

The American Osteopathic Association of Prolotherapy Regenerative Medicine  
SPRING 2025 PROLOTHERAPY CONFERENCE & CADAVER LAB | APRIL 9-12, 2025

# THE AMERICAN PROLOTHERAPY & REGENERATIVE MEDICINE CONFERENCE



A SYNERGISTIC APPROACH TO PROLOTHERAPY,  
REGENERATIVE MEDICINE AND NEUROGENERATIVE THERAPIES

THIS CONFERENCE ALSO OFFERS FIVE (5) ONE DAY PRECONFERENCES

- PROLOTHERAPY BEGINNERS CONFERENCE
- DIAGNOSTIC ULTRASOUND FOR MUSCULOSKELETAL INJURIES CONFERENCE
- BEGINNERS NEURAL THERAPY; THE DIAGNOSIS AND TREATMENT OF AUTONOMIC NERVOUS DYSFUNCTION FOR THE TREATMENT OF CHRONIC PAIN CONFERENCE
- PDO THREADS FOR FACIAL REJUVENATION
- NERVOUS SYSTEM REGENERATION ADJUNCT TO PROLOTHERAPY AND NEURO THERAPY





## WELCOME TO THE AMERICAN OSTEOPATHIC ASSOCIATION PROLOTHERAPY REGENERATIVE MEDICINE 2025 SPRING TRAINING SEMINAR!

Hello colleagues, friends, students and participants. Welcome to the Spring 2025 meeting of the AOAPRM at the beautiful Margaritaville Orlando Resort. We are continuing our leadership in training people in prolotherapy and regenerative medicine handed off from previous generations since 1936.

Science remains the foundation to our work along with the quest for continuous quality improvement of 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. Last year we emphasized nutrition and BHRT. This year we will continue that theme, as nutrition and BHRT are healing's foundation, to emphasizing neuroregenerative therapies for those patients that have neurological injuries of brain, spinal cord and peripheral nerves. We can stabilize unstable joint complexes causes by injuries and wear and tear of life with prolotherapy. Integrating neuroregenerative therapies we can also restore full functionality to areas of the body thought not to be possible a decade ago.

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.

We will present updated information regarding USP and legislative actions that affect prolotherapy and regenerative medicine.

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

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

# MARGARITAVILLE ORLANDO

*Orlando, Florida*



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## MAKE YOUR HOTEL RESERVATION TODAY:



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



1-321-977-5276 for the group rate.

[BOOK ONLINE HERE.](#)

Group rate deadline is March 8, 2025.

*Rooms are limited so make your reservations as soon as possible. The cutoff date for the group rate is March 8, 2025. Rate is \$249 per night.*



*If you are interested in reserving a cottage go through website or call cottage rental department 1-321-888-3401.*

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

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**SPRING 2025 TRAINING SEMINAR | APRIL 9-12, 2025**

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

APRIL 9 | Category 1A | CME Credits (8)



**MODERATOR:**

David Nebbeling, D.O.

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

## MUSCULOSKELETAL ULTRASOUND

APRIL 9 | 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.

## PDO THREADS FOR FACIAL REJUVENATION

APRIL 9 | Category 1A | CME Credits (8)



**MODERATOR:**

Aline Fournier, D.O.

- Learn the basic techniques for using thread products, including smooth, barbed and twisted sutures.
- Incorporate strategies for patient selection, numbing techniques, and management of complications.
- Practice how to enhance results by using osteopathic techniques to treat facial arteries.
- Each student will learn the basic "Three Vector Cheek Treatment" using barbed threads. This technique addresses a most prevalent concern of sagging jowls and nasolabial folds. It gives a gratifying immediate lifting effect, boosts collagen and can last up to one year.
- Course fee includes the PDO barb threads for your model's "Cheek Vector Treatment"



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## **BEGINNERS NEURAL THERAPY; THE DIAGNOSIS AND TREATMENT OF AUTONOMIC NERVOUS DYSFUNCTION FOR THE TREATMENT OF CHRONIC PAIN CONFERENCE**

APRIL 9 | Category 1A | CME Credits (8)



**MODERATOR:**  
Walter Grote, D.O.



**MODERATOR:**  
Gerald Harris, D.O.

There are multiple layers to chronic musculoskeletal pain, with the deepest physical layer being ANS dysfunction. In Western medicine, ANS dysfunction isn't generally recognized unless it has progressed to reflex sympathetic dystrophy (RSD), also known as complex regional pain syndrome (CRPS). The German physicians figured out that there is an entire spectrum of autonomic dysfunction, of which RSD - CRPS is only the most extreme representation. Neural Therapy is a system of diagnosis and treatment for pain secondary to autonomic nervous system dysfunction. Neural Therapy can frequently be used to treat chronic pain that is not amenable to other types of regenerative treatments.

## **NERVOUS SYSTEM REGENERATION ADJUNCT TO PROLOTHERAPY AND NEUROTHERAPY**

APRIL 9 | Category 1A | CME Credits (8)



**MODERATOR:**  
Arden Andersen,  
D.O., Ph.D., MSPH



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

Comprehensive regenerative program for non-invasive PM&R of TBI, spinal cord injuries, peripheral neuropathy, autonomic nerve dysfunction, MS, Parkinson's, foot-drop, Bell's Palsy, Long Covid and more with Neuro20, FireFly, foundational nutrition, ketamine, LDN and methylene blue with testing and tracking using WAVi and Cardioneuro technologies. This program is from 10am to 5pm, with attendees coming down at 7am for testing so the results can be used during the practical portion of the conference.



**MODERATOR:**  
Frank Palermo, M.D.

## MAIN CONFERENCE

### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**THURSDAY, APRIL 10** | Category 1A | CME Credits (27)

8:00 AM	Welcome and Updates
8:15 AM	Introduction to Prolotherapy and Solutions - <i>Arden Andersen D.O., Ph.D., MSPH</i>
9:30 AM	Prolotherapy for the Foot and Ankle - <i>Alfred Allina, D.O.</i>
10:45 AM	Approach to the Knee from a Regenerative Perspective - <i>Donna Alderman, D.O.</i>
Noon	Lunch and Learn
1:15 PM	Prolotherapy for the Lumbar Spine - <i>Sean Goddard, D.O.</i>
2:15 PM	A Comprehensive Treatment Approach to Shockwave - <i>Dr. Baumgartner</i>
3:45 to 5:45	Afternoon Workshops

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### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**FRIDAY, APRIL 11** | Category 1A | CME Credits (27)

8:00 AM	Prolotherapy for the Shoulder - <i>Brian Browning, D.O.</i>
9:10 AM	Prolotherapy for Cervical and Thoracic Spine - <i>Walter Grote, D.O.</i>
10:45 AM	Update on Research Study "Pelvic Floor Prolotherapy - <i>Tiffany Noblitt, D.O. and Katherine Nixon, D.O.</i>
11:45 AM	Peptides and Biologics - <i>Edwin Lee, M.D.</i>
Noon	AOAPRM Business Luncheon
1:15 PM	A Holistic Approach to Prolotherapy and Regenerative Medicine - <i>Tudor Marinescu, M.D., Ph.D.</i>
2:15 PM	Neuro20- Motor, Autonomic and Sympathetic Nerve Regeneration via Pulsed Frequency Modulation - <i>Frank Palermo, M.D.</i>
3:45 PM	Afternoon Workshops

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### A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

**SATURDAY, APRIL 12** | Category 1A | CME Credits (27)

8:15 AM	Prolotherapy for Soft Tissues/Hernias - <i>Damon Whitfield, D.O.</i>
9:30 to Noon	Morning Workshop Session and Cadaver Lab
Noon	Lunch on your own
1:30 PM	Update of FDA/USP Issues - <i>Hollie Resseguie, Pharm</i>
2:30 to 5:00 PM	Afternoon Workshop Session and Cadaver Lab

# REGISTRATION FORM



The American Osteopathic Association of Prolotherapy Regenerative Medicine  
**SPRING 2025 TRAINING SEMINAR | APRIL 9-12, 2025**

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)
- \$900 Neurotherapy Conference (Non-Members) (one day preconference)
- \$700 Neurotherapy Conference (Members) (one day preconference)
- \$900 Nervous System Regeneration (Non-Members) (one day preconference)
- \$700 Nervous System Regeneration (Members) (one day preconference)
- \$2500 PDO Threads for Facial Rejuvenation (10% discount for return attendees from the 2024 program)
- \$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, 2025. 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

MARGARITAVILLE, ORLANDO - 8000 FINS UP CIRCLE, KISSIMMEE, FL 34747

Make hotel reservations online at or by calling 1-321-977-5276.

[BOOK ONLINE HERE.](#)

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