

# REGENERATIVE ORTHOPAEDIC MEDICINE



34th Annual Conference:

**INN AT LAUREL  
POINT, VICTORIA,  
BC**

**INNOVATIVE  
APPROACHES TO  
TREATING  
CHRONIC PAIN**



The CAOM is pleased to invite you to the 34th annual 3-day conference, “Innovative approaches to treating chronic pain”. We have a great variety of expert speakers covering topics that matter and that enhance patient treatment in very practical ways. This year we are including presentations on what to do for head and neck injuries, concussion, brain pain, migraine, and neuroplasticity. We will be covering many types of pain treatments and also very important issues that affect the recovery of our patients, including in-depth nutrition, supplement and hormone support, as well as functional genomics. Please join us in Victoria: **OCTOBER 25 - 27, 2019**

## Some of our Speakers:

Dr. Francois Louw, Dr. Pankaj Dhawan, Dr. Pam Squire,  
Dr. Adrian Gretton, Dr. Brent MacNicol and many others



**Dr. Corrie Graboski:** MD FRCPC  
Physiatry, Migraine expert, Brentwood Bay  
Victoria



**Dr. Martin Gallagher:** MD, DC, director of  
a multidisciplinary integrative health care  
facility, Pennsylvania



**Dr. Mansoor Mohammed:** PhD – Clinical  
Genomicist Lifestyle and Personalized Genomics  
Consultant

**Keynote speakers include Dr. Marty Gallagher and Dr. Mansoor Mohammed**

*Special thanks to the planning committee:*

Dr. D. Bowler, Dr. Louw, Dr. Graboski, Dr. Cass,  
Dr. J. Bowler, Dr. Ouellette and Dr. Marshall

## Workshops

This year we are offering 3 separate workshops: prolotherapy basics (upper limb and lower limb), manual medicine to enhance your practice (beginner and advanced), and ultrasound-guided techniques including botulinum toxin for dystonia, peripheral nerve blocks, neuraxial techniques, and ask the expert.

## Target Audience:

Physicians and some allied health practitioners (nurse practitioners, naturopaths, DOs, dentists, physiotherapists).  
We offer discounted rates for students and residents.

CANADIAN ASSOCIATION OF  
ORTHOPAEDIC MEDICINE



ASSOCIATION CANADIENNE DE  
MÉDECINE ORTHOPÉDIQUE

Regenerative Orthopaedic Medicine  
34th Annual Conference

Oct 25 - 27, 2019

Inn at Laurel Point, Victoria BC

Innovative approaches to treating chronic pain

**Friday Oct 25th**

07:00 Registration and breakfast

07:50 Welcome and announcements

08:00 Tribute to Dr. Robert Kidd (by Dr. Cass)

08:10 **Dr. Marty Gallagher:** optimum health -  
guide to nutrition, supplements and hormones

09:25 Q & A

09:40 **Drs. Fehlau and Hooper:** introduction to concussion

09:55 **Dr. McCrodan:** neuro-optometry after concussion

10:25 Nutrition break and visit exhibitors

10:55 **Dr. Gretton:** neuroplasticity

11:25 **Dr. Squire:** post-whiplash headache management

11:55 **Dr. MacNicol:** RFN, cryolysis and facet blocks

12:25 Lunch

1:30 **Dr. Pagdin:** Bone marrow aspirate stem cells

2:00 **Dr. Mohammed:** functional genomics - continuing the  
pursuit of optimum health: a) the brain b) hormones

3:15 Q & A

3:30 Nutrition break

3:55 **Dr. Chamberland:** herbal remedies for the treatment of  
pain including cannabis

4:35 **Dr. Johnson:** common sports medicine problems

5:05 **Dr. Graboski:** update treating migraine: an update  
including CGRP receptor antagonist medications and  
botulinum A

5:45 - 6:45 CAOM AGM (anyone welcome)

6.45 pm Welcome reception/light supper

**Saturday Oct 26th**

07:00 Breakfast

08:00 **Dr. Gallagher:** ozone in chronic pain

08:30 Dr. J. Bowler: workshop announcement

08:35 **Dr. Stoddard:** PRP and adipose stem cells

09:15 **Drs. D and J Bowler:** perineural injections with and  
without ultrasound guidance

10:00 Nutrition break

10:25 **Dr. Louw:** Hyaluronic acid supplementation including  
use with platelet-rich plasma

10:50 **Dr. Creswell:** ultrasound-guided injections

11:30 **Dr. Dhawan:** botulinum toxin update: dystonia

12:00 Lunch

**Saturday Oct 26th AFTERNOON WORKSHOPS**

**Choose 2 out of 3 workshops**, which will run as follows:

1 - 2:45 First workshop

2:45 - 3:15 Nutrition break

3:15 - 5 Second workshop

**WORKSHOP A: Manual Medicine**

Drs. Gallagher and Johnson

**Introductory workshop will be offered twice during the  
afternoon.**

**Advanced workshop will be offered once, and  
continued after the break.**

**WORKSHOP B: Ultrasound-guided procedures - botox**  
for dystonia and useful **neuraxial and peripheral nerve**  
injections, and "ask the expert"

Drs. Dhawan and MacNicol

**You may attend either during the first or second  
workshop but topics covered during the workshops will  
vary: if you wish, you may attend both.**

**WORKSHOP C: Prolotherapy**

Drs. Gretton, Ouellette and Louw

**The first workshop will cover an introduction to the  
upper limb and the second workshop will cover an  
introduction to the lower limb, so you may attend the  
first or second workshop or attend both.**

**Sunday Oct 27th**

07:30 Breakfast

08:00 Announcements

08:05 **Dr. Ouellette:** evidence for prolotherapy

08:35 **Island Pharmacy:** topical medication for pain

09:00 **Dr. Louw:** safety standards for office procedures,  
and use of inhaled analgesics

09:30 Nutrition break

10:00 **Dr. Harrison:** evidence for platelet-rich plasma

10:30 **Dr. Helene Bertrand:** treating sacroiliac pain

10:55 **Dr. Basson:** this changed my practice

11:15 **Dr. Louw:** RCT on TMJ

11:35 Panel: treating orthopaedic pain successfully

12:00 Closing remarks and forms

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## Registration

For registration, please visit: [www.caom.ca](http://www.caom.ca)  
and follow the links to sign up!



## Venue: Inn at Laurel Point



For accommodation, follow the links on the website, or phone 1-800-663-7667 and mention you are attending the CAOM conference for the special rate of \$179 per night (this rate is in effect until Sept 19th or sooner if full). [www.caom.ca](http://www.caom.ca)

Fees: please use alternative browser to Safari for payment

Become a CAOM member	\$100
Full conference	\$790
Full conference ( <i>Earlybird until August 25<sup>th</sup></i> )	\$750
Full conference for CAOM members	\$700
Full conference for residents/students/retired MDs	\$390
Friday only	\$350
Saturday only	\$350
Sunday only	\$225

