

# Canadian Association of Orthopaedic Medicine 39<sup>TH</sup> Annual Conference

Pre Conference: Thursday October 23

Conference: Friday October 24 – Saturday October 25, 2025

Inn at Laurel Point

Victoria, British Columbia

This activity has been certified by the College of Family Physicians of Canada and the British Columbia Chapter for up to 20 Mainpro+® Certified Activity credits.

Please note: credit for preconference workshop CME credits is a separate certificate of attendance claiming 6.5h of the 20 CME credits.



## Thursday October 23

### Preconference Workshop Perineural Injection Treatment

Dr Keith Weber and Dr Jennifer Moss

Room: Spirits

Dr John Lyftogt spent a decade investigating the effects of dextrose on peripheral nerves. He then developed courses and started teaching this technique internationally in 2010. The learning never stopped and now Perineural Injection treatment is recognized by Up To Date and Harrison's as the most effective treatment for peripheral neuropathies like carpal tunnel syndrome. Perineural Injection Treatment is a specialized form of neuromyofascial trigger point injection that involves subcutaneous injections of buffered D5W to Valleix (constriction) points along the course of cutaneous nerves. These injections result in rapid changes in the chemistry around the nerve and give near instant resolution of neuropathic pain.

Join us for this one-day workshop to learn this simple, safe, well tolerated and effective therapy. This technique is ideal for use by all health care practitioners that see patients that have pain.

Target audience: Family Physicians, Sports Medicine Physicians, ER Physicians, Specialists (Orthopedics, Physiatry, etc), NDs, and NPs

At the conclusion of this workshop, the participant will be able to:

- Review peripheral nerve anatomy and confidently identify the common sites of peripheral nerve entrapment.
- Explore how to make the solution used in perineural injection treatments and the Lyftogt injection technique.
- Create the foundation for health care practitioners to start confidently and effectively treating neuropathic pain.

|       |                                                                |
|-------|----------------------------------------------------------------|
| 0745h | Registration and Breakfast: Main Foyer/Hunt Room               |
| 0825h | Opening Remarks                                                |
| 0830h | Science Review                                                 |
| 0840h | Upper Limb: neck, shoulder, arm, wrist and hand                |
| 1015h | Refreshment Break: Main Foyer                                  |
| 1045h | Headaches and Migraines: Upper neck, head, face and upper back |
| 1230h | Lunch: Main Foyer                                              |
| 1330h | Lower Limb: Groin, hip, knee, ankle and foot                   |
| 1500h | Refreshment break: Main Foyer                                  |
| 1530h | Lower Back, SI and gluteal area, and abdomen (ACNES)           |
| 1700h | Workshop concludes                                             |



## Overarching Learning Objectives for our Conference

At the end of the conference, participants will be able to:

- Perform a comprehensive evaluation of the lower limb with a comprehensive focus on the ankle
- Identify common diagnoses suitable for interventional treatments for neuropathic pain, tendon, joint and ligament degenerative changes affecting the lower limb
- Perform these procedures with or without ultrasound guidance
- Identify features of nociceptive pain from fellow clinicians and patients with lived experience

## Friday October 24

0715h            Registration and Breakfast  
                    Main Foyer and Spirit Rooms

0800h            Welcome and Announcements  
                    Dr. Pam Squire

0805h            A Regenerative Medicine Approach to Evaluation and Treatment of the  
Ankle  
                    Dr. Jon Chow, Dr. Zuzana Triska and Eric Lavoie

At the end of this session, the participant will be able to:

- Apply relevant anatomy to differentiate common clinical presentations of the foot and ankle.
- Perform a clinical assessment and choose appropriate investigations for foot and ankle conditions.
- Formulate an evidence-based treatment plan that may include regenerative medicine procedures.

0845h            Doctor with a Limp: Case Studies of the Ankle  
                    Dr. Jon Chow, Dr. Zuzana Triska and Eric Lavoie

At the end of this session, the participant will be able to:

- Discuss common pain presentations in the foot and ankle.
- Identify regenerative injection treatment targets in certain case presentations.
- Integrate regenerative injections with other treatment strategies

0915h            In Office Assessment of the Injured Ankle: Small Group Hands-On Learning  
                    Dr. Jon Chow, Dr. Zuzana Triska and Eric Lavoie

At the end of this session, the participant will be able to:

- Identify relevant surface anatomy and biomechanical concepts required for the ankle exam.



- Perform a thorough yet efficient evidence-based exam of the injured ankle.
- Apply the above information to identify common regenerative medicine treatment targets.

0945h                      Moderated Group Question and Answer

1000h                      Nutrition Break  
Terrace Ballroom  
Exhibitor Booths are open

1030h                      Post PRP/Prolotherapy Isometric Exercises and Nutrition focusing on Achilles tendon, patellar and hamstring tendons.  
Daehan Kim and Dr. Pam Squire

At the end of this session, the participant will be able to:

- Explain how isometric exercise and nutritional intervention can enhance the effectiveness of tendon repair.
- Easily implement isometric exercise and nutritional intervention strategies following Platelet Rich Plasma or Prolotherapy treatment for Achilles, patella, and hamstring tendinopathy.

1100h                      Further Optimization of PRP: Anticoagulants and MPV  
Dr. Ted Harrison and Dr. Jannice Bowler

At the end of this session, the participant will be able to:

- Identify the anticoagulants suitable for preparing platelet-rich plasma.
- Recognize the difference between the different anticoagulants.
- Explore the significance of MPV with respect to PRP Efficacy

1140h                      Moderated Group Question and Answer  
Daehan Kim, Dr's. Squire, Harrison and Bowler

1200h                      Lunch  
Terrace Ballroom and Spirits Rooms  
Exhibitor Booths are open

1300h                      Welcome Back

1300h                      The difficult to manage migraine patient: medication combinations, insurance issues, migraine flares and status migrainosis  
Dr. Corrie Graboski

At the end of this session, the participant will be able to:

- Outline an approach to medication combinations including CGRP monoclonal antibodies, gepants and Botulinum Toxin-A.



- Develop strategies to deal with various insurance coverage issues including tips to improve success in applying for Pharmacare coverage for CGRP antagonists.
- Comprehend medication overuse headache and will have a treatment approach.
- Formulate treatment strategies for migraine flares/status migrainosus including the use of gepants and nerve blocks.

1340h

#### Round Table Snappers

Low dose naltrexone for fibromyalgia  
Dr. Adrienne Junek

At the end of this session, the participant will be able to:

- Recognize the clinical characteristics of fibromyalgia including central sensitization.
- Identify the safety and efficacy of using a low dose naltrexone for fibromyalgia.
- Assist people living with fibromyalgia to access low dose naltrexone at low cost.

Vitamin D's Emerging Role in Chronic Pain Management  
Dr. Jessalyn Shamess

At the end of this session, the participant will be able to:

- Evaluate the clinical evidence for vitamin D supplementation in chronic pain management.
- Assess the impact of VDR gene polymorphisms and other nutritional deficiencies on the treatment outcomes of vitamin D supplementation.
- Evaluate the relationship between vitamin D status, supplementation and opioid use disorder in chronic pain management.

What interventions can be provided to low resourced patients?  
Dr. Keith Weber

At the end of this session, the participant will be able to:

- Identify the role of diet in chronic inflammation and pain.
- Explore inexpensive supplements that have a role in reducing chronic inflammation and pain.
- Outline counselling tips and advice for smoking cessation to reduce inflammation and save patients money.

1440h

#### Moderated Group Question and Answer

1500h

#### Nutrition Break

Terrace Ballroom, Exhibitor Booths are open



- 1530h            When the foot fails to recover, consider it a victim and go find the criminal.  
                     Diane Lee
- At the end of this session, the participant will be able to:
- Explain the optimal biomechanics of the thorax, pelvis and hips/knees in relationship to the foot through heel strike, midstance and push off.
  - Explain the impact of suboptimal mobility, and or control, of the thorax, pelvis, hips and knees on the feet during gait.
  - Provide some introductory verbal and manual corrections to each region (thorax, pelvis, hip and knee) to determine the root cause of the suboptimal biomechanics of the foot in gait.
- 1700h            Closing Comments and Conclusion of Day One  
                     Dr. Pam Squire
- 1715h            CAOM Annual General Meeting – All CAOM Members are welcome to attend  
                     Location: Spirit Rooms



## Saturday October 25

- 0715h            Registration and Breakfast  
                    Main Foyer and Spirit Rooms
- 0755h            Welcome to Day Two  
                    Dr. Pam Squire
- 0800h  
Pain              Keeping the Brain in Mind - Psychophysiological Disorders and Nociceptive Pain  
                    Dr. David Bowler
- At the end of this session, the participant will be able to:
- Define psychophysiological disorders, nociceptive pain, and their equivalents.
  - List the common characteristics of nociceptive pain and recognize common psychophysiological disorders from these characteristics.
  - Articulate these concepts to patients and recommend available resources.
- 0830h            When Nothing Adds Up and Diagnosing the Invisible Contributor to Pain: A Person with Lived Experience Perspective (virtual presentation)  
                    Celena Muzzillo-Simms
- At the end of this session, the participant will be able to:
- Recognize the nuanced ways chronic pain affects a person's daily routine, relationships, and self-identity.
  - Identify complexities of pain journeys and how they can affect people socially, psychologically and culturally.
  - Outline strategies to reduce or stop taking opioids and work towards regaining their wellbeing
- 0910h            Moderated Group Question and Answer
- 0930h            Nutrition Break  
                    Terrace Ballroom  
                    Exhibitor Booths are open



## Breakout Sessions

(25% of each breakout will incorporate question and answer)

1015h

### BREAKOUT SESSION ONE

#### Session One: Non-Ultrasound Based Interventions

Option A: Beginner Session - Landmark guided Prolotherapy or PRP - Ankle, Knee, Sacroiliac Joint  
Dr. Jon Chow and Dr. Zuzana Triska  
Room: Merino

At the end of this session, participants will be able to:

- Identify surface anatomy landmarks in the lower extremity with confidence.
- Integrate palpation of surface landmarks with other clinical examination findings to formulate a treatment plan.
- Observe how to inject specific regenerative injection targets safely and confidently using palpation

Option B: Perineural Injection Treatment for painful lower limb conditions like arthritis, enthesitis, plantar fasciitis, achilles tendonitis and metatarsalgia.  
Dr. Keith Weber  
Room: Hunt

At the end of this session, participants will be able to:

- Outline the role of nerves in maintaining and healing anatomical structures.
- Discuss lower limb nerve anatomy and the common entrapment points of these nerves.
- Gain confidence in preparing the solution used in perineural injection treatment to execute the Lyftogt injection technique.

#### Session Two: Ultrasound Based Interventions

Option C: Ultrasound Guided Prolotherapy or PRP -Ankle, knee and Sacroiliac joint and Hamstring  
Dr. Paul Johnson and Eric Lavoie  
Room: Spirits AB

At the end of this session, participants will be able to:

- Identify surface anatomy landmarks in the lower extremity with confidence.
- Integrate palpation of surface landmarks with ultrasound to clearly identify injection landmarks



- Observe how to inject specific regenerative injection targets safely and confidently using ultrasound

Option D: Liberating Lower Limbs: Ultrasound Guided Nerve Release with Hydrodissection

Dr. Jannice Bowler and Dr. Francois Louw

Room: Spirits CD

At the end of this session, participants will be able to:

- Identify gluteal and lower limb nerves on ultrasound scanning
- Observe scanning techniques specific to nerve sonography
- Assess which patient presentations might suggest which nerve entrapments to consider

1215h Lunch

Terrace Ballroom and Spirits Rooms  
Exhibitor Booths are open

1315h Welcome back → proceed to your next breakout

1315h **BREAKOUT SESSION TWO**

### Session Three: Non-Ultrasound Based Interventions

Option A: Trigger Point Injection techniques for treating shoulder pain  
Dr. Ravi Dhanoa and Dr. Sid Bhattacharyya  
Room: Merino

At the end of this session, participants will be able to:

- Familiarize themselves with basic trigger point identification and palpation technique.
- Discuss basic trigger point injection techniques.
- Identify common treatment targets in shoulder pathologies.

Option B: Stecco Fascial Manipulation: How it could transform your practice.  
Dr. Anna Davenport and Dr. Pam Squire  
Room: Hunt

At the end of this session, participants will be able to:

- Summarize the framework of the Stecco Technique
- Explain how it can be used in practice to treat the fascial part of myofascial pain
- Describe the process for learning the technique's different levels



## Session Four: Ultrasound Based Interventions

Option C: Basic Ultrasound Guided Injections for gluteal tendinopathy, intraarticular hip injections and tibial nerve blocks (for pain free plantar fascia injections)  
Dr. Paul Johnson and Dr. Gretchen Andrews  
Room: Spirits AB

At the end of this session, participants will be able to:

- Review relevant anatomy of each structure by palpation to assist with US structure identification
- Explain the safe approach to an intra-articular hip injection
- Perform sonographic identification of the tibial nerve.
- Apply this material to common neuromusculoskeletal clinical presentations

Option D Fascia and Scars: ultrasound guided regenerative injections for the lower limb and low back  
Dr. Xiao Yuan and Dr. Adrian Gretton  
Room: Spirits CD

At the end of this session, participants will be able to:

- Conduct an assessment of Surgical and other Scars, to determine how they may affect pain, fascial integrity, and muscle recruitment patterns.
- Identify areas of scars that will benefit from hydrodissection and/or regenerative injections, using ultrasound guidance.
- Demonstration of injections of scars and/or fascia, including the lateral intermuscular septum of the leg.

1515h Nutrition Break  
Terrace Ballroom  
Exhibitor Booths are open

1545h Welcome Back  
Spirits Room

1545h A Layered Approach to the Patient with Chronic MSK Pain: New Strategies for treating Achilles tendinopathy and plantar fasciitis considering the Achilles tendon and plantar fascia  
Dr. Anna Davenport and Dr. Keith Weber

At the end of this session, participants will be able to:

- Identify multiple contributing diagnoses/mechanisms to an individual's Total Pain
- Create suitable therapeutic strategies for each diagnosis/mechanism



- Tailor the plan to an individuals cultural, social, psychological and economic preferences

1645h Closing Remarks by Dr. Pam Squire

## CAOM Celebratory Dinner

Terrace Ballroom – if bringing guests, please ensure you purchase a ticket.

1745h Cocktail Hour  
Cash bar available

1900h Dinner  
Conference Passport Winner announced

## Meet our Distinguished Presenters



Dr. Gretchen Andrews

Dr. Gretchen Andrews trained at the University of New Mexico, after completing family medicine residency she trained as a neuromuscular medicine fellow at the University of New England. After moving to Canada in 2013 she incorporated prolotherapy, PRP, perineural therapy and nerve hydrodissections into her osteopathic medicine practice in Nelson, BC.



Dr. Sid Bhattacharyya BSc MSc CCFP  
Academic Lead, MuscleMD Clinics

Dr. Bhattacharyya is from MuscleMD which is a group of clinics specializing in the treatment of myofascial and neuropathic pain using interventions such as trigger point injections, nerve blocks, therapeutic neurotoxins, prolotherapy and other ultrasound-guided modalities.



Dr. David Bowler MRCP(UK) CCFP FCFP PgCPain  
Family Physician with a focused practice in Pain Rehabilitation and Clinical Hypnosis

Following 3 decades in longitudinal full-service family medicine David developed a focused practice in Pain Rehabilitation and Clinical Hypnotherapy. He works mostly with myofascial pain, regenerative medicine, chronic migraine, psychophysiological disorders, PTSD, phobias, and functional neurological disorders.





Dr. Jannice Bowler  
MB, ChB, DRCOG, FCFP, CAFCI, IROM(C), PgCPain  
Past President, CAOM

Dr. Jannice Bowler is a family physician who has always enjoyed treating pain. Since 2014 she left family medicine to work exclusively treating musculoskeletal pain patients in her practice which she shares with her husband, David Bowler, in beautiful

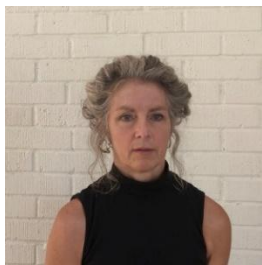
Victoria BC.

Her interests include perineural hydrodissection for nerve entrapments, prolotherapy, platelet-rich plasma injections and point of care ultrasound. When not working she enjoys hiking or trail running with her dog, gardening, music and good food.



Dr. Jonathan Chow DC, MD, CCFP, CROMIC - Spine & Peripheral

Dr. Chow originally trained as a sports chiropractor at what is now the University of Western States, completed his medical training at the University of Alberta and a family medicine residency at the University of Calgary. He completed further training with the Hackett Hemwall Patterson foundation, MSKUS (ultrasound training), and the Canadian Association of Orthopaedic Medicine (CAOM). His clinical interests include musculoskeletal and spine injuries, ultrasound guided interventions and regenerative medicine including platelet rich plasma injections, prolotherapy and hydrodissections. He is a physician at Evidence Sport and Spine in Calgary, Alberta, and is a Clinical Lecturer at the University of Calgary Cumming School of Medicine, Department of Family Medicine, and a course instructor with the Canadian Association of Orthopaedic Medicine.



Dr. Anna Davenport CCFP, SEM, Dip. of Sport Medicine  
Fascial Manipulation Instructor

Anna Davenport is a Sport Medicine doctor with a specialty in Fascia. She worked as a family doctor for over 30 years along with sport medicine. She started incorporating Fascia Manipulation into her practice in 2017. She works in Caledon north of Toronto in her clinic.



Dr. Ravi Dhanoa MBBS BSc CCFP  
Medical Director, MuscleMD Clinics

Dr. Dhanoa is from MuscleMD which is a group of clinics specializing in the treatment of myofascial and neuropathic pain using interventions such as trigger point injections, nerve blocks,



therapeutic neurotoxins, prolotherapy and other ultrasound-guided modalities.



Dr. Corrie Graboski  
MD FRCPC PM&R

Dr. Corrie Graboski completed medical school at the University of Western Ontario in 2002 and then completed her residency in Physical Medicine and Rehabilitation at the University of Alberta in 2007. She has a special interest in the treatment of headache disorders. She is an associate professor at the University of British Columbia and is very involved in teaching. She is a researcher with Island Health and is involved in a number of national and international headache research trials.



Adrian Gretton, MD, FCFP, CIME, IROM-C

Dr. Gretton enjoyed practicing community-based family medicine for many years, while also developing expertise in pain and injury management. He is a consulting physician and the AHS Calgary Chronic Pain Centre, and his main practice is at Evidence Sport and Spinal Clinic in Calgary.

He is a Clinical Assistant Professor in the Faculty of Medicine at the University of Calgary. He is involved in active clinical practice and enjoys ongoing learning and teaching.



Dr. Theodore E. Harrison, MD

Dr. Harrison is board-certified in Emergency Medicine and Regenerative Medicine. He is retired from clinical practice and now devotes his time to platelet-rich plasma research.



Dr. Paul Johnson, DO

Dr. Paul Johnson is board certified in both internal medicine and sports medicine and has been practicing sports medicine since 2006 in the Portland / Vancouver area. He went to the Kentucky College of Osteopathic Medicine, and then onto Rush Presbyterian – St. Luke's Medical Center / Cook County Hospital, in Chicago, IL, for residency in internal medicine, followed by a sports medicine fellowship at the University of Pittsburgh.

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 works closely with other medical



specialists, athletic trainers, and physical therapists to provide comprehensive musculoskeletal care and rehabilitation for athletes and non-athletes alike.



Dr. Adrienne Juneke, MD, CCFP, ABOIM, IFMCP

Dr Adrienne Juneke completed her medical degree at the University of Toronto and her residency in family medicine at the University of Ottawa. She then completed a fellowship in integrative medicine at the University of Arizona and became certified in functional medicine with the Institute for Functional Medicine. She has obtained additional training in neurofunctional acupuncture (McMaster University Contemporary Acupuncture), trigger point injections, perineural therapy and prolotherapy. Dr Juneke currently practices in both integrative & functional medicine as well as musculoskeletal pain & injury medicine. She is also a faculty lecturer at the University of Ottawa where she teaches integrative medicine.



Daehan Kim M.Sc., D.O.M.P., BCKA-KIN, CSEP-CEP, NSCA-CSCS  
Clinical Kinesiologist & Manual Osteopathic Practitioner  
Embodied Dynamics Integrative Osteopathy and Kinesiology  
Clinic

Daehan Kim is a clinical kinesiologist and manual osteopathic practitioner. Since 2013, he has been devoting his practice to help individuals with complex musculoskeletal pain and mobility limitations regain functional resilience. Drawing on his M.Sc. training and research in movement science, his early clinical work focused on motor coordination and neuroplasticity. Recognizing the need for a more integrative approach, he completed further education in manual osteopathy. Currently, his work centers on optimizing connective tissue health and adaptability through a multi-modal approach that blends osteopathy, fascial manipulation, and targeted exercise therapy —aiming to make rehabilitation a meaningful, empowering process that fosters long-term resilience.



Eric Lavoie, Nurse Practitioner (NP), MN, FAA, CROMIC (P/S)  
Specialist in Musculoskeletal Pain & Rehabilitation  
Adjunct Clinical Professor, Faculty of Nursing  
Associate Member, McCaig Institute for Bone & Joint Health,  
University of Calgary

Eric Lavoie is a Nurse Practitioner in Alberta who is a Specialist in Pain & Rehabilitation and has, since 2012, a practice solely dedicated to pain management via ultrasound-guided regenerative medicine to the spine and peripheral joints. He has successfully completed the CROMIC (P/S) designation and has more than 200 American Medical Association CME credits focused on ultrasound-guided injections.





Diane G. Lee  
Physiotherapist

Diane is a UBC graduate in the field of rehabilitation medicine. She is a fellow of the Canadian Academy of Manipulative Therapy (CAMT), certified practitioner of intramuscular stimulation (Gunn IMS) and certified by the Canadian Physiotherapy Association as a clinical specialist in Women's Health. She was an instructor and chief examiner for CAMT for over 20 years and in 2021 received the CPA Medal of Distinction and in 2023 the CPA Professional Contribution Award.

Diane is the owner, director, and a practicing physiotherapist at Diane Lee & Associates, a private multi-disciplinary physiotherapy clinic in South Surrey, BC, Canada. In addition, she is the principle instructor of Learn with Diane Lee ([www.learnwithdianelee.com](http://www.learnwithdianelee.com)). The model she teaches is called the Integrated Systems Model which is a regional interdependent approach that considers the relationship between remote impairments (e.g. impact of suboptimal thorax, pelvis and hip biomechanics on foot function).



Dr. W. Francois Louw  
CCFP(EM), FCFP, MBChB (Pret), DA(SA), ECFMG, Adv. Dipl Pain Mgt  
CAPM (Interventional Pain Management)

Dr. Louw is a founding member and treating physician at the Bill Nelems Pain and Research Centre, the largest comprehensive pain clinic in Canada. Dr. Louw is triple certified in GP Anaesthesia, ER medicine and Pain Medicine with multiple research interests in these fields. He serves as Clinical Associate Professor, UBC Dept. of Family and is a Past President of the Canadian Association of Orthopaedic Medicine.

Dr. Louw has been involved in teaching Pain Medicine topics for more than 15 years. He has also been providing training on a national and international level in ultrasound guided regenerative injection therapies (such as nerve hydrodissection, prolotherapy and PRP) with prior and current research interests in this area.



Dr. Jennifer Moss ND, RMT

Dr. Jennifer Moss is a naturopathic physician practicing in Squamish, BC. She has been interested in helping people with pain challenges since her healthcare career began as a registered massage therapist. Dr. Moss's passion for helping people experiencing pain led her to Perineural Injection Treatment with Dr. John Lyftogt in 2013. The revelation of the prevalence of neuropathic pain in the pain world and the efficacy of dextrose to treat neuropathic pain sparked the passion to learn and integrate PIT and Prolotherapy into her practice. She has a general family practice with a clinical focus on musculoskeletal care, drawing from a patient-centered approach that considers the body, mind, spirit, and lifestyle factors to help her patients transform their pain experience.





Celena Muzzillo-Simms  
Lived Experience Speaker

Celena Muzzillo-Simms lives with multiple chronic pain conditions, including Fibromyalgia and Chronic Pelvic Pain. From 2004 to 2017, she was bedridden for the majority of that time, gradually regaining some mobility before a post-COVID setback brought her back to being 60% bedridden. Determined to reclaim her life, Celena made the difficult decision to come off opioids and began exploring brain retraining and mind-body integration. As of January 2025, she is completely off pain medications. Her story is one of persistence, healing, and discovery. In the session "When Nothing Adds Up and Diagnosing the Invisible Contributor to Pain," Celena offers a powerful perspective as someone with lived experience navigating the invisible and often misunderstood realities of chronic pain.



Dr. Jessalyn Shamess, ND

Dr. Shamess is a licensed ND who focuses on treating complex chronic diseases such as Chronic Fatigue Syndrome/myalgic encephalomyelitis (CFS/ME), Fibromyalgia, post-viral conditions and auto immunity. Her experience includes a residency in environmental medicine with a specialized focus on CFS/ME. In addition, she also has a background in nutritional science research and public health. Dr. Shamess is currently in private practice at Clementine Natural Health in Vancouver, BC where she practices functional evidence-based medicine.



Dr. Pam Squire MD CCFP DCAPM ISAM CPE  
Associate Clinical Professor UBC  
Life Again Musculoskeletal Pain Clinic

Dr. Squire is a Clinical Associate Professor in the Department of Family Medicine at the University of British Columbia. She was a member of the guidelines committee (2010-2012) for Pain Medicine, the national group mandated to write the curriculum for the new Royal College of Physicians and Surgeons specialty of Pain Medicine. She currently practices in Vancouver where she has a consultative practice in musculoskeletal, spine and neuropathic pain, providing assessments, medical, manual and interventional treatment.

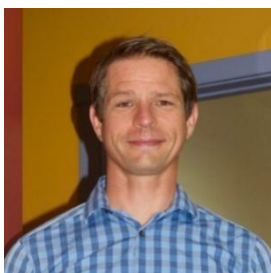
Since 2020, Dr. Squire has trained in advanced techniques using the Stecco Fascial Manipulation framework. This treatment is a global treatment that addresses fascial causes of myofascial pain. It is emerging as the most scientifically validated treatment for the fascia.





Dr. Zuzana Triska MD, CCFP, BScPT, MCIPT, FCAMPT

Dr. Zuzana Triska is a family physician with a special interest in interventional pain management, regenerative medicine and rehabilitation. She is a former physiotherapist who completed post-graduate training in musculoskeletal and manual therapy to become a Fellow of the Canadian Academy of Manual and Musculoskeletal Physiotherapists (FCAMPT). She currently works in Canmore and Banff, AB. When she is not working, she tries to keep up to her fitter mountain bike friends without breaking any bones.



Dr. Keith Weber, MD, CCFP

Dr. Weber was born and raised in Saskatchewan, one of the flattest places on earth, yet developed a passion for gravity fed winter sports. To pay for medical school (and ski trips) he enlisted in the Canadian Forces. Once completing residency training at the University of Calgary he was posted to Canadian Forces Base Gagetown where he served as a General Duty Medical Officer, and eventually Base Surgeon. In 2009, Major Weber was deployed for 9 months to Afghanistan as the Officer in Command of all Canadians working at the NATO Trauma Hospital in Kandahar Airfield, where he was also one of five Trauma Team Leaders. After retiring from the Canadian Forces Dr Weber worked full time Emergency Medicine in Fredericton NB until his passion for the mountains finally drew him full time to Invermere BC in 2015. After a chance encounter with Dr. Louw in Invermere he started training in interventional pain medicine. In 2019 he was introduced to Perineural Injection Treatment, which was transformational to his rural office and emergency medicine practice. When he is not skiing at Panorama Mountain Resort or adventuring in the backcountry, he can be found on the lake surfing, foiling and paddling.



Dr. Xiao Yuan MD CCFP D-CAPM

Dr. Xiao Yuan practices in Vancouver, British Columbia, where she is the co-founder and medical director of White Oak Pain Clinic. She completed her training in family medicine in 2017 at the University of Calgary.

She has since dived head first into the fascinating world of interventional pain medicine. She is passionate about this field because it is continually evolving with so much to learn. Her current special interest lies in regenerative therapies and their application in fascial tears to treat chronic injuries from a whole-body perspective.



The Canadian Association of Orthopaedic Medicine has received unrestricted funding from the following exhibitors:

