Standardized Curriculum

Specialist in Interventional and Regenerative Orthopedic Medicine (IROM):

The American Academy / Association of Orthopedic Medicine (AAOM) is committed to developing a Specialist in Interventional and Regenerative Orthopedic Medicine (IROM). As one of the world's oldest and most respected educational organizations, the AAOM prepares clinicians to ethically and competently practice Interventional and Regenerative Orthopedic Medicine at the highest possible level.

The purpose of the Program is to enable physicians to develop expertise in the area of IROM. Essential teaching and administrative skills are emphasized and are developed through the completion of a number of outstanding courses.

At the AAOM, our students work closely with faculty who enjoy and prioritize patient care and teaching to provide the greatest opportunities for clinicians to develop clinical skills, stimulate and develop research projects, and enhance Interventional and Regenerative Orthopedic Medicine capabilities.

The Faculty of the AAOM is comprised of experienced educators who invest considerable effort into curriculum planning. Our recent revision of our curriculum required many hours of planning and development as we identified the best educational practices for students in the 21st Century of orthopedic medicine. Our faculty is adept at many instructional methods, founded on our 34 - year history of evidence based, commercial free, educational integrity in the classroom. This expertise enables us to identify the appropriate instructional methods for our new curriculum, and our clinical and scientific expertise allowed us to identify the most important content and sequence for our didactic and clinical curriculum.

The AAOM Specialist in Interventional and Regenerative Orthopedic Medicine Curriculum is made of multi-credit ACCME-accredited programming open to physicians who have interest in gaining skills, proficiency and competency in Interventional and Regenerative Orthopedic Medicine.

At AAOM, we built a curriculum in which our instructional practices flow from fundamental principles, founded on values. We look to educate students who share our values for excellence in learning and who set high standards for their performance. Learning is most productive and learner satisfaction is highest when both faculty and learners share common values and understand the principles from which our educational practices evolve.

AAOM IROM – C Certification Examination and Practical

Students of the Specialist in IROM are encouraged to sit for the AAOM IROM – C Certification Examination and Practical at the conclusion of their training.

EDUCATIONAL CURRICULUM

IROM 101: An Introduction to Regenerative Orthopedics

a. An introductory course of didactic and hands-on learning sessions to formal IROM training.
b. The first step in **a *standardized, module-based, training curriculum in Prolotherapy & IROM***.
c. Covers the history, safety, concepts of Prolotherapy and IROM.
d. Focused on developing basic knowledge of concepts and hands-on skills of physical exam, palpation, anatomy, and topographical target location and marking.
e. Will be offered twice-annually: as a pre- or post-conference workshop at the Annual Meeting and the August Denver conference.
f. Intended audience: MD/DO, NP, PA, ND, DPT, DPM

IROM 200: Basic to Intermediate AAOM Semi-Annual Cadaver Workshop – Denver, Colorado

g. A Beginner/Intermediate level course with pre-requisites of IROM 101.
h. Held in Denver, Colorado in the summer annually.
i. This educational session is focused on the learner obtaining the appropriate physical exam skills, palpation, marking, safety and injection skills necessary to be accepted into an international course.
j. It is a mixture of didactic lectures, small group hands-on sessions, round tables, and cadaver lab stations (utilizing both intermittent fluoroscopy and ultrasound).

IROM 300 - 500: AAOM International IROM Workshops Hands-On/Live Patients/Guided Injections / Medical Missions

Cancun, Mexico	Lima, Peru	Guadalajara, Mexico
301: Intermediate	**302: Intermediate**	**303: Intermediate**
IROM 301 is an Intermediate-level IROM/Prolotherapy & PRP educational course & medical mission which takes place in beautiful Cancun, Mexico, designed to give each physician-learner a direct, ***hands-on treatment experience with live patients***. Our host physician and Clinic Coordinator is Dr. Wajid Burad, a Cancun native and Sports Medicine Physician, who coordinates the patient recruitment, treatment, and follow-up care of all the local patients. IROM 301 is a high-volume experience with live patients, so the physician-learner can expect to personally perform supervised, directed, palpation-guided Prolotherapy injections on no less than 50 patients. There is a limited number of physician-learners admitted to IROM 301 such that the maximum student to instructor ratio is 4:1. The pre-requisites for IROM 301 are: Have taken a Cadaver Workshop (IROM 200), ***or*** prior participation within the last 5 years of any AAOM international workshop, ***or***	IROM 302 is another Intermediate-level Prolotherapy/PRP educational course & medical mission which takes place in ***Lima, Peru***. Like Cancun, this course is designed to give each physician-learner a direct, high-volume, hands-on treatment experience with live patients, in a controlled and supervised manner. Each learner should expect to treat at least 50 patients. Our host physicians and Clinic Coordinators in Lima are Dr.Roberto da la Torra and Dr. Gaston Topol. The clinic site used in Lima is Rehabilitation Hospital and is a fully accredited. There are a limited number of physician-learners admitted to IROM 202 such that the maximum student to instructor ratio is 4:1. The pre-requisites for IROM 301 are:	IROM 303 is another Intermediate-level Prolotherapy/PRP educational course & medical mission which takes place in Guadalajara, Mexico – typically in the Fall of each year. Like Cancun, this course is designed to give each physician-learner a direct, high-volume, hands-on treatment experience with live patients, in a controlled and supervised manner. Each learner should expect to treat at least 50 patients. Our host visit and Clinic Coordinator in Guadalajara is Jesus Gonzalez, MD. The clinic site used in Guadalajara is Hospital Civil Antiqua and is a fully accredited. There are a limited number of physician-learners admitted to IROM 203 such that the maximum student to instructor ratio is 4:1. The pre-requisites for IROM 303 are:

Cancun, Mexico	Lima, Peru	Guadalajara, Mexico
prior participation within the last 5 years of >1week of any international HHPF Prolotherapy trip.	Have taken a Cadaver Workshop (IROM 200), ***or*** prior participation within the last 5 years of any AAOM international workshop, ***or*** prior participation within the last 5 years of >1week of any international HHPF Prolotherapy trip.	Have taken the a Cadaver Workshop (IROM 200), ***or*** prior participation within the last 5 years of any AAOM international workshop, ***or*** prior participation within the last 5 years of >1week of any international HHPF Prolotherapy trip.
		400: Advanced Extremities
		401: Platelet-Based, Growth Factory & Bone Marrow Concentrates, Adipose Stem Cell / Fat-Grafting – Upper Extremity / Lower Extremity
		402: Platelet-Based, Growth Factory & Bone Marrow Concentrates, Adipose Stem Cell / Fat-Grafting – Lower Extremity
		500: Advanced Spine
		501: Platelet-Based, Growth Factory & Bone Marrow Concentrates, Adipose Stem Cell / Fat-Grafting – Cervical & Thoracic Spine
		502: Platelet-Based, Growth Factory & Bone Marrow Concentrates, Adipose Stem Cell / Fat-Grafting – Lumbo-Sacral Spine

IROM 600: Advanced AAOM Semi-Annual Cadaver Workshop – Denver, Colorado

a. An Advanced level course with pre-requisites of IROM 101 - 500.
b. Held in Denver, Colorado in the Fall/Winter annually.
c. This educational session is focused on the learner obtaining the appropriate physical exam skills, palpation, marking, safety and injection skills necessary to be accepted into an international course.
d. It is a mixture of didactic lectures, small group hands-on sessions, round tables, and cadaver lab stations (utilizing both intermittent fluoroscopy and ultrasound).

IROM 700: The IROM Master's Course

a. Instructors treating instructors
b. Pre-Req: must be an active AAOM member + have attended at least TWO 300-level courses + TWO Annual Meetings + have >5 years of IROM practice + specific approval by the course director.
c. Small group of hands-off learners who function as assistants and observers (<30), each paying, say, $3500 for the week (in addition to their own lodging, food, drink)
d. NO DIDACTIC / PASSIVE LEARNING!!! -- Small groups of say 3 or 4 students with an instructor/group leader – potentially even solving problems or working on a specific piece of the guidelines, legislation, curriculum, or some other educational content.

PERIPHERAL JOINTS

Head & Neck	Thorax	L-spine & Pelvis	Shoulder	Elbow/Wrist/Hand	Hip	Knee	Ankle/Foot
Anterior: Inter-Scalene Block Lateral SC Joint Stellate Ganglion Block Stylohyoid ligament Stylomandibular Ligament Superficial Cervical Plexus Block TMJ Transverse Processes: C1-C7 **Posterior**: Facet Joint Capsules: C2-T1 Greater Occipital Nerve Block Interspinous ligaments: C2-T1 Lesser Occipital Nerve Block Ligamentum Nuchae Multifidi enthuses: C2-T1 Supraspinous ligaments: C2-T1 Trans-foraminal injection: C2-T1	Facet Joint Capsules: T1-T12 Intercostal Nerve Blocks Interspinous ligaments: T1-T12 Lateral Border Medial Border Multifidi enthuses: T1-T12 Potential Anterior Thoracic/Abdominal Targets: Potential Posterior Thoracic Targets: Ribs/Rib Angles: Ribs 1-12 Scapulae Sterno-costal margins Superficial Nerve Blocks Suprascapular nerve block Supraspinous ligaments: T1-T12 Trans-foraminal injection: T1-T12	Caudal Injection Facet Joint Capsules: L1-S1 Gluteal Origins Ilio-Lumbar Ligaments Interspinous ligaments: L1-S2 Multifidi enthuses: L1-S2 Nerve Blocks Sacro-Iliac Ligaments (a.k.a., “Hackett’s points”) Sacro-Tuberous Ligaments SIJ Injection Supraspinous ligaments: L1-S2 Trans-foraminal injection: L3-S2 Transverse Process @ L3-4-5	AC joint intra-articular AC ligament complex and SGHL Biceps tendon High suprascapular interscalene nerve block for infraspinatus Infraspinatus and teres Interscalene supraclavicular brachial plexus nerve block Intra-articular Intra-articular capsular hydrodilatation Intraosseous injection MGHL/IGHL/Posterior capsule with labrum Sub-deltoid Subscapularis tendon Superior labral anchor Suprascapular nerve block Supraspinatus	360 wrist ligaments APL and EPB-DeQuervains Carpal metacarpal (CMC) intra-articular joint and ligaments Distal biceps insertion Elbow joints Finger joints Flexor tendon sheath hydrodilatation Lateral collateral ligament complex Medial and lateral epicondyle Nerve Blocks Radial collateral ligament Scapholunate (SL) Ligament Tear TFCC complex, RUC/DUC ligaments Triceps tendon Ulnar collateral ligaments Ulnar nerve hydrodissection Wrist intra-articular	ASIS/redis femoris Femoral and acetabulum bone augmentation Femoral nerve block Flexor tendons Gluteus medius and gluteus minimus Gluts on iliac crest Hamstrings and adductors Hamstrings origin Hip capsular hydrodilatation Iliopsoas Intra-articular IT band origin ITB/TFL/Gluts Labrum and capsular ligaments Lateral hip tendons Medial adductor group tendons Piriformis Posterior and medial hip tendons Tensor Fascia Lata (TFL)	ACL Bone augmentation Intra-articular Intra-articular supra-patellar pouch Lateral meniscus Lateral patellofemoral joint LCL to fib head, popliteus, and biceps femoris MCL and medial meniscus and ligaments Medial-lateral retinaculum Patellar tendon PCL Quadriceps tendon	Achilles tendon Ankle TT joint with US and fluoro Calcano-cuboid (CC) /transverse tarsal joint Digital nerve block EHL tendon Foot sesmoid Lateral and high ankle ligaments (ATF, CF, PTF, AITFL) Lateral peroneal tendons (longus and brevis) Medial deltoid ankle ligaments Medial tendons FDL, FHL and tibialis anterior and posterior MTP joint Plantar fascia Plantar plate Subtalar intraarticular joint Subtalar joint Talar and calcaneal bone aug Talo-navicular joint Tibial nerve block Tibial nerve hydrodissection