click here](#) for more information.
Dr. Frank Johnson
Spirit Rooms

Stream 1: A relative beginner to MSK Ultrasound. This stream will review Shoulder Bursitis, Shoulder Arthritis, Elbow Arthritis, Knee Arthritis, Hip Arthritis, Ankle Arthritis

Stream 2: for those who have completed more than 50 ultrasound-guided injections and are very comfortable scanning and injecting all of the Stream 1 targets listed above.

This stream will review Subacromial/deltoid Bursitis, LHB Tendonitis, AC Joint Separations, Glenohumeral Arthritis, Lateral & Medial Elbow Tendonitis, Elbow Arthritis, De Quervain's, Thumb Arthritis (CMC & MCP), Knee Arthritis, Anterior & Medial Knee Pain, Hip Arthritis, Hip Bursitis & Tendonitis, SI Joint Arthritis, Plantar Fasciitis, Ankle Arthritis, Achilles Tendonitis

1900h-
2100h
Bioventus Sponsored: Durolane Injection Workshop
Dr. Alex Del Duca and Dr. Trent Brereton
Merino Room



Friday October 27, 2023

0715h Registration and Breakfast
Main Foyer and Spirit Rooms

0800h Welcome and Announcements
Dr. Nico Basson

0805h When Nonoperative Interventions aren't working, what's next? Surgical options for hand/wrist pain
Dr. Sheena Sikora

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

- Identify arthroscopic options in the hand/wrist.
- Outline open surgical options in the hand/wrist.
- Explore what's new and how the surgical field is advancing to minimize trauma and maximize function.

0845h Update in Migraine Treatment
Dr. Sian Spacey

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

- Review the pathophysiology and role of CGRP in migraine.
- Discuss the newer acute and preventative treatments in migraine.
- Understand how to incorporate the new CGRP drugs in migraine management.

0915h Moderated Question and Answer

0930h Clinical Trial Update: Stem Cells for Osteoarthritis
Dr. Grant Pagdin

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

- Clarify Health Canada position with respect to regenerative cell therapies.
- Review the study outline including inclusion and exclusion criteria.
- Identify risks for study participants.
- Review alternative treatment options for osteoarthritis.
- Discuss the preparation of Biologics for injection.
- Consider discharge recommendations.
- Examine outcomes data including adverse events reported to date.

1000h Nutrition Break
Exhibitor Booths are open



**1030h The Best Clinical Tests for Low Back Disorders
Dr. Ashley Smith**

Low back disorders are commonly associated with nociception arising from discs, facet joints and the sacro-iliac complex. This presentation will provide a summary of clinical tests associated with increasing or decreasing the probability of these structures being associated with a person's pain experience.

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

- Expound on diagnostic accuracy statistics relevant to musculoskeletal medicine and provide the clinical relevance of such.
- Summarize and visualize a demonstration of diagnostic accuracy statistics for lumbar facet, lumbar discogenic and sacroiliac joint sources of nociception that underly a person's pain experience.
- Identify examples of differential diagnosis in the low back region.

**1100h Intraosseous Orthobiologics to Treat Knee Osteoarthritis
Dr. Rob Burnham**

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

- Review the pathophysiology and pathoanatomy of knee osteoarthritis and how intraosseous orthobiologics may help.
- Describe the indications, contraindications, and technique of intraosseous knee injection.
- Explore the history, development, and evidence basis of intraosseous orthobiologics to treat knee osteoarthritis.

1140h Moderated Question and Answer

**1200h Lunch
Exhibitor Booths are open**

1300h Welcome Back

**1300h Want to be an expert at shoulder ultrasound? I'll teach you how in 29 minutes or less.
Dr. Frank Johnson**

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

- Identify and treat the normal and abnormal subacromial bursa.
- Identify and treat the normal and abnormal supraspinatus tendon.
- Identify and treat the normal and abnormal glenohumeral joint.



1330h Psilocybin for Chronic Pain and Mental Health Indications
Dr. Francois Louw

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

- Explore the current literature evidence pertaining to psilocybin for chronic pain and mental health conditions.
- Critique strengths and weaknesses of current studies for micro and macrodose psilocybin.
- Summarize areas of best evidence and focus on future research.

1400h Ketamine for Mental Health Disorders
Dr. Anita Sanan

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

- Review the pharmacology of ketamine
- Identify how ketamine affects the brain in patients with depression
- Analyze current evidence for ketamine in TRD
- Verify safety of ketamine in outpatient treatment for mental illness
- Review consensus guidelines for ketamine in chronic pain

1440h Moderated Question and Answer

1500h Nutrition Break
Exhibitor Booths are open

1530h Indications for Radio Frequency Ablation/Rhizotomies
Dr. Paul Etheridge

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

- Establish a plan and referral for diagnostic and therapeutic interventions in the fluoroscopy suite.
- Identify patients that will benefit from radiofrequency (RF) ablations.
- Articulate the process involved in performing an RF ablation.

1600h Scapulothoracic Dynamics and Injuries - Shoulder, Neck, Thorax, Fascia
Dr. Adrian Gretton

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

- Provide an overview of scapular anatomy and how it relates to shoulder, neck and spine, including fascia.
- Discover assessment and management approaches to scapular dynamics and interactions with neck, ribs, spine, and thoraco-lumbar fascia.

1630h Moderated Question and Answer

1700h Closing Comments
Dr. Nico Basson



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

Saturday October 28, 2023

0715h Registration and Breakfast
Main Foyer and Spirit Rooms

0755h Welcome to Day Two
Dr. Nico Basson

0800h Methylation Defects and Treatments for Busy Dummy MSK Doctors
Dr. Brian Shames

Methylation is a fundamental process happening in each of our cells with a minimum of 76 enzymatic pathways. Poor methylation affects up to 40 % of individuals. Yet there is a greater percentage in chronic MSK and chronic fatigue female patients. Poor methylation has been linked to fibromyalgia, heart disease, depression, anxiety, low energy, CVA and Alzheimer's. Supplementation and lifestyle interventions (ie reducing total body inflammation, optimizing gut flora, exercise, sufficient sleep can assist these patients.

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

- Recognize which physiological processes are involved with methylation.
- Explore how methylation defects manifest in patients.
- Define treatments exist to assist patients with fatigue, depression, low energy and pain with methylation defects.

0830h Hypermobility Spectrum Disorder and Hypermobility Ehlers Danlos: An Approach to the Hypermobility Patient
Dr. Heather Underwood

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

- Recognize the spectrum of hypermobility from one joint to generalized to hypermobile Ehlers Danlos.
- Evaluate generalized hypermobility using Beighton's Criteria and be familiar with 2017 diagnostic criteria for Hypermobility Ehlers Danlos Syndrome.
- Identify issues that are common in individuals with hypermobility which effect patient care.

0910h Moderated Question and Answer

0930h Nutrition Break
Exhibitor Booths are open



Breakout Session - One

1000h Stone Room A. Intentional Neuroplasticity: An Introduction to Pain Reprocessing Therapy Dr. David Bowler

Imagine sharing readily available information with your patients about the neurobiology of persistent pain, coaching them in the use of these resources, and hearing that their pain has diminished or resolved without drugs or injections. Pain Reprocessing Therapy (PRT) is a peer-reviewed validated mindfulness-based approach that combines pain neuroscience education, somatic tracking, safety re-appraisal, and positive affect induction. Learn how to implement this into your practice in the (PRT) Workshop.

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

- Define and recognize neuroplastic pain and its synonyms.
- Confidently evaluate patients with psychophysiological symptoms or stress-related disorders.
- Access and recommend further educational resources regarding the neuroscience of pain to integrate into a cooperative therapeutic plan.

Spirit Room B. Intro to Prolotherapy Dr. Adrian Gretton, Dr. David Mann

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.

Intra-meniscal platelet rich plasma injection: A review of the evidence, sono-anatomy, and ultrasound-guided injection techniques

Mr. Eric Lavoie

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

- Be familiar with the current evidence surrounding intra-meniscal platelet rich plasma injections.
- Identify the sono-anatomy of the meniscus in a coronal and transverse view.
- List the ultrasound guided injection approaches to intra-meniscal platelet rich plasma injections.

Merino C. Neck and Shoulder Myofascial Pain: Identifying and Treating Trigger Points for Pain Relief Dr. Ravi Dhanoa, Dr. Sarah Pankratz, Dr. Sid Bhattacharyya

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

- Examine neck and shoulder trigger points.
- Outline a basic approach to treating trigger points.
- Identify aftercare and prognosis.



1200h Lunch
Exhibitor Booths are open

Breakout Session – Two

1300h A. Intro to Prolotherapy
Spirit Room Dr. Adrian Gretton, Dr. Marc Lourens, Dr. Zuzana Triska

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.

Merino B. Ultrasound Guided Nerve Hydrodissection
Dr. Jannice Bowler, Dr. Francois Louw, Dr. Xiao Yuan

Stone C. Manual Diagnostic and Treatment Techniques in Lumbosacral, Hip and Lower Leg Pain Syndromes
Dr. Pam Squire, Dr. Brian Shames

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

- Discover which indirect and direct manual diagnostic and treatment techniques can be done for low back, pelvis, hip and leg pain in a busy “doctor has very little patient time “ practice.
- Define how these techniques fit with other treatment techniques and diagnostic paradigms.
- Review how quickly these treatment techniques take to perform, and I do I use them with utmost caution in this difficult litigious environment

1500h Nutrition Break
Exhibitor Booths are open

Breakout Session - Three

1530h A Layered Approach to the Patient with Chronic MSK Pain.

This will be a panel discussion and we are hoping for lots of engagement from our audience.

Spirit Room Case One - Chronic Knee Area 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 knee pain.
- Identify at least 4 different mechanisms for knee pain in an older athlete.
- Review multimodal treatment options and timing of the options for knee pain based on the patients’ current goals.



Spirit Room Case Two - Chronic Hip Area Pain
Dr. Lynn MacKean, Dr. Ravi Dhanoa, Dr. Francois Louw

At the end of this discussion attendees will be able to:

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

1630h Closing Comments and Conference Passport Draw
Dr. Nico Basson
Spirit Room

CAOM Celebratory Dinner
Terrace Ballroom

1830h Cocktails – cash bar available

1900h Dinner



Meet Our Presenters



Dr. Nico Basson MBChB, CCFP
President, CAOM

Dr. Basson graduated from Stellenbosch University in South Africa and moved to Canada where he has worked as Emergency Physician for 10 years. He started doing full time regenerative medicine in 2017 and currently works on Vancouver Island at the Interventional Plus Pain Clinic.



Dr. Sid Bhattacharyya MD, CCFP

Dr. Sid grew up in South Western Ontario and completed his training in Family Medicine and Clinical Anatomy at Western University.

After working for 4 years as a rural Family Physician, he relocated to Vancouver to pursue his special interest in myofascial pain. He now works in a group practice treating chronic conditions using trigger point injections, hydrodissection and prolotherapy, learning from his peers and patients to find new ways to help for those living with chronic pain.



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. Robert Burnham MSc, MD, FRCPC

Dr. Burnham is a specialist in Physical Medicine and Rehabilitation (Physiatrist). He was born and educated in Edmonton and currently practices as a member of multidisciplinary pain management teams both in Lacombe and Calgary Alberta. At this point in his career, his practice primarily involves performing fluoroscopically guided interventional musculoskeletal pain management procedures. He is also an active researcher. Outside of medicine, he greatly values nature, his family and his faith.



Dr Ravi Dhanoa MBBS BSc CCFP

Dr Dhanoa received his medical degree from Imperial College London (UK) in 2006. He has been practicing medicine in British Columbia since 2009. He initially had a full-service Family Practice on Vancouver Island, where he trained in Trigger Point Injection therapy and developed his skills further through working as a pain clinic physician in Vancouver. As well as establishing the MuscleMD Clinic Dr Dhanoa is Clinical Faculty at St Paul's Hospital, for the Family Medicine Residency Program at the University of British Columbia. He is involved in the training and assessment of International Medical Graduates, Family Practice residents and medical students. He has been invited to speak on myofascial pain and trigger point injection therapy at many pain conferences at a regional and national level.



Dr. Paul Etheridge, MBChB, DA(SA), CCFP

Dr. Etheridge is the Medical Director at the Bill Nelems Pain & Research Centre in Kelowna, British Columbia. He specializes in fluoroscopy and ultrasound-guided pain procedures, and continues to do research in this field of interventional pain management.



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.



He continues in active practice and enjoys teaching peers and community based health professionals. Outside of work, he enjoys skiing, cycling, hiking, travel, and photography.



**Dr. Frank Johnson, MD, CCFP, Dip. Sport Med, RMSK (Ultrasound)
Sport Medicine Ultrasound Canada**

Dr. Johnson is proud to be a family physician who now specialized in US-guided injections and teaching those injections in workshops across Canada.



**Eric Lavoie, Nurse Practitioner (NP), MN, FAA
Specialist in Musculoskeletal Pain & Rehabilitation
Adjunct Clinical Professor, Faculty of Nursing University of Calgary**

Eric is a Nurse Practitioner who has specialized training in ultrasound-guided interventional pain procedures. He was fortunate to have trained with a team of physicians and high-level physiotherapists at Calgary's Advanced Spinal Care Center in 2011 and 2012. He is one of only a few medically trained practitioners in the province to offer ultrasound-guided prolotherapy or PRP injections to the spine. He has a particular interest in musculoskeletal injuries and pain that originates from joints, muscles, ligaments, and tendons.



Dr. Marc Lourens MBChB, DA(SA), CCFP (FPA), PgCPain

Dr. Lourens did his family practice and anaesthesia training at the University of Cape Town, South Africa before coming to Canada in 1998. After an interesting career in both family practice and anaesthesia, he decided to focus on chronic pain management and joined the Bill Nelems Pain and Research Clinic in Kelowna. He has advanced training in ultrasound-guided interventional procedures and is also actively involved in helping to facilitate the clinic's pain management and education groups. He has a particular interest in spinal procedures and regenerative medicine including PRP and prolotherapy. In his free time, you can find him mountain biking the trails or fly fishing in a mountain stream or lake.



**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. David Mann MD FCFP(EM) Dipl Sport Med

Sports Med and MSK physician for over 35 years in private practice in Powell River BC.



Dr. Grant M Pagdin, MD, FCFP, ABAARM

Dr. Grant Pagdin graduated from UBC medical school in 1988. His primary interest is in Anti-Aging and Regenerative Medicine Services. Dr. Pagdin was awarded a fellowship in Family Medicine (FCFP) in 2010. He is board certified with the American Academy of Anti-Aging and Regenerative Medicine (ABAARM) and has completed a fellowship in Stem Cell Medicine with the University of South Florida in 2015. He is also a fellow with the Interventional Orthobiologic Foundation. He received a No Objection Letter from Health Canada to conduct clinic research on the use of stem cells for osteoarthritis in January, 2020. He is also an avid triathlete and musician.



Dr. Sarah Pankratz MD, CCFP

“Every patient you see is a lesson in much more than the malady from which he suffers.” – William Osler

Dr. Sarah Pankratz is a family physician trained through the University of British Columbia. She began her medical career commuting from Pemberton to Delta to gain expertise in treating chronic pain. She offers prolotherapy, trigger point injection therapy, and perineural injection therapy to her patients.



Dr. Anita Sanan MD, FRCPC
Anesthesiologist, Kelowna General Hospital
Clinical Instructor University of British Columbia
Medical Director EntheoTech Biosciences

Dr. Anita Sanan is a board-certified Anesthesiologist practicing since 2010. She has taken on many administrative and leadership roles within her department at the Kelowna General Hospital. She is actively involved in academics as a clinical faculty member at the University of British Columbia, teaching both medical students and residents. She is a founding member of Entheotech Biosciences, starting the first ketamine assisted therapy clinic in the Okanagan, and has been instrumental in bringing safe, medically guided psychedelic therapy to the forefront of mental health treatment.





Dr. Brian A Shames MD Dip Sport Medicine

Dr Shames has taught widely on injection techniques, myofascial dysfunction, proper myofascial recruitment patterns, pain referral patterns and manual diagnostic techniques. These can assist busy musculoskeletal physicians to better diagnose and treat pain. He was a core curriculum teacher for the American Association of Orthopedic Medicine from about 1990 to 2004. He has been a consultant to professional North American sports teams (ie Toronto Maple Leafs). He has been the Chief Medical Officer at World Events (ie 1994 Berlin, Germany World Track & Field Paralympic Championships, Canadian World Junior Hockey Championships 2000) and Team Physician for the National and Olympic Canadian Cross Country Ski Team 1984 to 1993. His research interests have included myofascial imbalance, anabolic steroid and illicit drug use in athletes.



**Dr. Sheena Sikora MD, FRCSC
Plastic & Reconstructive Surgery**

Dr. Sikora completed her Plastic Surgery training in Vancouver in 2015. Her specialization includes hand, wrist and upper limb trauma and reconstruction, post-traumatic and post-cancer reconstruction and aesthetic surgery. Dr. Sikora is active in teaching medical students and residents at Kelowna General Hospital as a clinical professor with the University of British Columbia. Her continued research is devoted to advancing wrist surgery and she has presented at many regional, national and international conferences.



**Dr. Sian Spacey, MBBS, FRCPC
Clinical Associate Professor UBC Director, UBC Headache Clinic**

Dr. Spacey is a Neurologist and Clinical Associate Professor in the Division of Neurology at the University of British Columbia in Vancouver, Canada. She completed a residency in Neurology at the University of British Columbia and a fellowship in Neurogenetics at the National Hospital for Neurology and Neurosurgery, Queens Square, London, England. She is Director of the UBC Headache Clinic and the UBC Clinician Investigator Program. She is a past president of the Canadian Headache Society. She is actively involved in teaching medical students, residents, and fellows through the university, and she lectures nationally and internationally.



Dr. Ashley Smith, PT, PhD

Ashley is a clinical research professor at University of Calgary in the Department of Clinical Neurosciences and practices clinically within a multidisciplinary team at Vivo Cura Health in Calgary. His research pursuits investigate pain modulation in chronic whiplash-associated disorders, with particular focus on orthobiologics and endogenous analgesia. Ashley's



clinical practice focusses on diagnostic accuracy to assist the right person getting the right treatment at the right time.



Dr. Pam Squire MD CCFP DCAPM ISAM CPE
Associate Clinical Professor UBC
LifeAgain 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. Zuzana Triska MD, CCFP, BScPT, MPT

Dr. Zuzana Triska is a family physician, and former physiotherapist, with a special interest in musculoskeletal medicine. She was a manual physiotherapist for 10 years prior to attending medical school. As part of her physiotherapy training she completed a Clinical Masters in Manual and Manipulative Therapy in Perth, Australia (the highest standard of physiotherapy MSK training). Currently she practices family medicine, prolotherapy and other types of regenerative medicine in Banff and Canmore, AB.



Dr. Heather Underwood FRCPC (Physical Medicine & Rehabilitation); MSc (Anatomy); Clinical Assistant Professor University of British Columbia

Dr. Underwood graduated from Kinesiology at the University of Waterloo and completed a Masters in Anatomy at Queens University. She obtained her MD at McMaster University and completed her Fellowship training in Physical Medicine & Rehabilitation at the University of British Columbia where she is an Assistant Clinical Professor. She has a special interest in hypermobility spectrum disorders and hypermobile Ehlers Danlos. She is a member of the Ehlers Danlos Society. She has a diverse practice including prosthetics and orthotics and remote medicine.





Dr. Xiao Yuan MD CCFP D-CAPM

Dr. Yuan is the Medical Director of White Oak Pain Clinic, located in Burnaby, BC. She has a special interest in treating fascia adhesions with hydrodissection and fascia tears with regenerative injections. It is a fascinating topic with much yet to explore!



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

