

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

SCHEDULE

34th Annual Conference

Oct 25 - 27, 2019

INNOVATIVE APPROACHES TO TREATING CHRONIC PAIN

Friday: October 25th

07:00 REGISTRATION & BREAKFAST

07:50 Welcome & announcements

08:00 Tribute to Dr. Robert Kidd

08:10 **Dr. 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 & 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

4:00 **Dr. Graboski:** treating migraines: an update including CGRP receptor antagonist medications and botulinum A

4:30 **Dr. Johnson:** common sports medicine problems

5:00 **TBA:** neuropathic pain treatment modalities including an update on cannabis

5:45 pm - 6:45 pm CAOM AGM

(anyone welcome)

6.45 pm RECEPTION/LIGHT SUPPER

Saturday morning: October 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

10:30 **Dr. Louw:** Hyaluronic acid supplementation including use with platelet-rich plasma

11:00 **TBA:** ultrasound-guided injections

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

12:00 LUNCH

Saturday afternoon: October 26th

AFTERNOON WORKSHOPS

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

1 - 2:45 pm First workshop

2:45 - 3:15 pm NUTRITION BREAK

3:15 - 5 pm Second workshop

WORKSHOP A: Manual Medicine

Drs. Gallagher and Johnson

Introductory workshop will be offered twice during the afternoon.

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

Drs. Dhawan and MacNicol

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

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 during the first or second workshop or attend both.

Sunday: October 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. 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 & forms

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Registration

For registration, please visit: 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 www.caom.ca 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).

Fees

Become a CAOM member	\$100
Full conference	\$790
Full conference (<i>Earlybird until August 25th</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

