

The American Osteopathic Association of Prolotherapy Regenerative Medicine  
SPRING 2024 PROLOTHERAPY CONFERENCE & CADAVER LAB | APRIL 24-27, 2024

# THE AMERICAN PROLOTHERAPY & REGENERATIVE MEDICINE CONFERENCE



A SYNERGISTIC APPROACH TO PROLOTHERAPY,  
REGENERATIVE MEDICINE AND HUMAN BIOCHEMISTRY

THIS CONFERENCE ALSO OFFERS FOUR (4) ONE DAY PRECONFERENCES

- PROLOTHERAPY BEGINNERS WORKSHOP
- PRP/POD THREADS FOR FACIAL REJUVENATION
- DIAGNOSTIC ULTRASOUND FOR MUSCULOSKELETAL INJURIES
- NUTRITION AND BIO-IDENTICAL HORMONE THERAPY





## WELCOME TO THE AMERICAN OSTEOPATHIC ASSOCIATION PROLOTHERAPY REGENERATIVE MEDICINE 2024 SPRING TRAINING SEMINAR!

Hello colleagues, friends, students and participants. Welcome to the Spring 2024 meeting of the AOAPRM. We are continuing our leadership in training people in prolotherapy and regenerative medicine handed off to me by our previous conference chair, now college President, Dr. Wayne Feister.

Science always remains the foundation to our work along with the quest for continuous quality improvement in our craft and patient responses. The world in which we live continues to change hoisting ever new stressors and challenges on its inhabitants to remain healthy, physically active, and productive. As such, we will be emphasizing nutritional biochemistry and hormone integration into our PRM program.

In step with every Spring meeting, we will be continuing the offering of our very popular cadaver lab and workshop sessions for further hands-on training in functional prolotherapy techniques.

Additionally, this year, we will be presenting information regarding USP and legislative actions that affect prolotherapy and regenerative medicine. No longer can physicians rely upon non-physicians to care for our practice rights, practice freedoms and medical freedoms of choice.

Come join us in beautiful Naples, Florida for an invigorating and instructional conference.

**ARDEN ANDERSEN, D.O., PH.D., MPH**  
Program Chairman



# THE NAPLES GRANDE

*Naples, Florida*



MAKE YOUR HOTEL  
RESERVATION TODAY:



[www.prolotherapycollege.org](http://www.prolotherapycollege.org)



1-844-489-9663

(Ask for the GAOAP24 group rate of  
\$289/night.)

Book online at [https://book.passkey.com/  
go/AOA2024](https://book.passkey.com/go/AOA2024)



Group rate deadline is March 20,  
2024.

*Rooms are limited so make your  
reservations as soon as possible. This rate  
is available until March 20, 2024. Rate is  
available 3 days before and 3 days after the  
conference. Resort fee is reduced from \$40  
to \$20 and self parking is reduced from  
\$20 to \$10.*

The American Osteopathic Association of Prolotherapy Regenerative Medicine  
**SPRING 2024 TRAINING SEMINAR | APRIL 24-27, 2024**

**PLEASE NOTE: YOU CAN ONLY CHOOSE ONE PRE-CONFERENCE.**

## BEGINNERS; THE BASICS YOU MUST KNOW BEFORE YOU GET STARTED

APRIL 24 | Category 1A | CME Credits (8)



**MODERATOR:**  
Alex Egerter, D.O.

Extensive review of pertinent anatomical structures

1. Palpation and determination of injured site
2. OMT prior to injection if necessary; Osteopathic Patient care
3. Determining what solution is appropriate and practice drawing the solutions
4. Demonstrations showing preparation, injection technique and reviewing anatomy

## MUSCULOSKELETAL ULTRASOUND

APRIL 24 | Category 1A | CME Credits (8)



**MODERATOR:**  
Dr. Michael Meng,  
DC, RN, BSN, RMSK

This one-day program is designed to teach how to identify pertinent anatomical structures as well as pathologies that can occur in the various joints throughout the body.

This conference will follow a lecture/workshop format with a 1:5 Instructor/Student Ratio and will be limited to 20 people. So register EARLY.

Learning Objectives:

Learn how to identify the anatomical structures associated with each joint

Learn how to recognize common pathological structures within that joint

Practice identifying these structures and how to accurately inject using ultrasound on live models.

# PRP/PDO THREADS FOR FACIAL REJUVENATION

APRIL 24 | Category 1A | CME Credits (8)



**MODERATOR:**  
Aline Fournier, D.O.

This one-day conference will give you all you need to understand the basic techniques, indications, applications and protocols of facial aesthetic techniques using Mesotherapy, PRP, Osteopathic Facial Artery Techniques and smooth PDO thread insertion strategies.

Learning these modalities will enable you to immediately begin adding aesthetics treatments to your practice. This information will give you the practical knowledge and confidence to implement right away.

This will be a hands-on session with clear demonstration and practice segments. All smooth PDO threads and PRP tubes will be provided for participants during the session. Equipment to heat the PRP and PPP will also be onsite.

Each participant will have the opportunity to receive a treatment with up to 20 smooth PDO threads with PRP, activated PRP or filler PPP.

Each will have the choice of pairing up with another participant or bringing in a model for their individual treatment practice session.

Space is limited to 20 participants. Register soon so you don't miss the opportunity.



**MODERATOR:**  
Arden Andersen, D.O.,  
Phd, MPH

# NUTRITION AND BIO-IDENTICAL HORMONE THERAPY

APRIL 24 | Category 1A | CME Credits (8)



**MODERATOR:**  
Lisa Everett Andersen,  
RPh, CNN

In keeping with our theme "A synergistic approach to prolotherapy, regenerative medicine and Human biochemistry" we are offering a preconference seminar on the regenerative biochemistry of diet, nutrition and BHRT.

This course will look at the biochemistry of tissue formation and healing including the nutritional and hormonal requirements of healing while at the same time, the nutritional biochemistry for slowing of the biological aging process. We will discuss food quality, pesticides, supplement quality/selection, synergistic nutrient interactions, and Krebs Cycle foundation nutrition.

Participants will come away with an appreciation of various nutrient and hormone testing techniques from saliva to serum, Dutch Test to 24 hour urine, which are usable and which are fads; what is the difference between synthetics such as Premarin and bio-identicals; therapeutic vs. palliative BHRT; the biochemistry/pharmacology differences between hormone forms and what is truly healthful and why.

## MAIN CONFERENCE

### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**THURSDAY, APRIL 25** | Category 1A | CME Credits (27)

8:15 AM	Introduction to Prolotherapy and Solutions - <i>Arden Andersen D.O.</i>
9:30 AM	Prolotherapy for the Hip/Knee - <i>Mark Johnson, M.D.</i>
10:45 AM	Prolotherapy in the Combat Theater - <i>Robert Snuffer DO</i>
NOON	Lunch and Learn - <i>TBD</i>
1:15 PM	Prolotherapy for Elbow/Hand and Foot - <i>Eren Ural, D.O.</i>
2:15 PM	Prolotherapy and the Role of Biologics in this Emerging Technology - <i>Sean Goddard, D.O.</i>
3:00 PM	Break
3:30 - 5:00 PM	Workshops

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### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**FRIDAY, APRIL 26** | Category 1A | CME Credits (27)

7:00 AM	From Leaks to Liberation: A Regenerative Medicine's Approach to Women's Stress Incontinence - <i>Katherine Nixon, D.O., Program Director, Tiffany Noblitt, D.O. - Attending, Brittany Fisher, D.O. - PGY-2 and Roshny Vijayakar, D.O. - PGY-2</i>
8:00 AM	Prolotherapy and Nutritional Deficiency - <i>Suzanne Alt, D.O.</i>
9:10 AM	Neurotherapy - <i>Gerald Harris, D.O.</i>
10:15 AM	Break (visit exhibitor)
10:45 AM	Bio-Identical Hormone Therapy and Prolotherapy - <i>David Nebbeling, D.O.</i>
NOON	AOAPRM Business Luncheon
1:15 PM	Prolotherapy for the Shoulder/Cervical Spine - <i>Brian Browning, D.O.</i>
2:15 PM	Prolotherapy for the Lumbar/Thoracic Spine - <i>Walter Grote, D.O.</i>
3:15 AM	Break (visit exhibitors)
3:45-5:15 PM	Workshops

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### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**SATURDAY, APRIL 27** | Category 1A | CME Credits (27)

8:00 AM	Soft Tissue Treatment for Hernias- <i>Damon Whitfield, D.O.</i>
9:15 AM - Noon	Morning Cadaver Lab & Workshops
1:30 PM	USP/FDA/PCAB issues and compounding - <i>Hollie Resseguie PharmD</i>
2:30 - 5:00 PM	Afternoon Workshops and Cadaver Lab

*Program Schedule is subject to change.*



# REGISTRATION FORM



The American Osteopathic Association of Prolotherapy Regenerative Medicine  
**SPRING 2024 TRAINING SEMINAR | APRIL 24-27, 2024**

First Name: \_\_\_\_\_ MI: \_\_\_\_\_ Last Name: \_\_\_\_\_

☐ Beginner\* (must register for pre-conference) ☐ Experienced Degree: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ AOA# (if applicable): \_\_\_\_\_

Email Address: \_\_\_\_\_

## CONFERENCE FEES

Indicate any special dietary needs: \_\_\_\_\_

- ☐ \$800 Pre-Conference for Beginners; The basics you must know before you get started  
(This is a required course for all beginners, discounted rate for main conference applies)
- ☐ \$900 Musculoskeletal Ultrasound Workshop (Non-Members) (one day preconference)
- ☐ \$700 Musculoskeletal Ultrasound Workshop (Members) (one day preconference)
- ☐ \$2000 PRP/PDO Threads for Facial Rejuvenation (Non-Members) (one day preconference)
- ☐ \$1700 PRP/PDO Threads for Facial Rejuvenation (Members) (one day preconference)
- ☐ \$800 Nutrition and Bio-Identical Hormone Therapy (Non-Members) (one day preconference)
- ☐ \$700 Nutrition and Bio-Identical Hormone Therapy (Members) (one day preconference)
- ☐ \$900 Main Conference (This rate is only available for those who are registered for the Beginners Pre-Conference)
- ☐ \$1500 Main Conference (Non-Members)
- ☐ \$1200 Main Conference (Members)
- ☐ \$700 Cadaver Lab (If you are not attending the cadaver lab there will be hands-on workshops running concurrently at that time in which you will attend.)
- ☐ \$800 Virtual Conference for Didactic Sessions (Non-Members)
- ☐ \$600 Virtual Conference for Didactic Sessions (Members)
- ☐ Students receive 50% discount and Residents 25%  
(call or email Linda Pavina @ 302-530-2489 for reduced fee details)

TOTAL CONFERENCE FEES: \$ \_\_\_\_\_

## PAYMENT OPTIONS

REGISTER ONLINE AT [WWW.PROLOTHERAPYCOLLEGE.ORG](http://WWW.PROLOTHERAPYCOLLEGE.ORG)

OR COMPLETE THE FORM AND EMAIL TO [OFFICE@PROLOTHERAPYCOLLEGE.ORG](mailto:OFFICE@PROLOTHERAPYCOLLEGE.ORG)

- ☐ Check (Make payable to: AOAPRM. Mail to: 303 S. Ingram Ct., Middletown DE 19709)
- ☐ Mastercard ☐ Visa ☐ Diner ☐ AmEx ☐ Other

Cardholder's Name: \_\_\_\_\_

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV#: \_\_\_\_\_

Billing Address if different from above: \_\_\_\_\_

Please return form with payment no later than March 20, 2024. Space is limited so register as soon as possible.

**CANCELLATION/REFUND POLICY** The AOAPRM will refund 100% of the registration fee up to 30 days prior to the meeting date. 30 days prior to the meeting date will receive 50% refund.

## HOTEL INFORMATION

**THE NAPLES GRANDE - 475 SEAGATE DRIVE, NAPLES, FL 34103**

Make hotel reservations online at or by calling 1-844-489-9663 and mention code GAOAP24.

Ask for the AOAPRM group rate of \$289/night. Rooms are limited so make your reservations as soon as possible. This rate is available until March 20, 2024. Includes free internet in guest rooms and 24 hour access to on site fitness center. Rate is available 3 days before and 3 days after the conference.