

2020

IART/HHPF VIRTUAL

PROLOTHERAPY CONFERENCE

OCTOBER 23-25, 2020



International Association for Regenerative Therapy
Advancing the Science and Art of Regenerative Therapies



VIRTUAL CONFERENCE

Jointly Provided By:

*International Association of Regenerative Therapy (IART)
Hackett, Hemwall, Patterson Foundation (HHPF)
University of Wisconsin–Madison Interprofessional
Continuing Education Partnership (ICEP)*

2020 Online Conference Committee Chair: Liza Maniquis-Smigel, MD

The Core of Regenerative Medicine:
**Diagnosis and Treatment of Chronic Pain with
Prolotherapy and Perineural Injection Therapy
of the Lower Extremity**



International Association for Regenerative Therapy
Advancing the Science and Art of Regenerative Therapies

International Association for Regenerative Therapy (IART)

563 Carter Court, Suite B | Kimberly, WI 54136

(920) 750-7728 | IART@badgerbay.co | www.iart.org

The 2020 IART/HHPF Virtual Prolotherapy Conference is the first in a series of focused modules. It will include core prolotherapy and perineural injection therapy knowledge and evidence base, and the application of those principles and techniques to treatment of the lower extremity. Future conferences will focus on the Upper Extremity and on the Spine. This conference is your first step towards the privilege of attending the medical missions to Honduras, Guadalajara and the Philippines.

2020 ONLINE CONFERENCE COMMITTEE

Liza Maniquis-Smigel, MD (Chair)

Hawaii Center for Regenerative Medicine

Adam Balin, MD, MA

University of Wisconsin Department of Family Medicine and Community Health

Joel Baumgartner, MD

Rejuv Medical

Will Mora, MD

Health Associates Medical Group

Bobby Nourani, DO

University of California Irvine, School of Medicine

Ripal Parikh, DO

ReGen Medical Ohio

Eric Phillippi, MD

Medical Procedures of Wisconsin

David Rabago, MD

Pennsylvania State University College of Medicine

MEETING FACULTY

Tariq Awan, DO

University of Michigan, Department of Orthopaedic Surgery

Joel Baumgartner, MD

Rejuv Medical

David Bowler, MD

Bowler Medical

Jannice Bowler, MD

Bowler Medical

Stephen Cavallino, MD

European School of Prolotherapy

Adrian Gretton, MD

Evidence Sport and Spine

Stanley Lam, MD

KH Lam Musculoskeletal Pain Management & Sports Injury Centre

Liza Maniquis-Smigel, MD

Hawaii Center for Regenerative Medicine

Bobby Nourani, DO

University of California Irvine, School of Medicine

Eric Phillippi, MD

Medical Procedures of Wisconsin

David Rabago, MD

Pennsylvania State University College of Medicine

Brian Ralston, MD

Loyola Medicine, MacNeal Hospital

Dean Reeves, MD

K. Dean Reeves, MD, PA

Andrea Trescot, MD, ABIPP, FIPP, CIPS

Stimwave

Jon Trister, MD

UMass Memorial Health Care

Linh Vuong, MD

Acuprolo Institute

Tinh Vuong, DO, LAc, MTOM

Acuprolo Institute

John Wilson, MD, MS, FAMSSM

University of Wisconsin School of Medicine and Public Health, Department of Orthopedics, Division of Sports Medicine

Annette Zaharoff, MD

The Non-Surgical Center of Texas

JOIN IART! MEMBERSHIP INFORMATION

Membership is open to both individuals and organizations interested in Regenerative Therapies, at all levels of experience. Interested members are welcome to apply and pay online.

Membership categories include: Active • Affiliate • Associate • Training • Founding

2020 NEW MEMBERS: All new memberships made between August 1 and December 31, 2020 will have membership extended through December 31, 2021.

VISIT THE IART WEBSITE TO JOIN TODAY: iart.org/join-iart

STATEMENT OF NEED

The objective of this conference is to provide educational content on non-surgical regenerative techniques for treating acute and chronic pain. This program focuses on enhancing knowledge about the basic science of regenerative treatment techniques and evidence base supporting the effectiveness of these treatments needs to be provided.

INTENDED AUDIENCE

This conference is designed for prolotherapy physicians and medicals students, podiatrists, and physicians within family practice, general practice, internal medicine, interventional pain management, interventional radiology, osteopathic manipulative medicine, pain management, physical medicine and rehabilitation, podiatry, rheumatology, and sports medicine.

ELEMENTS OF COMPETENCE

This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of medical knowledge, patient care and procedural skills, and practice-based learning and improvement.

The overall goal of this conference is to provide a variety of evidenced based modalities for treatment of chronic musculoskeletal pain.

ACTIVITY OVERVIEW

To identify and address present clinical practice gaps, we propose to explore the following barriers existing today in care of patients with chronic musculoskeletal pain:

1. Improved awareness of the supportive evidence and the proper techniques for performing the regenerative therapies taught in this course will improve the effectiveness of treatment for patients with chronic musculoskeletal pain and improve patient outcomes without the use of surgery or opioid medications.
2. Current barriers to incorporating prolotherapy and perineural injection and other regenerative treatments include current lack of insurance coverage for many of these treatments (financial barriers), skepticism of partners, health systems, and patients unfamiliar with the evidence base supporting these treatments, and lack of comfort actually performing these treatment strategies in their practices.
3. Lecturers will share strategies to effectively overcome these barriers and will share how they have successfully incorporated these treatment modalities into their practices. Various other resources will be shared. Opportunities to obtain additional training and enhance comfort with specific injection skills will also be shared and encouraged.
4. A variety of online resources will be shared. Opportunities to collaborate with other practitioners who routinely use these techniques in practice will be shared and encouraged. Further training to enhance provider comfort and skills in more advanced techniques will be shared and encouraged. Learning the research showing that prolotherapy, PRP, and cell therapy are all evidence-based, and not “alternative medicine”.

LEARNING OBJECTIVES

At the end of this course, learners will be able to:

1. Cite specific studies and the evidence base supporting beneficial outcomes for prolotherapy treatment and perineural treatment for chronic musculoskeletal pain.

2. Explain to patients the value of specific regenerative therapies to treat chronic musculoskeletal pain.
3. Explain and follow safety measures and appropriate patient positioning and injection techniques for performing basic prolotherapy and perineural injection therapy for their patients with chronic musculoskeletal pain.
4. Perform more accurate diagnostic physical exams of patients with chronic musculoskeletal pain of the lower extremity.
5. Apply their history and physical exam information to formulate an effective treatment plan that is evidence based and includes the regenerative techniques taught for chronic lower extremity musculoskeletal pain.
6. Effectively treat the majority of their patients with chronic musculoskeletal pain of the lower extremity without using opioids or invasive surgery.

ACCREDITATION STATEMENT

In support of improving patient care, this activity has been planned and implemented by the University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP), International Association of Regenerative Therapy (IART), and the Hackett, Hemwall, Patterson

Foundation (HHPF). The University of Wisconsin ICEP is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

CREDIT DESIGNATION STATEMENT

The University of Wisconsin–Madison ICEP designates this live activity for a maximum of 16.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION UNITS

The University of Wisconsin–Madison ICEP, as a member of the University Professional & Continuing Education Association (UPCEA), authorizes this program for 1.65 continuing education units (CEUs) or 16.5 hours.

POLICY ON FACULTY AND SPONSOR DISCLOSURE

It is the policy of the Wisconsin–Madison ICEP that the faculty, authors, planners, and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be available prior to the activity.

JOINTLY PROVIDED BY

International Association of Regenerative Therapy (IART)
Hackett, Hemwall, Patterson Foundation (HHPF)
University of Wisconsin–Madison Interprofessional Continuing Education Partnership (ICEP).

PROGRAM CHANGES

Emergency situations occasionally occur and may necessitate topic or speaker change. The IART, HHPF, and University of Wisconsin–Madison ICEP reserves the right to alter or substitute a topic or speaker without prior notification.

SCHEDULE (ALL TIMES LISTED IN CENTRAL STANDARD)**FRIDAY, OCTOBER 23, 2020**

MODERATOR: ANNETTE ZAHAROFF, MD

- 12:50 - 1:00PM** **Welcome & Overview**
Liza Maniquis-Smigel, MD
- 1:00 - 1:30PM** **Clinical Biotensegrity - Understanding of Biomechanics**
Jon Trister, MD
- 1:30 - 2:00PM** **Introduction to and Mechanism of Prolotherapy: Safe, Simple, Effective, Elegant**
Annette Zaharoff, MD
- 2:00 - 2:30PM** **Introduction to Perineural Injection Therapy (PIT)**
Liza Maniquis-Smigel, MD
- 2:30 - 3:00PM** **Review of Evidence-Based Supporting Prolotherapy**
David Rabago, MD
- 3:00 - 3:15PM** **Live Q&A**
- 3:15 - 3:45PM** **Emerging Concepts of Autologous Biologics**
Tariq Awan, DO
- 3:45 - 4:15PM** **Lifestyle & Functional Medicine to Optimize Regenerative Outcomes**
Joel Baumgartner, MD
- 4:15 - 4:45PM** **Marketing a Regenerative Practice**
Eric Phillippi, MD
- 4:45 - 5:00PM** **Live Q&A**

SATURDAY, OCTOBER 24, 2020**AM SESSION: HIP**

MODERATOR: BOBBY NOURANI, DO

- 8:00 - 8:30AM** **Hip Physical Exam and Differential Diagnosis**
Adrian Gretton, MD
- 8:30 - 9:30AM** **Hip Prolotherapy - Anatomy, Palpation, Marking, and Injections Technique**
Brian Ralston, MD & Adrian Gretton, MD
- 9:30 - 9:45AM** **ProloSound Technique of Hip**
Joel Baumgartner, MD
- 9:45 - 10:00AM** **Live Q&A**
- 10:00 - 11:15AM** **Perineural Injection Therapy of the Hip Region, Nerve Anatomy and Patient Treatment Demonstration and US Nerve Hydrodissection**
Liza Maniquis-Smigel, MD
- 11:15AM - 12:00 PM** **Platelet Rich Plasma Injection for Chronic Musculoskeletal Pain**
John Wilson, MD, MS, FAMSSM
- 12:30 - 1:00PM** **Live Q&A**

SATURDAY, OCTOBER 24, 2020**PM SESSION: KNEE**

MODERATOR: BOBBY NOURANI, DO

- 1:00 - 1:30PM** **Knee Physical Exam and Differential Diagnosis**
Joel Baumgartner, MD
- 1:30 - 2:15PM** **Knee Prolotherapy - Anatomy, Palpation, Marking, and Injection Technique**
Joel Baumgartner, MD
- 2:15 - 2:30PM** **ProloSound Technique of Knee**
Joel Baumgartner, MD
- 2:30 - 2:45PM** **Live Q&A**
- 2:45 - 4:00PM** **Perineural Injection of the Knee and Leg - Nerve Anatomy, Treatment Demonstration, and Ultrasound Nerve Hydrodissection**
David Bowler, MD & Jannice Bowler, MD
- 4:00 - 4:45PM** **Prolotherapy for Knee Osteoarthritis: Bench to Bedside to Curbside**
David Rabago, MD & Dean Reeves, MD
- 4:45 - 5:00PM** **Live Q&A**

SUNDAY, OCTOBER 25, 2020**AM SESSION: ANKLE**

MODERATOR: ERIC PHILLIPPI, MD

- 8:00 - 8:30AM** **Ankle and Foot Physical Exam and Differential Diagnosis**
Tinh Vuong, DO, LAC, MTOM
- 8:30 - 9:30AM** **Ankle and Foot Prolotherapy - Anatomy, Palpation, Marking, and Injection Technique**
Linh Vuong, MD
- 9:30 - 9:45AM** **ProloSound Technique of the Ankle and Foot**
Joel Baumgartner, MD
- 9:45 - 10:00AM** **Live Q&A**
- 10:00 - 10:45AM** **Perineural Injection Therapy of Ankle and Foot - Nerve Anatomy, Patient Treatment Demonstration**
Stephen Cavallino, MD
- 10:45 - 11:45AM** **New Frontiers in Injection Therapy: Hydrodissection**
Stanley Lam, MD & Andrea Trescot, MD, ABIPP, FIPP, CIPS
- 11:45AM - 12:00PM** **Live Q&A**
- 12:00PM** **Conference Summary/Concluding Remarks/Presentation of Next Steps**
Annette Zaharoff, MD & Liza Maniquis-Smigel, MD

REGISTRATION

MAIL OR EMAIL FORM TO IART OFFICE BY **OCTOBER 16, 2020**

REGISTRANT INFORMATION

FULL NAME _____ CREDENTIALS _____

ORGANIZATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COUNTRY _____ PHONE _____

EMAIL _____

REGISTRATION SELECTION

IART Member - \$395

Must hold a current 2020 Founding, Active, Affiliate or Associate membership

IART Training Member - \$145

Non-Member - \$595

FOR NON-MEMBER REGISTRANTS: Become an IART member today with conference registration!

Select your membership type below and receive a 1-Year IART Active or Training Membership.

(Membership valid through December 31, 2021. Pricing only applicable to new members registering for the conference.)

Active - \$100 *(Healthcare professionals that are licensed and able to inject)*

Training - \$0 *(Students and residents; proof of status required)*

PAYMENT INFORMATION

Total Amount Enclosed \$ _____

Check # (Checks payable to IART) _____

VISA

MASTERCARD

DISCOVER

AMEX

CARD NUMBER _____

EXP DATE _____ SEC CODE _____

NAME ON CARD _____

SIGNATURE _____

PLEASE RETURN COMPLETED FORM AND PAYMENT TO

International Association for Regenerative Therapy (IART)

563 Carter Court, Suite B, Kimberly, WI 54136

or by email: IART@badgerbay.co

REGISTRATION DEADLINE: OCTOBER 16, 2020

Upon receipt of your registration you will receive a confirmation email from the IART Office. Online registration is also available on the IART website: www.iart.org. Cancellations made 7 days or more in advance of the event date will receive a 100% refund. Cancellations made after that will be refunded less a \$50 administrative fee.

