

AAOM 2024 ANNUAL MEETING AND SCIENTIFIC WORKSHOPS

March 13-15, 2024 • Pensacola Beach, FL

WEDNESDAY, MARCH 13

9:00 AM - 12:00 PM: Workshop Series 1 (Choose 1)

Workshop 1: HOW TO GIVE REGENERATIVE INJECTIONS: THE ART & SCIENCE

Co-Directors: Joel Baumgartner, MD and Andrew Kochan, MD

WORKSHOP 2: UNDERSTANDING THESE 3 FASCIAL PLANES WILL CHANGE YOUR APPROACH TO LOW BACK PAIN

Brad Fullerton, MD

Workshop 3: MUSCLE TESTING FOR HYDRODISSECTION OF NERVES AND FASCIAL PLANES

Co-Directors: Steve Karageanes, DO and Jennifer Stebbing, DO

12:00 PM - 1:00 PM **Lunch on your Own**

1:00 PM - 4:00 PM Workshop Series 2 (Choose 1)

Workshop 4: BASIC/INTERMEDIATE ULTRASOUND

Co-Directors: Frank Johnson, MD and Mike Carlson, DO

Workshop 5: ORTHOBIOLOGICS

TBD

Workshop 6: PRAGMATIC MANUAL THERAPY: TECHNIQUES THAT ACTUAL WORK

Co-Directors: Paul Johnson, DO and Steve Karageanes, DO

4:00 PM - 7:00 PM Workshop Series 3 (Choose 1)

Workshop 7: ADVANCED ULTRASOUND

Chair: Sean Mulvaney, MD; Rob Monaco, MD, Brian Shiple, DO, Jonathan Fenton, DO

Workshop 8: OZONE THERAPY FOR MSK ISSUES

Martin Gallagher, MD

Workshop 9: BUILDING YOUR REGENERATIVE MEDICAL PRACTICE

Anne Truong, MD

Thursday, March 14, 2024

9:00 AM - 12:00 PM Workshop Series 4 (Choose 1)

**Workshop 10: INTERVENTIONAL REGENERATIVE ORTHOPEDIC MEDICINE (IROM)
CERTIFICATION REVIEW COURSE FOR WRITTEN AND PRACTICAL EXAMINATION**

Jonathan Fenton, DO and Paul Lieber, MD

**Workshop 11: PERIPHERAL NERVE BLOCKS-ADDUCTOR CANAL, ANKLE,
MUSCULOCUTANEOUS DEEP AND SUPERFICIAL RADIAL, ULNAR, MEDIAN, AND LONG
THORACIC NERVES**

Director: Brian Shiple, DO; Rob Joseph, MD, Sebastian Klisiewicz, DO

Workshop 12: SOFT TISSUE DIAGNOSIS: SPINE AND PERIPHERAL JOINTS

Co-Directors: Tom Ravin, MD, Bjorn Eek, MD, David Harshfield, MD

12:00 PM - 1:00 PM **Lunch & Product Theater**

1:00 PM - 4:00 Workshop Series 5 (Choose 1)

**Workshop 13: PERCUTANEOUS TENOTOMY (TENDONOVA, TENJET, TENEX) AND
SHOCKWAVE THERAPY: HOW TO ADD/USE IN YOUR PRACTICE**

John Ferrell, MD and Joel Baumgartner, MD

**Workshop 14: BONE MARROW CONCENTRATE AND MICRO-FRACTURED FAT
(ACQUISITION, COUNTS, PERFORMANCE, PEARLS)**

Charles Mahl, MD

**Workshop 15: UNDERSTANDING THE IMPORTANCE OF DIAGNOSING AND TREATING
SACROILIAC JOINT (SIJ) IN YOUR PRACTICE**

Irwin Abraham, MD

4:00 PM - 6:30 PM

**Workshop 16: MASTER DOCTORS DEMONSTRATION AND TREATMENT SESSION:
EXTREMITIES, NECKS, BACKS, PROLOTHERAPY, PRP, ULTRASOUND**

*Charles Mahl, MD, Brian Shiple, DO, Martin Gallagher, MD, Sebastian Klisiewicz, DO and
Team*

7:00 PM - 8:30 PM **Opening Reception with Exhibitors in the Solutions Center**

FRIDAY, MARCH 15, 2024

7:00 AM - 7:45 AM

Breakfast

7:45 AM - 8:00 AM

Opening Remarks

Charles Mahl, MD, AAOM President

ORTHOBIOLOGICS IN TODAY'S PRACTICE

8:00 AM - 8:30 AM

Keynote: Michael Brown, MD, Memorial Lecture: Bone Marrow Research

Brian Shiple, DO

8:30 AM - 8:55 AM

Adipose Research Update

Paul Tortland, DO

8:55 AM - 9:20 AM

Update on Current Orthobiologics

John Ferrell, MD

9:20 AM - 9:45 AM

Questions & Answers

Brian Shiple, DO, Paul Tortland, DO, John Ferrell, III, MD, Charles Mahl, MD

9:45 AM - 10:15 AM

Break with Exhibitors in the Solutions Center

10:15 AM - 10:40 AM

Intradiscal Orthobiologics for Intradiscal Derangement and Herniated Nucleus Palposus: What Does the Evidence Show?

Paul Lieber, MD

10:40 AM - 11:05 AM

Must-Know "Pearls" in Regenerative Medicine

Brian Shiple, DO

11:05 AM - 11:35 AM

TMJ: Evidence-Based

TBA

11:35 AM - 12:00 AM

Take-Home Points on Reading MRI: Shoulder

David Harshfield, MD

12:00 PM - 1:00 PM

Lunch and Product Theater

1:00 PM - 1:30 PM

Keynote: Alvin Stein, MD, Memorial Lecture

TBD

1:30 PM – 1:55 PM **Evidence-Based Prolotherapy**
Dean Reeves, MD

INTEGRATING FUNCTIONAL MEDICINE IN YOUR PRACTICE

1:55 PM - 2:20 PM **Nutrition History**
Steve Karageanes, DO

2:20 PM - 2:45 PM **Optimization of IV/Oral Nutrition for Superior Outcomes**
Martin Gallagher, MD, DC

2:45 PM - 3:15 PM **Break with Exhibitors in the Solutions Center**

3:15 PM - 3:35 PM **Mineral Dysregulation: A New Way of Thinking?**
Jennifer Stebbing, DO

3:35 PM - 4:00 PM **Optimization of Hormones for Improved Outcomes**
Anne Truong, MD

4:00 PM - 4:25 PM **Sexual Health: Treatment with Regenerative Medicine**
Anne Truong, MD

4:25 PM - 5:00 PM **Treating Lumbar Intradiscal Problems: What My Experience has Taught Me**
Bjorn Eek, MD

5:00 PM - 6:30 PM **Reception with Exhibitors in the Solutions Center**

6:30 PM - 8:30 PM **Annual Membership Meeting and Awards Dinner**

SATURDAY, MARCH 16, 2024

7:00 AM - 8:00 AM **Breakfast**

CUTTING-EDGE TREATMENTS AND WHAT'S ON THE HORIZON

8:00 - 8:30 AM **Keynote: Hydrodissection of Scapular Region - "Treasure of Nerves"**
Tom Clark, DC, RSMK

- 8:30 AM - 8:55 AM **Interosseous Injection with Intra-Articular vs. Alone: What is the Evidence**
John Ferrell, MD
- 8:55 AM - 9:20 AM **Neuralgias that Mimic OA**
Paul Tortland, DO
- 9:20 AM - 9:45 AM **Biotensegrity and Fascial Systems**
Brad Fullerton, MD
- 9:45 AM - 10:15 AM **Break with Exhibitors in the Solutions Center**
- 10:15 AM - 10:40 AM **Scapular Dyskinesia, MSK Evaluation and Treatment**
Phillip Steele, MD

REGULATIONS & CHALLENGES IN REGENERATIVE MEDICINE

- 10:40 AM - 11:05 AM **Can I Do this? FDA Update**
Brian Shiple, DO
- 11:05 AM - 11:25 AM **How Can I Protect/Defend from Regenerative Medicine Malpractice Suit**
Paul Walkinshaw, esq.
- 11:25 AM - 11:50 AM **Ehlers – Danlos Syndrome: Hot to Treat with Regenerative Medicine**
Jonathan Fenton, DO
- 11:50 AM - 12:15 PM **Unlock the Secret of Low Back Pain: Treating the Sacroiliac Joint**
Tom Ravin, MD
- 12:15 PM - 1:15 PM **Lunch and Product Theater**
- 1:15 PM - 1:40 PM **Update on Stellate Ganglion Blocks**
Sean Mulvaney, MD

ADVANCES IN SPORTS MEDICINE

- 1:40 PM - 2:05 PM **Common Injuries & Treatment in Collegiate/Professional Dancers**
Steve Karageanes, DO

- 2:05 PM - 2:30 PM **Ultrasound-Guided Injection Techniques for Common Spine Conditions in Sports Medicine**
David Wang, DO
- 2:30 PM - 2:55 PM **Treating Meniscal Tears & Knee Injuries with Regenerative Medicine**
Joseph Albano, MD
- 2:55 PM - 3:25 PM **Break with Exhibitors in the Solutions Center**
- 3:25 PM - 3:50 PM **Treating Shoulder RTC & Labral Tears**
Sean Mulvaney, MD
- 3:50 PM - 4:15 PM **Advancement in ACL Repair Using Orthobiologics: A Surgeons Perspective**
TBA
- 4:15 PM - 4:40 PM **Rehabilitation Post-Regenerative Medicine**
Rob Monaco, MD
- 4:40 PM - 5:05 PM **Orthopedic Failures: What are Surgical Outcomes and Evidence?**
Jonathan Fenton, DO
- 5:05 PM - 5:20 PM **Farewell Remarks**
Mike Carlson, DO