

The American Osteopathic Association of Prolotherapy Regenerative Medicine
SPRING 2026 PROLOTHERAPY CONFERENCE & CADAVER LAB | APRIL 15-18, 2026

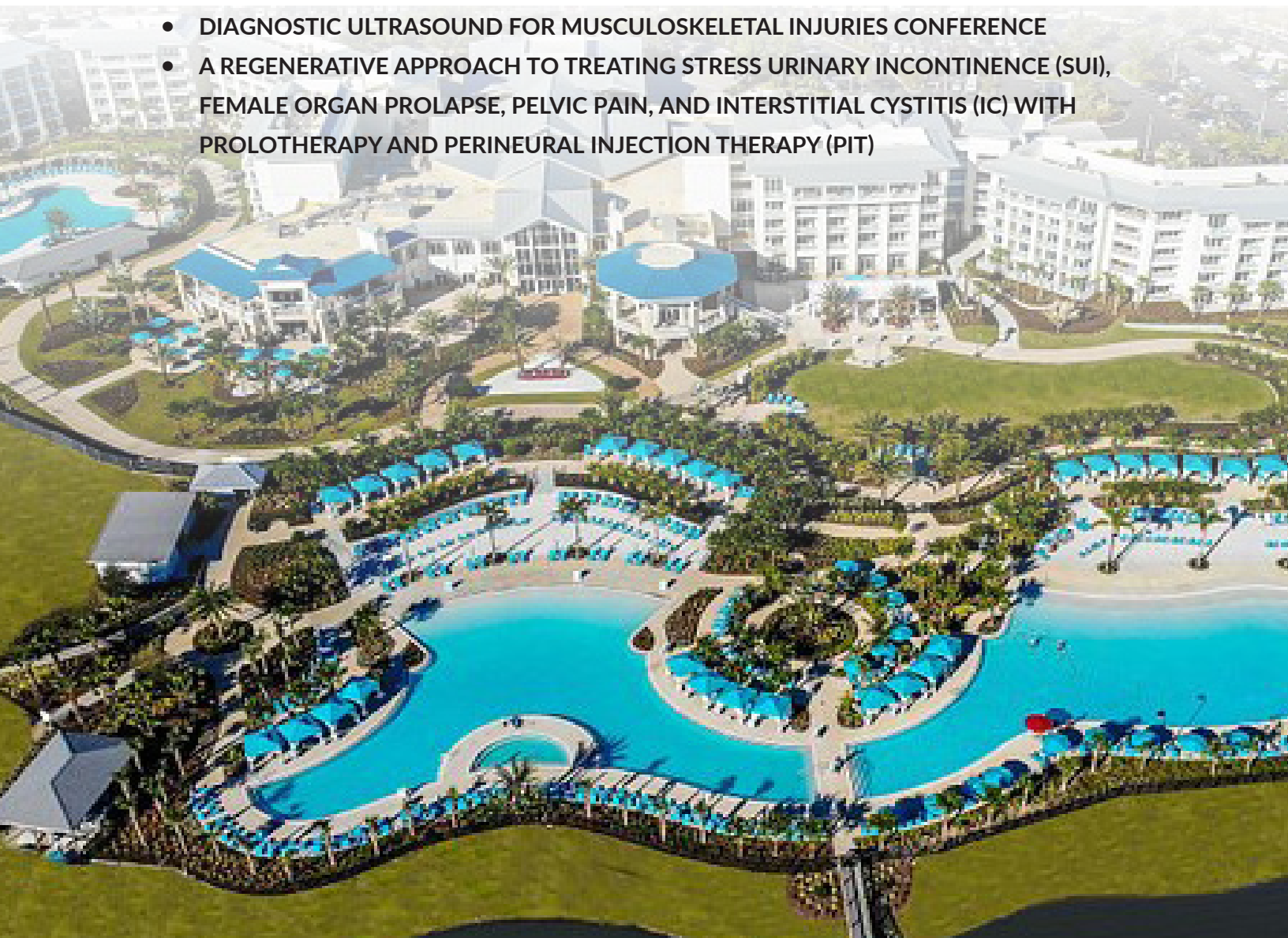
THE AMERICAN PROLOTHERAPY & REGENERATIVE MEDICINE CONFERENCE



**OMT ENHANCED PROLOTHERAPY: BRIDGING MANUAL
MEDICINE AND REGENERATIVE INJECTION THERAPY**

THIS CONFERENCE OFFERS THREE (3) ONE DAY PRECONFERENCES

- PROLOTHERAPY BEGINNERS CONFERENCE
- DIAGNOSTIC ULTRASOUND FOR MUSCULOSKELETAL INJURIES CONFERENCE
- A REGENERATIVE APPROACH TO TREATING STRESS URINARY INCONTINENCE (SUI), FEMALE ORGAN PROLAPSE, PELVIC PAIN, AND INTERSTITIAL CYSTITIS (IC) WITH PROLOTHERAPY AND PERINEURAL INJECTION THERAPY (PIT)





WELCOME TO THE AMERICAN OSTEOPATHIC ASSOCIATION PROLOTHERAPY REGENERATIVE MEDICINE 2026 SPRING TRAINING SEMINAR!

Hello colleagues, friends, students, and participants. Welcome to the Spring 2026 meeting of the AOAPRM at the beautiful Margaritaville Orlando Resort. For nearly a century, our organization has carried forward the tradition of advancing prolotherapy and regenerative medicine, continually refining our techniques to serve patients with excellence.

Science remains the foundation of our work, as does our commitment to continuous quality improvement in both patient outcomes and practitioner skill. Medicine and patient needs continue to evolve, presenting new challenges to health, healing, and human performance, but the physiology of injury remains consistent. Each year, our conference rises to meet those challenges with fresh insights and practical applications.

This year, we turn our focus to the essential role of osteopathic manipulation therapy (OMT) in refining and improving prolotherapy results. By identifying and addressing the true trigger of dysfunction— rather than simply treating compensations for injury—we can unlock deeper levels of healing and restoration. Osteopathic principles guide us to see the interconnectedness of the body and to restore balance where it has been lost.

In addition, we will highlight the expanding role of platelet-rich plasma (PRP) therapies and the importance of metabolic health as cornerstones of regenerative success. When combined with prolotherapy and OMT, these therapies provide a more comprehensive and lasting approach to stabilization, repair, and restoration of function.

Please join us in Orlando for a rich and inspiring gathering of colleagues dedicated to advancing the art and science of healing.

ALINE FOURNIER, D.O.
CHAIRWOMAN, SPRING 2026 AOAPRM MEETING

MARGARITAVILLE ORLANDO

Orlando, Florida



MAKE YOUR HOTEL
RESERVATION TODAY:



www.prolotherapycollege.org



(407) 698-5595 for the group rate.

[BOOK ONLINE HERE.](#)

Group rate deadline is April 9, 2026



Rooms ooms are limited so make your reservations as soon as possible. The cutoff date for the group rate is April 9. Rate is \$249 per night.

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

PRE-CONFERENCE

BEGINNERS; THE BASICS YOU MUST KNOW BEFORE YOU GET STARTED

APRIL 15 | 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 15 | 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.

A REGENERATIVE APPROACH TO TREATING STRESS URINARY INCONTINENCE (SUI), FEMALE ORGAN PROLAPSE, PELVIC PAIN, AND INTERSTITIAL CYSTITIS (IC) WITH PROLOTHERAPY AND PERINEURAL INJECTION THERAPY (PIT)

APRIL 15 | Category 1A | CME Credits (8)



MODERATOR:

Dr. Brittany Fisher D.O.

This course is designed to explore the use of Prolotherapy in commonly ignored pathology in the female population.

Participants will learn to:

- Recognize the anatomy involved in female organ prolapse, pelvic pain, and interstitial cystitis
 - Understand the common etiologies of SUI female organ prolapse, pelvic pain, and interstitial cystitis.
 - Compare current methodologies for treatment of these diagnoses.
 - Implement a tested protocol for using PRP and dextrose prolotherapy in treating stress urinary incontinence, female organ prolapse, and pelvic pain in the clinic.
- Implement a tested protocol for using Perineural Injection Therapy to treat Interstitial Cystitis in the clinic.
 - Apply clinical knowledge and physical exam to determine which patients would benefit from conservative therapy vs regenerative medicine injections vs surgery.

MAIN CONFERENCE

A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

THURSDAY, APRIL 16 | Category 1A | CME Credits (27)

* Prolotherapy specific lectures will feature an osteopathic manipulation pearl designed to enhance the clinical application

8:00 AM	Welcome and Updates
8:15 AM	Introduction to Prolotherapy - Arden Andersen, D.O.
9: 20 AM	Prolotherapy for the Knee with or without PRP - Walter Grote, D.O.
10:20	Break
10:45 AM	Low Back Prolotherapy: Clinical Road Map, Pearls and Pitfalls - Donna Alderman, D.O.
Noon	Lunch and Learn
1:20 PM	Common Compensatory Patterns and Zink Screening in Regenerative Medicine - Bradley Goldstein, D.O.
2:20 PM	Break
2:45 - 5:00 PM	Afternoon Workshops - This includes but is not limited to various workshop stations demonstrating and practicing prolotherapy injection techniques, ultrasound guided, OMT, PRP, Prolozone and Neural Therapy

A SYNERGISTIC APPROACH TO REGENERATIVE MEDICINE

FRIDAY, APRIL 17 | Category 1A | CME Credits (27)

8:00 AM	Prolotherapy for the Shoulder - Brian Browning, D.O.
9:05 AM	Two case studies presented by the Mountain View Regional Medical Center Case (1) "Basketball Athlete with Chronic Jumper's Knee Bilaterally Responds to 2 Week PRP Protocol" - Katherine Nixon, D.O. Case (2) PRP for Collegiate Basketball Player with Osteitis Pubis - Dr. Alexandra Blanchard
10:15 AM	Break
10:45 AM	Advanced Prolotherapy Techniques using PRP - Ann Auburn, D.O.
Noon	AOAPRM Business Luncheon & Half Hour Lecture
1:20 PM	Dental Infections and Chronic Pain- Gerald Harris, D.O.
2:20 PM	Break
2:45 - 3:15 PM	Biotensegrity and structural alignment: Symbiosis of OMT & Regenerative Medicine -Brett Lockman, D.O.
3:30 - 5:30 PM	Afternoon Workshops - This includes but is not limited to various workshop stations demonstrating and practicing prolotherapy injection techniques, ultrasound guided, OMT, PRP, Prolozone and Neural Therapy

SATURDAY, APRIL 18 | Category 1A | CME Credits (27)

9:00 - Noon	Morning Workshops - This includes but is not limited to various workshop stations demonstrating and practicing prolotherapy injection techniques, ultrasound guided, OMT, PRP, Prolozone and Neural Therapy
Noon	Lunch on Your Own
1:15 PM	Osteopathic Manipulation Techniques combined with Pulses - Damon Whitfield, D.O.
2:15 PM	Break
2:30 PM	Prolotherapy Emergencies; Recognition and Office-Based Management - Michele Wilkerson, N.D.
3:45 PM	Hypomobility vs. Hypermobility: When to incorporate OMT vs. Prolotherapy - Eren Ural, D.O. & Gary Gailius, D.O.

Program Schedule is subject to change.

REGISTRATION FORM



The American Osteopathic Association of Prolotherapy Regenerative Medicine
SPRING 2026 TRAINING SEMINAR | APRIL 15-18, 2026

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)
- \$700 Treating Stress Urinary Incontinence (SUI) (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)
- \$800 Virtual Conference for Didactic Sessions (Non-Members)
- \$600 Virtual Conference for Didactic Sessions (Members)
- Students receive 50% discount and Residents 25%
(discount will be reflected before payment submission OR call Linda Pavina @ 302-530-2489)

TOTAL CONFERENCE FEES: \$ _____

PAYMENT OPTIONS

REGISTER ONLINE AT WWW.PROLOTHERAPYCOLLEGE.ORG

OR COMPLETE THE FORM AND EMAIL TO 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, 2026. 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 (407) 698-5595.

[BOOK ONLINE HERE.](#)

Rooms are limited so make your reservations as soon as possible. The cutoff date for the group rate is April 9, 2026. Rate is \$249 per night.