The Anatomy, Diagnosis, and Treatment of Chronic Myofascial Pain with Prolotherapy

OCTOBER 19-21, 2017

Research Symposium

OCTOBER 18, 2017

The Lowell Inn and Conference Center
The Fluno Center for Executive Education
Madison, Wisconsin

Jointly Provided by
University of Wisconsin
School of Medicine and Public Health
Department of Family Medicine
and Community Health
University of Wisconsin–Madison
Interprofessional Continuing Education Partnership (ICEP)
and
The Hackett Hemwall Patterson Foundation
Overview

Statement of Need
The treatment of chronic pain is a complex, multifaceted problem. The faculty of this activity offer participants detailed instruction in the use of prolotherapy, with basic and advanced techniques, to treat laxity of ligaments that often cause chronic myofascial pain. Due to more active lifestyles, an aging patient population, and patient desire for relief of chronic pain, prolotherapy is an elegant, effective and safe treatment.

Target Audience and Scope of Practice
This educational activity has been designed to meet the needs of physicians (MD & DO only), who manage patients through the diagnosis and treatment of chronic pain due to ligament instability.

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

Activity Overview
The needs will be addressed by the use of lectures, extensive anatomy review, discussion, demonstrations and practice injections on cadavers with C-arm guidance, and viewing of injection videos with a faculty member and model. The hands-on workshops will enable the conferee to have practical training in palpation and marking for prolotherapy. Discussions of prolotherapy indications and complications along with a panel discussion of complicated cases will enhance the participant’s learning.

Learning Objectives
At the conclusion of this activity, participants will be able to:
- Recognize new clinical science research in injection therapy for musculoskeletal conditions including knee osteoarthritis, low back pain and tendinopathies
- Review ongoing clinical research on the use of other regenerative injection techniques including platelet rich plasma
- Review clinical science on ultra-sound guided nerve dissection for chronic neuropathic pain
- Identify the anatomy of ligaments
- Participate in C-arm guided cadaver injections
- Illustrate complications, and ways to avoid complications, when treating patients with prolotherapy
- Observe video of injections with faculty moderating with a model
- Obtain insight into bio-tensegrity
- Recall new advances in the use of several injection solutions, including PRP and stem cells for musculoskeletal diagnosis and treatment
- Describe advanced prolotherapy treatment protocols for the treatment of chronic pain
- Identify ways to promote a prolotherapy practice and successfully submit billing documentation

Conference Highlights
- Most comprehensive prolotherapy conference teaching of the whole body
- Nationally and internationally recognized faculty of 33 experts
- 18 didactic lectures on prolotherapy with demonstrations
- 8 hours of workshops taught by prolotherapists
- Cadaver lab where participants will do multiple injections
- 21 AMA PRA Category 1 Credits™

Research Symposium Pre-Conference Highlights
- Will bring active clinicians and researchers together to present completed & ongoing research in prolotherapy and related injection therapies for soft tissue pathology
- In-depth discussions of new clinical science research in injection therapies
- Review ongoing clinical research on the use of radiologic guidance and assessment in the context of injection therapy

AMA PRA Category 1 Credits™

Madison At A Glance
A progressive and cosmopolitan city of 250,000, Madison is home to the world-class University of Wisconsin, the seat of state government, and an eclectic, electric atmosphere that energizes any visitor’s stay. Built on a narrow isthmus between Lakes Monona and Mendota, Madison is one of the nation’s most scenic cities. Five area lakes and more than 200 parks provide countless recreational activities, from swimming, sailing and fishing to biking, hiking, inline skating and more. Madison offers both small town charm and a range of cultural and recreational opportunities usually found in much larger cities. Very convenient for visitors to Madison are 39 bike rental “stations” with 350 bikes that can be rented by the half hour or longer. This is a great way to explore Madison with its 275 miles of bike paths and lanes! (Bring your own helmet)

Conference Venue
The Lowell Inn and Conference Center is a University of Wisconsin facility, located in the heart of the UW campus at 610 Langdon Street. The center has conference rooms, dining facilities, lounges and a swimming pool with sauna. On-site parking for hotel guests is $10 per day; complimentary parking is available nearby. Lowell Inn has 137 guest rooms which have recently been remodeled and upgraded. Also, there is now a convenient drive up lane on Frances Street, to facilitate easy accessible access to the center. One of Lowell’s greatest assets is their helpful, friendly staff. Didactic sessions on Thursday and Saturday will be held at the Fluno Center. It is a pleasant 3-block walk between the two venues. There will be a shuttle both morning and afternoon.

Conference Attire
On Friday, for our hands-on workshops, comfortable casual clothing is suggested. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket for the lecture days. Casual clothing is appropriate for the entire conference.
**General Information**

**Dates**
- **Research Symposium Pre-Conference Session**
  - October 18, 2017 (Wednesday); 7:45 AM – 5:30 PM

**Conference**
- **October 19-21, 2017 (Thursday–Saturday)**

**Fees**
- $1,900 – Conference registration (October 19-21, 2017)
- $400 – Research Symposium (October 18, 2017)

The fees include the cost of tuition, course materials; breakfasts; lunches Wednesday, Thursday and Friday; breaks all days, and dinner on Thursday evening. **Meals and breaks are for registered attendees only.** Guests may join you for meals - see pricing below.

Fee for accompanying guests - meals/receptions:
- $52.75 ($50 plus tax) Research Symposium, lunch & reception
- $116.05 ($110 plus tax) Conference - 2 lunches, Thursday dinner, Friday reception
- $68.58 ($65 plus tax) Conference - Dinner Thursday evening, Friday reception

**Conference Location and Accommodations**
Lowell Inn and Conference Center
610 Langdon Street
Madison, WI 53703

To make hotel room reservations at Lowell, please call: 608-256-2621 or 866-301-1753. Email: Lowell@ecc.uwex.edu A block of rooms has been reserved. These rooms will be held for our conference until September 17, 2017 or until block is sold out. The room rate is from $105 to $124 per night (standard room to deluxe room). The name on the block of rooms is: Prolotherapy.

**On-site Check-in**
New registrations will NOT be accepted on day of conference
- October 18, 2017: 7:00 - 7:45 AM and 4:30 - 7:00 PM
- October 19, 2017: Starting at 7:00 AM

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

**Course Materials**
The conference syllabus will be posted online (the link will be sent to registered participants approximately one week before the conference). WiFi is available at Lowell and Fluno.

**Cancellations/Refund Policy**
All cancellations must be received on or before October 10, 2017. This will allow wait-listed people to take the place of a cancellation, if one occurs. Cancellations received on or before October 10, 2017 will receive a refund; cancellations after that time will not receive a refund. **All cancellations will be charged a processing fee of $100.**

**Credit**

**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) and The Hackett Hemwall Patterson Foundation. The University of Wisconsin-Madison 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 29 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Research Symposium = 8 AMA PRA Category 1 Credits™**
**Conference = 21 AMA PRA Category 1 Credits™**

**Continuing Education Units**
The University of Wisconsin-Madison ICEP, as a member of the University Professional & Continuing Education Association (UPCEA), authorizes this program for 2.9 continuing education units (CEUs) or 29 hours.

**Policy on Disclosure**
It is the policy of the University of Wisconsin-Madison ICEP that the faculty, authors, planners, and other persons who may influence content of this CE activity disclose all relevant financial relationships with commercial interests in order to allow CE 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 made in the activity materials.

**Special Dietary Needs**
Vegetarian selections will be available at all provided meals. If you require additional assistance, contact Mary Doherty at least 1 week before the conference at: mdoherty@wisc.edu

**For Further Information**
Mary P. Doherty
608-712-5518
mdoherty@wisc.edu

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**Jeffrey J. Patterson, DO**
June 13, 1946 – January 24, 2014
UW Professor Emeritus
School of Medicine and Public Health
This conference is dedicated to Jeff Patterson for his years of teaching prolotherapy in the US and Internationally.
Greetings! Welcome to the 13th annual UW Hackett Hemwall Patterson Foundation Prolotherapy Research Symposium. 2017 has been an active and exciting year in prolotherapy research and injection medicine. In this year’s conference, speakers will review recently published clinical research on prolotherapy and related injection therapy and bring you the latest information of studies now in progress.

This meeting brings together clinicians, clinical researchers and basic scientists interested in research of prolotherapy and related injection therapies. Each speaker is an active clinician and/or researcher who will present completed or ongoing studies. The overall tone of the conference is participatory and collaborative. Our primary goal is to facilitate a high level of understanding of current research and to stimulate further work among and between researchers, clinicians and other attendees. We hope you enjoy the day.

**WEDNESDAY, OCTOBER 18, 2017**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45</td>
<td>Breakfast – Dining Room (Lower Level) <strong>Lowell Inn &amp; Conference Center</strong></td>
</tr>
<tr>
<td>7:45</td>
<td>Growth in Research</td>
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<tr>
<td><strong>8:00</strong></td>
<td><strong>Morning Sessions</strong></td>
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<tr>
<td></td>
<td>What We Talk About When We Talk About Research: Prolotherapy for Symptomatic Knee Osteoarthritis</td>
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<tr>
<td></td>
<td>A Systematic Review of Prolotherapy for Knee OA</td>
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<td></td>
<td>Efficacy of Intra-articular Hypertonic Dextrose Prolotherapy versus Normal Saline for Knee Osteoarthritis: A Triple-blinded Randomized Controlled Trial</td>
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<td></td>
<td>Clinic-based Assessment in Knee OA and Coccyalgia</td>
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<tr>
<td>10:00</td>
<td>Refreshment Break</td>
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<tr>
<td><strong>10:30</strong></td>
<td><strong>Back to Basics: In-vitro Dextrose Inhibition of Macrophage Activity</strong></td>
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<td></td>
<td>Platelet Rich Plasma for Tendinopathy: The Wisconsin Studies</td>
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<td></td>
<td>Studies in PRP Basic Science: Platelet Counts and Preparation Methods</td>
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<tr>
<td></td>
<td>Development and Assessment of an Injection Assist Device: UW Biomedical Engineering Student Project</td>
</tr>
<tr>
<td><strong>12:45</strong></td>
<td>Lunch – Dining Room</td>
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<tr>
<td><strong>1:45</strong></td>
<td><strong>Afternoon Sessions</strong></td>
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<tr>
<td></td>
<td>There and Back Again: Update on International Prolotherapy Collaborations</td>
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<tr>
<td></td>
<td>Prolotherapy vs. Epidural Corticosteroid Injections for Lumbar Pain with Radiation</td>
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<tr>
<td></td>
<td>Pushing Dextrose: Epidural Injection for Low Back Pain in a Mixed Methods Study</td>
</tr>
<tr>
<td>3:15</td>
<td>Refreshment Break</td>
</tr>
<tr>
<td><strong>3:30</strong></td>
<td><strong>Panel Discussion: A Tale of Two Techniques – Traditional and Perineural Prolotherapy; Clinical Approaches</strong></td>
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<tr>
<td></td>
<td>Prolotherapy for Chronic C-Spine Pain: A Case Report Using Electronic Follow-up</td>
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<td></td>
<td>Ultrasound Diagnostics, Fascia and Low Back Pain: A Biotensegrity Model</td>
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<tr>
<td></td>
<td>Concluding Remarks: Collegiality, Collaboration and Continuing the Way Forward</td>
</tr>
<tr>
<td>5:30</td>
<td>Adjourn</td>
</tr>
<tr>
<td>5:45-7:45</td>
<td>Reception – Wisconsin Idea Lounge</td>
</tr>
</tbody>
</table>
# Conference Schedule 2017

## Thursday, October 19, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AM</td>
<td>Breakfast – Dining Room (Lower Level) Lowell Inn &amp; Conference Center</td>
<td></td>
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<tr>
<td>6:45</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-8:00</td>
<td>Shuttle to The Fluno Center at lobby main entrance of Lowell Center</td>
<td></td>
</tr>
<tr>
<td>7:45</td>
<td>Welcome, Administrative Remarks</td>
<td>David Rabago, MD; Bobby Nourani, DO; Mary Doherty</td>
</tr>
<tr>
<td>8:00</td>
<td>Introduction to Prolotherapy: Safe, Simple, Effective, Elegant</td>
<td>Paras Mehta, MD</td>
</tr>
<tr>
<td>8:30</td>
<td>Anatomy &amp; Injection Techniques: L/S Spine, Posterior Pelvis</td>
<td>Joel Baumgartner, MD</td>
</tr>
<tr>
<td>9:15</td>
<td>Anatomy &amp; Injection Techniques: Hip &amp; Anterior Pelvis</td>
<td>Brian Ralston, MD</td>
</tr>
<tr>
<td>9:45</td>
<td>Anatomy &amp; Injection Techniques: Knee</td>
<td>Liza Maniquis-Smigel, MD</td>
</tr>
<tr>
<td>10:15</td>
<td>Anatomy &amp; Injection Techniques: Foot &amp; Ankle</td>
<td>Annette Zaharoff, MD</td>
</tr>
<tr>
<td>10:45</td>
<td>Refreshment Break – Lobby</td>
<td></td>
</tr>
<tr>
<td>11:10</td>
<td>Anatomy Demonstration: L/S spine, Posterior Pelvis</td>
<td>Joel Baumgartner, MD</td>
</tr>
<tr>
<td>11:30</td>
<td>Anatomy Demonstration: Hip &amp; Anterior Pelvis</td>
<td>Brian Ralston, MD</td>
</tr>
<tr>
<td>11:50</td>
<td>Anatomy Demonstration: Knee</td>
<td>Liza Maniquis-Smigel, MD</td>
</tr>
<tr>
<td>PM</td>
<td>12:10</td>
<td>Anatomy Demonstration: Foot &amp; Ankle</td>
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<tr>
<td>12:30</td>
<td>Lunch – Dining Room</td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>Anatomy &amp; Injection Techniques: Cervical Spine</td>
<td>Paul Johnson, DO</td>
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<tr>
<td>2:00</td>
<td>Anatomy &amp; Injection Techniques: Shoulder</td>
<td>Ripal Parikh, DO</td>
</tr>
<tr>
<td>2:30</td>
<td>Anatomy &amp; Injection Techniques: Elbow, Wrist, Hand</td>
<td>Martin Gallagher, MD, DC</td>
</tr>
<tr>
<td>3:00</td>
<td>Anatomy &amp; Injection Techniques: Thoracic Spine &amp; Ribs</td>
<td>Richard Owens, MD</td>
</tr>
<tr>
<td>3:30</td>
<td>Refreshment Break – Lobby</td>
<td></td>
</tr>
<tr>
<td>4:00</td>
<td>Anatomy Demonstration: Cervical</td>
<td>Paul Johnson, DO</td>
</tr>
<tr>
<td>4:20</td>
<td>Anatomy Demonstration: Shoulder</td>
<td>Ripal Parikh, DO</td>
</tr>
<tr>
<td>4:40</td>
<td>Anatomy Demonstration: Elbow, Wrist, Hand</td>
<td>Martin Gallagher, MD, DC</td>
</tr>
<tr>
<td>5:20</td>
<td>Standardization Update</td>
<td>Annette Zaharoff, MD</td>
</tr>
<tr>
<td>5:50</td>
<td>Adjourning comments - Friday Workshop Instructions</td>
<td>Bobby Nourani, DO; Mary Doherty</td>
</tr>
<tr>
<td>6:00</td>
<td>Adjourn</td>
<td></td>
</tr>
<tr>
<td>5:45-6:45</td>
<td>Shuttle to Lowell, leaving from Frances Street entrance</td>
<td></td>
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<tr>
<td>7:00</td>
<td>Dinner Presentation: HHPF/UW International Treating &amp; Training Trips</td>
<td>Mary Doherty; David de la Mora, MD; John Whiting, MD; Scott Chaiet, MD</td>
</tr>
<tr>
<td>FRIDAY, October 20, 2017 – Lowell Conference Center</td>
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</table>

**Workshop Sessions:** Each participant will rotate through all four workshops. Each rotation is indicated by the color coding on participant's name badge.

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Workshop Directors</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Art of Prolotherapy, Anatomical Relationships – Isthmus Room</td>
<td>Jon Trister, MD</td>
</tr>
<tr>
<td>Discussion with Prolotherapy Experts – Wisconsin Idea Lounge</td>
<td>Adrian Gretton, MD</td>
</tr>
<tr>
<td>Anatomy Palpation, Examination and Marking Skills – Langdon Room</td>
<td>Joel Baumgartner, MD</td>
</tr>
<tr>
<td>Injection Demonstration of Cadavers, Participant Practice Lab – Mendota Room</td>
<td>James Nosal, MD; David Wang, MD; Michael Weber, MD</td>
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</tbody>
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## AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45</td>
<td>Breakfast – Dining Room</td>
</tr>
<tr>
<td>7:45</td>
<td>Orientation to Workshops – Isthmus North &amp; South</td>
</tr>
<tr>
<td>8:00-10:00</td>
<td>Session 1</td>
</tr>
<tr>
<td>10:00</td>
<td>Refreshment Break</td>
</tr>
<tr>
<td>10:20-12:20</td>
<td>Session 2</td>
</tr>
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</table>
## Conference Schedule 2017 (continued)

<table>
<thead>
<tr>
<th>PM</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>12:20-1:20</td>
<td>Lunch – Dining Room Lower Level</td>
</tr>
<tr>
<td></td>
<td>1:20-3:20</td>
<td>Session 3</td>
</tr>
<tr>
<td></td>
<td>3:30-3:50</td>
<td>Refreshment Break</td>
</tr>
<tr>
<td></td>
<td>3:50-5:50</td>
<td>Session 4</td>
</tr>
<tr>
<td></td>
<td>6:15-7:30</td>
<td>Reception – Wisconsin Idea Lounge</td>
</tr>
</tbody>
</table>

### SATURDAY, OCTOBER 23, 2017

<table>
<thead>
<tr>
<th>AM</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6:45-7:45</td>
<td>Shuttle to The Fluno Center at lobby main entrance of Lowell Center</td>
</tr>
<tr>
<td></td>
<td>7:25</td>
<td>Welcome Bobby Nourani, DO</td>
</tr>
<tr>
<td></td>
<td>7:30</td>
<td>First, Do No Harm: Prolotherapy Injection Safety Deborah Raehl, DO</td>
</tr>
<tr>
<td></td>
<td>8:00</td>
<td>Injectant Solutions in Regenerative Medicine Annette Zaharoff, MD</td>
</tr>
<tr>
<td></td>
<td>8:30</td>
<td>Prolotherapy Pearls: Possible Complications and How to Avoid Them    Adrian Gretton, MD</td>
</tr>
<tr>
<td></td>
<td>9:00</td>
<td>Clinical Biotensegrity Gary Clark, MD</td>
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<tr>
<td></td>
<td>9:40</td>
<td>Break – Lobby</td>
</tr>
<tr>
<td></td>
<td>10:10</td>
<td>Review of Prolotherapy Clinical Research David Rabago, MD</td>
</tr>
<tr>
<td></td>
<td>10:30</td>
<td>Building a Prolotherapy Practice &amp; Billing Guidelines Martin Gallagher, MD, DC</td>
</tr>
<tr>
<td></td>
<td>11:00</td>
<td>Advanced Prolotherapy Case Studies Young Uck Kim, MD</td>
</tr>
<tr>
<td></td>
<td>11:45</td>
<td>Panel Discussion: Prolotherapy Practices Around the World Annette Zaharoff, MD; Moderator David de la Mora, MD; Young Uck Kim, MD; Jaeyhun Shim, MD; Joel Baumgartner, MD; Liza Smigel, MD; David Wang, MD</td>
</tr>
<tr>
<td></td>
<td>12:30</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

12:15-1:15 Shuttle to Lowell – leaving from Frances Street entrance

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### Registration

**The Anatomy, Diagnosis, and Treatment of Chronic Myofascial Pain with Prolotherapy and Research Symposium**  
October 18-21, 2017

**Two Easy Ways to Register**

**Online:** [http://www.ocpd.wisc.edu/CourseCatalog.aspx](http://www.ocpd.wisc.edu/CourseCatalog.aspx)  
**By Phone:** 608-262-1397. Please call and give your credit card information (MasterCard, VISA). Please specify course number: **4017**

**Please Note:** Your registration will not be confirmed until payment is made in full and you have submitted your MD or DO License number and the state/province that issued the license.

Please direct questions to: Mary Doherty (mdoherty@wisc.edu)

Please register early. Enrollment will be limited. We anticipate that the conference will be filled to capacity. All registrations will be confirmed via email. If you do not receive a confirmation, please call 608-262-1397.

### Registration Fees

- **$1,900** – Conference Registration (October 19-21, 2017)  
- **$400** – Research Symposium (October 18, 2017)

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- **$116.05** ($110 plus tax) Conference - 2 lunches, Thursday dinner, Friday reception
- **$68.58** ($65 plus tax) Conference - Dinner Thursday evening, Friday reception
Bobby Nourani, DO  
Conference Director; Assistant Clinical Professor, UW School of Medicine and Public Health, Department of Family Medicine and Community Health; Hackett Hemwall Patterson Foundation.

David Rabago, MD  
Research Symposium Day Director; President, HHPF; Associate Professor, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health.

Mary Doherty  
Activity Coordinator; Vice President, Hackett Hemwall Patterson Foundation.

Joel Baumgartner, MD†  
Dr. Baumgartner is board certified in family medicine and sports medicine. He specializes in non-surgical orthopedics, sports medicine, and regenerative medicine. As the founder of Rejuven Medical in Waite Park, MN, he utilizes the latest in diagnostic and treatment technology to better treat musculoskeletal injury and pain. Dr. Baumgartner has also authored a book on prolotherapy and PRP technique. He recently authored a book for the general public entitled Regenerate: Body Heal Thyself. It explains how lifestyle changes can augment the body’s ability to heal and regenerate.

Stephen Cavallino, MD†  
Dr. Cavallino was born in New York and attended Bologna Medical School in Italy where he graduated with an MD in medicine and surgery. He is currently working in the ER at the Hospital of Correggio, maintains a private prolotherapy practice, and is the leading expert in Italy on prolotherapy.

Scott Chaet, MD†  
Dr. Chaet is dual board certified in otorhinolaryngology-head and neck surgery and facial plastic and reconstructive surgery. A native of Texas, he trained at the University of Wisconsin where he recently returned in September as an assistant professor faculty member. Dr. Chaet joined the ENT group with HHPF in 2014 and works with this fantastic team to plan, organize, and perform surgical care yearly in La Ceiba, Honduras.

Gary Bruce Clark, MD†  
Dr. Clark is board certified in anatomical-clinical pathology and neuropathology. As a recovering pathologist, he has morphed, specializing in orthopedic medicine over the last 25 years with special interest in regenerative medicine, including prolotherapy and PRP. He has participated in numerous HHPF Honduran trips, three Mexico trips, and several Madison conferences, serving as faculty on many occasions. He has a busy practice in Boulder, Colorado, where he runs a solo musculoskeletal clinic. He is currently writing a book on orthopedic medicine with special focus on clinical biotesting.

Tricia Croake-Ulman, MD†  
Dr. Croake-Ulman is a board-certified family medicine physician in Mason, Ohio. She owns Southwest Ohio Health Partners and Southwest Ohio Pain Management. Her practice involves treating pain and musculoskeletal injuries using interventional pain management techniques, prolotherapy/PRP, perineural therapy, physical therapy, counseling and nutrition. Dr. Croake-Ulman has served with HHPF in Mexico and Honduras.

David de la Mora, MD†‡  
Dr. de La Mora is the director of the HHPF Guadalajara chapter and organizes the annual HHPF Prolotherapy and Vein Medical Brigade trip to Mexico. He has attended the Madison conference for 15 years, both as a participant and faculty member, and has also served as a clinic director on the HHPF Honduras trips. Dr. De La Mora has a full time prolotherapy practice in Mexico.

Brad Fullerton, MD*  
Dr. Fullerton is board certified in physical medicine and rehabilitation. His private practice, ProloAustin, is focused on musculoskeletal diagnosis and treatment using ultrasonography and prolotherapy. He is a past president of AAOM and serves as clinical faculty for AAAMR in musculoskeletal ultrasonography. His research interest is in the use of ultrasonography and biotesting concepts to explain the clinical efficacy of prolotherapy. He has presented regularly at HHPF research day and the clinical conference since 2005.

Martin Gallagher, MD, DC*†  
Dr. Gallagher is uniquely triple licensed as a board-certified family physician, chiropractor, and medical acupuncturist. He is the director of Integrative Medicine at Medical Wellness Associates, where he combines prolotherapy, acupuncture, chiropractic, and IV nutritional protocols to reverse chronic disease. Dr. Gallagher is on the faculty in the Department of Family Medicine at West Virginia University. He established the first family medicine residency in the US where select residents graduate double board in family medicine and medical acupuncture. Dr. Gallagher is actively involved with HHPF conferences and is a board member of the AAOM.

Ross Gilbert*  
Ross Gilbert is a second-year medical student in the Training in Urban Medicine and Public Health (TRIUMPH) program at the University of Wisconsin School of Medicine and Public Health. His professional interests include family medicine and emergency medicine with an emphasis on public health. He conducted research with Dr. Bobby Nourani and Dr. David Rabago this summer through the Summer Research and Clinical Assistantship program in the Department of Family Medicine and Community Health.

Adrian Gretton, MD†  
Dr. Gretton trained as a family physician in Calgary, AB, Canada and has developed an active interest in pain and injury management. He has more than a decade of experience in prolotherapy at the Advanced Spinal Care Center in Calgary. Dr. Gretton leads a multidisciplinary team at the Calgary Chronic Pain Centre. He has served with the HHPF in Mexico and Honduras and has taught at the Madison conference for over 9 years.

Jay Harms, MD†  
Dr. Harms is in practice in Peoria, IL, and is board certified in family medicine. In his medical practice he cares for the entire range of family medicine patients, including chronic pain patients. Dr. Harms has been an active member of the HHPF since 2003, serving in the capacity of volunteer and faculty in Honduras and at the Madison conference.

Theodore Harrison, MD, MBA*  
Dr. Harrison is board certified in emergency medicine and anti-aging and regenerative medicine. He practiced emergency and critical care medicine in the Baltimore area for 20+ years before focusing on regenerative medicine. Dr. Harrison trained in prolotherapy at the University of Wisconsin/HHPF and also trained at the Ageless Regenerative Institute in Florida in the techniques of stem cell extraction and fat transfer graft. He has written a book for the lay public on regenerative medicine and is currently in practice at Rejuvcare PC in Port Angeles, WA.

Lisa Hodge, PhD*†  
Dr. Hodge is an associate professor in the Institute for Cardiovascular and Metabolic Disease and the basic science chair for the Osteopathic Research Center at the University of North Texas Health Science Center. Her laboratory studies the mechanisms by which osteopathic medicine enhances the lymphatic and immune systems. She is a member of several professional societies and serves as a peer reviewer for research journals and funding agencies. Her research has been funded by AOA, AAO, OHF and the NIH.

Paul Johnson, DO†  
Dr. Johnson is a specialist in the non-surgical management of acute and over-use musculoskeletal injuries, osteopathic manual medicine, concussion management, and ultrasound guided regenerative injections. He completed an internal medicine residency at Rush University/Cook County Hospital and primary care sports medicine fellowship at the University of Pittsburgh Medical Center. Dr. Johnson is in practice at Pursuit Sports Medicine in Portland, OR. He has served with the HHPF as a volunteer and faculty in Honduras.

Young Uck Kim, MD†  
Dr. Kim is an orthopedic surgeon in Seoul, South Korea. His clinic, Rapha Medience Orthopaedic Clinic, is a busy orthopedic surgery and prolotherapy practice. Over the past 18 years, he has observed the benefits of prolotherapy for his patients, and his practice performs more non-surgical procedures than orthopedic surgery. Dr. Kim utilizes ultrasound, mainly for academic purposes and research.

Andrew Kochan, MD†  
Dr. Kochan is the director of Institute for Healing Arts Research and is in private practice in Los Angeles, CA. He is board certified in physical medicine and rehabilitation and is an international authority in apitherapy, particularly bee venom. Dr. Kochan has been treating patients with prolotherapy for over 30 years. He annually travels with the HHPF to Honduras and teaches at the Madison conference.

Susan Lanza, MD†  
Dr. Lanza graduated from the University of Palermo, Italy, in 2003 and earned her medicine and surgery degrees from the University of Caracas, Venezuela, in 2008. She is board certified in Italy with a specialization in sports medicine, has a master’s in aesthetic medicine, and is an instructor in neural prolotherapy. Dr. Lanza has served as a prolotherapy instructor with the HHPF in Honduras and Mexico for many years and has also instructed for SIFRO (Italian Prolotherapy Association) and the European Mission of Prolotherapy in Greece. She has a private practice in various cities in Italy specializing in sports medicine, prolotherapy, ultrasound management and aesthetic medicine.

Kenneth Lee, MD*  
Dr. Lee is a musculoskeletal radiologist in the Department of Radiology at the University of Wisconsin School of Medicine and Public Health (UW SMPH). His research and clinical interests include MSK US and minimally invasive therapies of sports injuries, quantitative ultrasound elastography, and regenerative medicine therapies for overuse tendon injuries. He has received multiple peer-reviewed grant awards for team science research studies in tendon elastography and PRP therapies. He has published 45 peer-reviewed manuscripts and given over 170 national and international presentations.

Liza Maniquis-Smigel, MD†‡  
Dr. Maniquis-Smigel is a board-certified physiatrist. Her special interests include treatment of musculoskeletal injuries with regenerative approach including prolotherapy, perineural injection treatment, PRP and stem cell therapy. Dr. Maniquis-Smigel published research on dextrose caudal epidural. She has served with the HHPF in Honduras and Mexico since 2003 and has often lectured at the Madison conference.

David Marshall*  
David Marshall is a second-year medical student in the Wisconsin Academy for Rural Medicine (WARM) Program at the University of Wisconsin School of Medicine and Public Health (UWSMPH). He conducted his research and clinical interests include MSK US and minimally invasive therapies of sports injuries, quantitative ultrasound elastography, and regenerative medicine therapies for overuse tendon injuries. He has received multiple peer-reviewed grant awards for team science research studies in tendon elastography and PRP therapies. He has published 45 peer-reviewed manuscripts and given over 170 national and international presentations.

PARAS MEHTA, MD†  
Dr. Mehta is a graduate of the University of Michigan Medical School and completed PM&R residency at Carolinas Medical Center in Charlotte, NC. He blends University of Arizona fellowship training in integrative medicine, a decade of medical acupuncture experience and prolotherapy to specialize in treating complex patients as director of whole health within the Salisbury VA Medical Center and in private practice.
Jim Nosal, MD†
Dr. Nosal practices family medicine in Crandon, WI. He has been involved with prolotherapy at the HHPF conferences for many years.

Bobby Nourani, DO*†
Dr. Nourani is an assistant clinical professor at the UW School of Medicine and Public Health, Department of Family Medicine and Community Health. He is a board certified in neuromusculoskeletal medicine and family medicine. Dr. Nourani’s research and specialties include prolotherapy and osteopathic manipulative therapy (OMT). He has served with the HHPF in Honduras and Mexico since 2010 and has taught at the MADSon conference since 2014.

Richard Owens, MD†
Dr. Owens is the medical director of VeinCarePlus in Madison where he does a wide variety of office surgical procedures including therapies for varicose veins. Dr. Owens also has many chronic pain and injury patients that he successfully treats with prolotherapy and perineural dextrose injections. He is the director of the HHPF vein treatment team serving in Honduras since 2003. He is a diplomate of the American College of Venous and Lymphatic Medicine.

Ripal Parikh, DO*†
Dr. Parikh is board certified in physical medicine and rehabilitation and pain management. He works in private practice, Regen Medical, focusing on regenerative medicine techniques including prolotherapy and PRP. He has been involved with HHPF since 2010 and has served in Honduras and Mexico.

David Rabago, MD*† (HHPF BOD)
Dr. Rabago is a board-certified family medicine physician and associate professor at the UW School of Medicine and Public Health. His continuity clinical practice is in Madison, WI; his research endeavors include assessment of prolotherapy for chronic musculoskeletal conditions including knee osteoarthritis. Dr. Rabago also mentors others in the design, conduct and publication of research devoted to prolotherapy and other injection therapies. He lectures nationally and internationally on these topics.

Deborah Raehl, DO†
Dr. Raehl is a board-certified family physician who has been teaching and practicing full-scope family practice for over 20 years at the Eau Claire Family Medicine Residency, Prevea Health Family Medicine Clinic. Her special interests include treatment of the citizen athlete, prolotherapy, and osteopathic manipulative medicine. Dr. Raehl has served and taught with the HHPF in Honduras and Mexico and at the Madison conference. She also serves as adjunct clinical faculty for UW Department of Family Medicine and Community Health as assistant clinical professor for the Medical College of Wisconsin.

Brian Ralston, MD†
Dr. Ralston is a board-certified family medicine physician with a certificate of added qualifications in sports medicine, practicing in the Chicago area. Dr. Ralston is a faculty member of the MacNeal Family Medicine Residency Program, and clinical associate professor of medicine at the University of Chicago. Dr. Ralston has worked with the HHPF as a prolotherapy provider and instructor since 1995. He has a special interest in medical informatics and is currently the chief medical information officer in the Chicago market for Tenet Healthcare.

K. Dean Reeves, MD†
Dr. Reeves has served as either primary investigator or research designer and facilitator for studies of the clinical effects and basic science of dextrose prolotherapy and perineural injection in osteoarthritis, tendinosis and chronic widespread pain since 1994. In recent years, he has enjoyed participation in a team approach to research in cooperation with Dr. David Rabago and in support of the goals of the UW Prolotherapy Education and Research Lab.

Heidi Robertson, MD†
Dr. Robertson received her medical degree at Loma Linda University and is board certified in anesthesia. In 2012, Dr. Robertson began to feel a pull toward regenerative medicine. She completed the extensive HHPF training for prolotherapy in Honduras in 2013 and 2014. She also completed the American Academy of Orthopedic Medicine prolotherapy workshop in Peru in 2014. Dr. Robertson’s skills include pain management, spinal and epidural blocks, peripheral nerve blocks, and prolotherapy.

Ali Safayan, MD†
Dr. Safayan has been in practice at Restorative Health Center for Integrative Medicine in Washington, DC, since 1990. Board certified in internal medicine (2000-2010), he has taught prolotherapy during our Madison conference as well as on HHPF trips to Honduras and Mexico. He is also a senior faculty member and the preceptor in charge of the HCPMS Medical Institute (HMI) which provides medical acupuncture training for both civilian and military physicians. In his practice, Dr. Safayan utilizes conventional and complementary therapies including prolotherapy, PRP, medical acupuncture, and functional and nutritional medicine.

Robert Schulman, MD†
Dr. Schulman graduated from the Medical College of Wisconsin, Milwaukee, WI, in 1991. He has a private practice at West County Integrative Medicine in Sonoma County, CA. Dr. Schulman’s many specialties include prolotherapy, platelet rich plasma injections, and ultrasound guided injections.

Jaehyun Shim, MD†
Dr. Shim is a neurosurgeon in Seoul, South Korea. After learning prolotherapy from the HHPF, his medical practice in Seoul now includes prolotherapy for chronic pain. Dr. Shim is active in the HHPF; instructing physicians in Honduras, Mexico and at the annual HHPF Madison conference. Dr. Shim is also a member of the faculty of the Seoul MUS Ultrasound Society.

Regina Sit, MBBS(HK), FRACP, FHKCP, FHKAM*†
Dr. Sit is the clinical assistant professor of the Jockey Club School of Public Health and Primary Care, the Chinese University of Hong Kong. After graduating from the University of Hong Kong, she received her family medicine training and obtained fellowships from The Royal Australian College of General Practitioners (RACGP), The Hong Kong College of Family Physicians (HKFCP) and The Hong Kong Academy of Medicine (HKAM). Her advanced training included musculoskeletal medicine. Dr. Sit’s research projects include manual therapy, prolotherapy and platelet rich plasma for knee osteoarthritis.

Agnes Stogicza, MD*†
Dr. Stogicza is an anesthesiologist and critical care physician with 15 years of experience in interventional pain management. She completed her fellowship at the University of Washington(UW), where she was on faculty for the last 7 years. She teaches minimally invasive pain management internationally. She has been a prolotherapist for over 10 years, initiated prolotherapy in Hungary, and then continued practicing at UW. One of her main interests is flexion-extension injury, a challenging condition well-treated by prolotherapy.

Suad Trebinjac, MD*†
Dr. Trebinjac is a physician consultant and medical director at Dubai Physiotherapy and Rehabilitation Center and FIFA Medical Center of Excellence in Dubai. He also serves as an associate professor at the Dubai Medical College for Girls. His research interests include regenerative medicine in rehabilitation practice. He is the first prolotherapist in the Middle East, and is among the first to use PRP treatment for sports injuries and other musculoskeletal disorders. He has lectured internationally and published over 30 papers.

Jon Trister, MD†
Dr. Trister is board certified in internal medicine. In his private practice in Massachusetts, he specializes in internal medicine, skin cancer out-patient surgery, orthopedic medicine, spinal cord injury medicine, orthopedic, and vascular medicine. After completing his residencies in general and orthopedic surgery in the USSR and internal medicine in the US, Dr. Trister completed a fellowship in spinal cord injury medicine at Harvard Medical School. Prior to coming to the US, Dr. Trister was a general and orthopedic surgeon in Ukraine from 1975-1989.

David Wang, DO*††
Dr. Wang is board certified in physical medicine and rehabilitation. He specializes in musculoskeletal ultrasound, osteopathic manipulation, spine, and regenerative medicine including prolotherapy and PRP. He is a founding partner and director of education and training of Regenerative Orthopedics and Sports Medicine, with offices throughout the Metropolitan DC area. Dr. Wang has been active in the HHPF for over 10 years, teaching at the Madison conference and in Honduras and Mexico.

Michael Weber, MD†
Dr. Weber received his medical degree from the University of Virginia School of Medicine, completed a residency in family medicine at the University of Wisconsin – Madison, and a fellowship in integrative medicine through the UW Academic Integrative Medicine Fellowship Arizona Center for Integrative Medicine Fellowship. A member of the UW faculty, he provides integrative primary care including prolotherapy.

Osnat Wende, MD*†
Dr. Wende is a pain relief specialist who specializes in musculoskeletal medicine in Israel. She practices in the pain relief unit in Hadassah Medical Center in Jerusalem as well as in Reuth Rehabilitation Center in Tel Aviv. Originally from Australia, she is doing research comparing prolotherapy injections to epidural steroid injections for radiating low back pain.

John Whiting, MD†
Dr. Whiting is board certified in both interventional radiology and phlebology, the medical specialty that treats veins. He attended the University of Utah School of Medicine and was one of the first physicians to be nationally certified in phlebology. Dr. Whiting treats veins with minimally invasive techniques at his practice in Blackfoot, ID.

Linh Vuong, MD†
Dr. Vuong is board certified in family medicine with a CAQ in sports medicine and extensive training in complementary and alternative practices. She has an integrative practice with her sister, Dr. Tinh Vuong, in the Los Angeles area that offers prolotherapy, PRP, PIT, MSK ultrasound, osteopathy and acupuncture. She enjoys teaching and is an attending physician at Harbor UCLA Family Medicine & Sports Medicine Department. Dr. Vuong has been with HHPF since 2009 and has served in Honduras and Mexico.

Tinh Vuong, DO*††
Dr. Vuong is board certified in family medicine, a licensed acupuncturist and herbalist, and a prolotherapist. She received her Doctor of Osteopathy (DO) degree from Touro University College of Osteopathic Medicine in Vallejo, CA, and completed her family medicine internship and residency at Harbor UCLA Medical Center.

Annette Zaharof, MD† (HHPF BOD)
Dr. Zaharof is a sports medicine physician in private practice in San Antonio, TX. Her practice, The Non-Surgical Center of Texas, is a comprehensive center for the evaluation and non-surgical treatment of MSK injuries. She is board certified in physical medicine and rehabilitation and specializes in sports medicine. A former professional tennis player, she serves as a tournament physician for national and international events. Her practice includes prolotherapy, PRP, and stem cell injections. She serves on the board of directors for HHPF.