



# CANADIAN ASSOCIATION OF ORTHOPAEDIC MEDICINE

## PROGRAM AGENDA

WORKSHOPS: SEPTEMBER 17, 2026

CONFERENCE SEPTEMBER 18-19, 2026

THE YORKVILLE ROYAL SONESTA  
220 BLOOR STREET, WEST  
TORONTO, ONTARIO



[WWW.CAOM.CA](http://WWW.CAOM.CA)



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## Accreditation

The Division of Continuing Professional Development, University of British Columbia Faculty of Medicine (UBC CPD) is fully accredited by the Continuing Medical Education Accreditation Committee (CACME) to provide CPD credits for physicians. This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the **Royal College of Physicians and Surgeons of Canada**, and approved by UBC CPD. You may claim a maximum of 21.5 hours (credits are automatically calculated). Each physician should claim only those credits accrued through participation in the activity.

This activity has been certified by the **College of Family Physicians of Canada and the Ontario Chapter** for up to 22.5 Mainpro+® Certified Activity credits.

\*please note: these totals include credits allocated for preconference workshops. Credits for preconference vary.

## Overarching Learning Objectives

- Formulate treatment plans and comprehensive evaluations to direct patient care outcomes.
- Identify common diagnoses suitable for interventional treatments for neuropathic pain, tendon, joint and ligament degenerative changes.
- Assess and perform procedures with or without ultrasound guidance.
- Identify features of nociplastic pain from fellow clinicians and patients with lived experience.



# Thursday September 17

**\*\*each preconference workshop will incorporate 25% of the session or hands on portion for participant Q&A**

## **Preconference Workshop: Perineural Injection Treatment**

**Facilitators:** Dr. Keith Weber and Dr. Jeff Balon

**Room:** Mayfair

**0715-1700h**

**Introduction:** Dr John Lyftogt, a New Zealand Sports Medicine Physician, spent countless hours over decades researching nerve anatomy and the effect dextrose has on peripheral nerves called C fibers. From this research, he developed an injection technique that uses high pressure subcutaneous injections that can hydrodissect nerves from entrapment while also treating the metabolic ischemia that causes neuropathic pain. The injections are easy to learn, safe, well tolerated by patients, effective, and provide immediate relief.

**Target Audience:** Any Health Care Provider that treats patients with pain (Family MDs, ER, Sports Medicine, Anaesthesia, Rheumatology, Physiatry, Radiology, Orthopedics)

### **At the conclusion of this workshop the participant will:**

- Explore and recognize the peripheral nerve anatomy and common sites of nerve entrapment.
- Formulate the solution used in perineural injection treatments and perform the Lyftogt injection technique.
- Gain confidence with regards to the process and requirements to effectively treat neuropathic pain.

### **Schedule**

|              |                                                 |
|--------------|-------------------------------------------------|
| <b>0715h</b> | <b>Registration and breakfast</b>               |
| 0800h        | Welcome and Introduction                        |
| 0830h        | Review Upper limb                               |
| 0930h        | Small group hands on learning                   |
| <b>1000h</b> | <b>Refreshment</b>                              |
| 1015h        | Lower Limb and Groin                            |
| 1115h        | Small group hands on learning                   |
| <b>1200h</b> | <b>Lunch</b>                                    |
| 1300h        | Back, Chest and Abdomen                         |
| 1330h        | Small group hands on learning                   |
| 1415h        | Head, Neck and Face                             |
| <b>1500h</b> | <b>Refreshment Break</b>                        |
| 1515h        | Small group hands on learning                   |
| 1545h        | Case Studies, open discussion, question/answers |
| 1650h        | Closing remarks                                 |
| <b>1700h</b> | <b>Concludes</b>                                |



## Preconference Workshop: Palpation Guided Prolotherapy for Common Peripheral and SI Joint Injuries

Facilitators: Dr's Zuzana Triska, Jonathan Chow, Adrian Gretton, and Erik Howarth

Room: Portman

0715-1700h

**Introduction:** This palpation guided workshop is designed for those looking to get into the field of prolotherapy/regenerative injection therapy, or for those looking to improve their surface anatomy and palpation skills to become better diagnosticians and injectors. The focus of the workshop is practical, so participants can go to their clinics on Monday morning and start applying what they have learned to treat chronic MSK pain with prolotherapy. We will first explore the concept of prolotherapy and then joint by joint review relevant anatomy, surface anatomy and clinical findings to identify targets for injection. Along the way we will discuss clinical indications for prolotherapy and how to select good patient candidates. This workshop is very practically oriented with ample time for hands on practice.

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

- Acquire fundamental, scientific and practical knowledge about prolotherapy.
- Identify injuries and structures that lend themselves well to treatment with prolotherapy in the periphery and SI joints.
- Outline and refine palpation and injection skills to accurately and effectively treat patients with prolotherapy.

### Schedule

|              |                                                         |
|--------------|---------------------------------------------------------|
| <b>0715h</b> | <b>Registration and breakfast</b>                       |
| 0800h        | Welcome Remarks                                         |
| 0805h        | Introduction to prolotherapy                            |
| 0830h        | Prolotherapy for knee injuries                          |
| 0930h        | Prolotherapy for ankle and foot injuries                |
| <b>1015h</b> | <b>Refreshment Break</b>                                |
| 1030h        | Prolotherapy for pain around the hip                    |
| 1115h        | Prolotherapy for SI joint pain                          |
| <b>1200h</b> | <b>Lunch</b>                                            |
| 1300h        | Prolotherapy for injuries of the shoulder complex       |
| 1400h        | Prolotherapy for elbow injuries                         |
| <b>1500h</b> | <b>Refreshment Break</b>                                |
| 1530h        | Prolotherapy for wrist injuries                         |
| 1630h        | Added practice time, group discussion, question/answers |
| <b>1700h</b> | <b>Closing remarks and conclusion</b>                   |



## Preconference Workshop: Ultrasound-guided Nerve Blocks and Hydrodissection

Beginner Course – Level 1

Facilitators: Dr's Jannice Bowler, Francois Louw, Rowan Paul, Rodica Janz, Erik Ouellette and Sid Bhattacharyya

Room: Barclay

0800-1200h

**Introduction:** Neurogenic pain and nerve entrapments have distinct presentations and clinical relevance to the physician treating chronic pain. Nerve blocks and hydrodissections can bring rapid pain relief and provide a complementary approach to regenerative injections or be an effective stand-alone treatment. We will be concentrating on clinical presentations, commonly injured or affected nerves, ultrasound images and scanning time. The workshops will enable ultrasound-users to expand their clinical acumen and add this treatment to their toolbox.

**Pre-requisites for Level 1:** Previous experience in the use of ultrasound guidance for chronic MSK pain injections.

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

- Identify 12 entrapment sites for peripheral nerves
- Recognize the ultrasound images of 12 peripheral nerves
- Determine when to use perineural injections with D5W.

### Schedule

|       |                                                                                        |
|-------|----------------------------------------------------------------------------------------|
| 0800h | <b>Registration (coffee will be available)</b>                                         |
| 0825h | Welcome                                                                                |
| 0830h | What is a nerve entrapment and how is it diagnosed?                                    |
| 0930h | Neck and upper limb nerve anatomy, sono-anatomy, clinical presentations, scanning      |
| 1030h | <b>Refreshment Break</b>                                                               |
| 1045h | Lower limb and abdominal nerve anatomy, sono-anatomy, clinical presentations, scanning |
| 1200h | <b>Conclusion</b>                                                                      |
|       | Lunch is not included <u>unless</u> you are registered in both HD courses              |



**Preconference Workshop: Ultrasound-guided Nerve Blocks and Hydrodissection  
Advanced Course – Level 2**

**Facilitators:** Dr's Jannice Bowler, Francois Louw, Rowan Paul, and Sid Bhattacharyya

**Room:** Barclay

**1300-1630h**

**Pre-Requisites for Level 2:** Previous experience in the use of ultrasound guidance for chronic MSK pain injections AND familiarity with treating some nerves with hydrodissection or blocks, or equivalent, such as those nerves taught in level 1 (examples greater occipital, spinal accessory, dorsal scapular, suprascapular, median, saphenous, common fibular etc)

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

- Identify nerves on ultrasound scanning
- Practice scanning techniques specific to sonography
- Assess which clinical presentation suggests specific nerve entrapments

**Schedule**

|              |                                                                                                                                |
|--------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>1230h</b> | <b>Registration (lunch is not included)</b>                                                                                    |
| 1300h        | Welcome                                                                                                                        |
| 1305h        | Brief review of nerve entrapments, evidence for hydrodissection and blocks, review of solutions used                           |
| 1330h        | Small group learning stations with facilitators to review anatomy, sono-anatomy, clinical presentations and scanning practice. |
| <b>1500h</b> | <b>Refreshment Break</b>                                                                                                       |
| 1515h        | Small group learning continues                                                                                                 |
| 1630h        | Conclusion                                                                                                                     |

**Focused learning areas:**

Section 1: cervical region

Section 2: upper limb

Section 3: gluteal region

Section 4: lower limb

Section 5: groin and back

Section 6: plane blocks



# Friday September 18

**0715h            Registration and Breakfast**  
Foyer, Barclay Room and Willard Room

**0750h            Welcome and Announcements**  
Dr. Aly Lakhani

**0800h            Back Pain - Beyond the Obvious - Kinetic Chains and Biotensegrity in Practice**  
Dr. Adrian Gretton

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

- Review relevant clinical anatomy relating to low back pain.
- Enhance understanding of Kinetic Chains and their relevance to low back pain.
- Relate and apply key concepts of Biotensegrity to challenging cases of low back pain.

**0840h            Hydrodissection with Orthobiologics: Nerves and Beyond**  
Dr. Rowan Paul

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

- Differentiate between hydrodissection vs trigger points and nerve blocks.
- Explore easy, moderate and expert level targets for hydrodissection.
- Disseminate a high level the evidence in the literature for hydrodissection.

**0920h            How Dextrose Works and How it Doesn't: The 2026 Perspective on Prolotherapy**  
Dr. Aeneas Janze

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

- Critically evaluate the traditional osmotic-injury model of dextrose prolotherapy and articulate the current mechanistic evidence, including cellular signaling, neuromodulation, and the pharmacokinetic data on dextrose clearance, to explain how dextrose reduces pain and improves function.
- Distinguish between the structural and neuromodulatory effects of dextrose by appraising the animal, in-vitro, and human evidence for tissue-level change, and identify where the evidence supports genuine tissue remodeling versus where reported benefit is better explained by other mechanisms.
- Apply a mechanistic understanding of ligamentous laxity as an upstream driver of chronic musculoskeletal pain to clinical reasoning, using the



palpatory exam and a cause-to-cause narrative framework to identify and prioritize treatment targets rather than relying on injectate selection alone.

**1000h**      **Refreshment Break**  
Barclay Room  
Exhibitor Hall is open

**1030h**      **Using injections to both diagnose and treat chronic pain**  
Dr. Keith Weber

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

- Identify and articulate what Perineural Injection Treatment is and how it works.
- Gain confidence to use perineural injection treatments for pain management in your clinical practice.
- Explore symptoms and causes of neuropathic pain to formulate care plans and treatment strategies.

**1110h**      **Muscle Testing for Perineural Hydrodissection Procedures Advanced Ultrasound Workshops**  
Dr. Steven Karageanes

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

- Explore how nerve compression and congestion can lead to common musculoskeletal complaints.
- Recognize how perineural hydrodissection improves the function of a peripheral nerve.
- Review the numerous muscle tests that are used to identify nerves that are compressed and impaired.

**1150h**      **Arthrosamid – a new wonder? And Near infrared light and its place in the toolbox**  
Dr. Jannice Bowler

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

- Identify those best-suited to respond to Arthrosamid.
- Recognize potential side effects for good, informed consent.
- Evaluate the evidence for near-infrared light in the pain toolbox.

**1230h**      **Lunch**  
Barclay and Willard Room  
Exhibitor Hall is open

**1330h**      **Welcome Back**



**1330h**                      **What's Hot and Emerging in Canadian Pain Care & Research**  
Dr. Hance Clarke

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

- Understand the evolving Pain Landscape in Canada
- Describe personalized pain and novel AI interactive pain care supports
- Describe novel pharmacologic tools that may be available in the coming year(s)

**1410h**                      **Beyond the Cervical Spine: Modern Headache Medicine for Orthopaedic Clinicians**  
Dr. Alexander Melnyshyn

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

- Differentiate cervicogenic headache from migraine, tension-type headache, occipital neuralgia, and secondary headache disorders using key historical features, examination findings, and red flags relevant to musculoskeletal practice.
- Recognize when neck pain is a driver, trigger, consequence, or bystander in headache presentations; diagnose migraine in patients presenting with neck pain or “cervicogenic” symptoms, and describe current evidence-informed treatment options, including newer acute and preventive therapies such as gepants, CGRP monoclonal antibodies, and onabotulinumtoxinA.
- Apply a practical neuro-MSK framework to headache assessment and referral, including when to treat within an orthopaedic/MSK model, when to image or investigate, and when to refer for neurologic or headache-focused care.

**1450h**                      **The role of a natural peptide BPC-157 for MSK injuries.**  
Dr. Edwin Lee

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

- Review the animal study on BPC-157 in healing a complete Achilles tear.
- Outline and recognize the different mechanisms of BPC-157 in healing MSK injuries.
- Analyze three published studies of BPC-157 in humans.

**1530h**                      **Refreshment Break**  
Barclay Room  
Exhibitor Hall is open



**1600h            The Ancient Shaolin Art of Applied Qigong for Healing**  
Master Dao Shi

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

- Recognize the importance of Qigong as it applies to the human body with orthopedic relevance.
- Observe and experience the feeling of Qi energy in one's own body.
- Assess how Qigong can greatly boost mental and physical health.

**1700h            Closing Comments and Conclusion of Day One**  
Dr. Aly Lakhani

**Cocktail Reception**  
Barclay Room

**1800h            Conference Day concludes**

Friday evening is free time to explore the city or meet up with friends.



## Saturday September 19

**0715h**      **Registration and Breakfast**  
Foyer, Barclay Room and Willard Room

**0755h**      **Welcome to Day Two**  
Dr. Aly Lakhani

**0800h**      **Communication Skills for Pain Physicians: Building Rapport and Reducing Risk**  
Dr. Ravi Dhanoa

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

- Apply validation techniques that acknowledge the reality and impact of a patient's pain experience, particularly for patients whose pain lacks objective findings or who carry stigma from previous healthcare encounters.
- Distinguish between appropriate and counterproductive uses of empathy in pain consultations and apply empathic communication that builds rapport without reinforcing unrealistic expectations or undermining clinical boundaries.
- Formulate communication strategies that maintain validation and therapeutic rapport during difficult conversations — including managing unmet expectations, declining inappropriate requests, and delivering disappointing news — to reduce the risk of misunderstanding and complaints.

**0840h**      **Uncertainty and Ambiguity in Medical Practice**  
Dr. David Frost

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

- Reflect on the extent to which uncertainty permeates medical decision making.
- Review concepts and frameworks of uncertainty in medicine.
- Appreciate the ways in which uncertainty is experienced by patients and practitioners.

**0920h**      **The Work of Hoping in Clinical Practice**  
Dr. Amanda Peticca-Harris

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

- Identify key observations of how hope emerges within preventive and chronic care relationships.



- Interpret how hope shapes clinician-patient interactions and long-term care trajectories.
- Support patient conversations about hope while navigating uncertainty and changing clinical circumstances.

1000h

### Refreshment Break

Barclay Room

Exhibitor Hall is open

## Breakout Sessions

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

1030h

**Welcome back → proceed to your next breakout**

1030h

### BREAKOUT SESSION ONE

#### #1: Heal With Why: Foundations and Risk Optimization in Regenerative Medicine

Dr. Gordon Ko

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

- Implement foundational nutraceutical therapy ("the Big 3").
- Integrate 3 key lifestyle-based interventions.
- Assess and reduce risks in regenerative injection procedures.

#### #2: Treating Migraines, Headaches, Cervicalgia and Trigeminal Neuralgia with Perineural Injection Treatment

Dr. Keith Weber

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

- Identify nerves involved in head, neck and face pain
- Formulate an approach to treating these painful structures
- Integrate these injection techniques into clinical practice to help patients with neuropathic pain

#### #3: Approach to whiplash associated disorder from a regenerative medicine lens

Dr. Steven Karageanes

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

- Review cervical and upper thoracic spine anatomy
- Examine the sono-anatomy of the cervical and thoracic spine



- Review the ultrasound-guided injection techniques to treat refractory whiplash associated disorder

1200h

**Lunch**

Barclay and Willard Room  
Exhibitor Hall is open

1300h

**Welcome back → proceed to your next breakout**

1300h

**BREAKOUT SESSION TWO**

**#1: Regenerative Injections: a clinical approach**

Dr. Zuzana Triska and Dr. Jon Chow

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

- Explore common clinical presentations that lend themselves well to regenerative injection therapy.
- Refine history and clinical exam skills to inform regenerative injection therapy practice - how to choose your targets and patients.
- Integrate bed-side ultrasound into the clinical exam for common regenerative injection cases.

**#2: Manual Medicine: Simple and safe techniques to treat neck and thoracic pain**

Dr. Gretchen Andrews

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

- Identify palpatory techniques diagnosis of osteopathic lesions of the cervical and thoracic spine.
- Familiarize themselves with biomechanics of the cervical and thoracic cage.
- Demonstrate one direct and two indirect osteopathic techniques for treating cervical and thoracic spine dysfunctions.

**#3: Approach to whiplash associated disorder from a regenerative medicine lens**

Dr. Steven Karageanes

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

- Review cervical and upper thoracic spine anatomy
- Examine the sono-anatomy of the cervical and thoracic spine
- Review the ultrasound-guided injection techniques to treat refractory whiplash associated disorder



**1430h Refreshment Break**  
Barclay Room  
Exhibitor Hall is open

**Return to Main Meeting Room – Willard Room**

**1500h Hidden in Plain Sight - Managing Hypermobility Spectrum Disorder in the Bendy Pain Patient**  
Dr. Sid Bhattacharya

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

- Identify screening tools for hypermobile Ehlers-Danlos Syndrome (hEDS), Hypermobility Spectrum Disorders (HSD), and Mast Cell Activation Syndrome (MCAS).
- Formulate a strategic plan using these diagnoses to shape treatment choices.
- Outline the ABC's of MCAS therapy.

**1540h Fibromyalgia: Diagnosis, Evidence-Based Management, and Emerging Neuroplastic Approaches**  
Dr. Tyler Maltman

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

- Identify the current evidence-based diagnostic criteria and standard management strategies for fibromyalgia.
- Distinguish nociceptive, neuropathic, and nociplastic mechanisms relevant to fibromyalgia and explain the role of neuroplasticity in persistent pain.
- Apply emerging evidence for Pain Reprocessing Therapy (PRT), Emotional Awareness and Expression Therapy (EAET), and integrative lifestyle interventions when developing treatment plans for patients with fibromyalgia.

**1620h Medicine in Practice: Dextrose Injections and chronic migraines - a spoon full of sugar makes the migraines go down.**  
Julia Cardy

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

- Explain how dextrose injections for chronic pain can have a measurable impact on the quality of life of migraine sufferers.
- Describe how dextrose injections are a viable option for pain management.
- Restate the lived impact that chronic migraines have on patients.

**1700h Closing Remarks by Dr. Aly Lakhani**  
Conference Passport Winner announced – *you must be in attendance to win*



## CAOM Celebratory Dinner

|       |                                                                         |
|-------|-------------------------------------------------------------------------|
|       | Willard Room – if bringing guests, please ensure you purchase a ticket. |
| 1745h | Cocktail Reception with cash bar available                              |
| 1900h | Dinner Buffet                                                           |

## Our Distinguished Presenters and Preconference Facilitators



**Dr. Gretchen Andrews MD ABFM, CCFP**

Dr. Gretchen Andrews completed her Doctorate of Medicine from the University of New Mexico and residency training at Maine Dartmouth Family Medicine Residency, then completed an additional year of training in osteopathic manual medicine at the University of New England. She has worked in diverse environments doing rural family medicine, hospitalist, ER, international medical work and community based psychiatry.

Dr. Andrews discovered osteopathy in medical school while recovering from an injury and has been studying human structure and function since. In 2019 she began focusing her work on regenerative and interventional pain management. She has undergone extensive training through the Hackett Hemwall Patterson Foundation and with the Canadian Association of Orthopaedic Medicine. She practices osteopathic manipulation, regenerative medicine and nerve hydrodissection for chronic pain in her community of Nelson BC.



**Dr. Jeff Balon, DC, MD, CCFP**

I have been practicing since 1982 starting as a chiropractor, then family physician, pain physician and regenerative medicine physician with a strong interest in complementary and functional medicine. I am passionate about helping people to not only heal but also to fully realize their health potential and recognize the incredible resilience of the human body through health and disease.



**Dr. Sid Bhattacharyya, MD**

I am a lifelong closeted chronic pain patient with undiagnosed hEDS who after bumbling my way through an anatomy degree, medical school and a brief stint in family medicine had my career come full circle and make perfect sense once I found my place in a chronic pain practice. Trigger point injections sparked my interest, ultrasound and prolotherapy training added fuel to the fire and a bunch of easy to administer patient questionnaires I found online help me sleep at night knowing I'm doing something useful in this world. I hope to share a few modest pearls from my practice to help you identify, empathize and empower you hypermobile patients.





**Dr. Jannice Bowler**  
**MB, ChB, DRCOG, FCFP, CAFCI, IROM(C), PgCPain**

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.

**Julia Cardy**  
**Person with Lived Experience**

Julia Cardy spent 15 years in government policy and was most recently the founding Executive Director of the Canadian Future Party. Along side this work she has battled severe chronic migraines for almost 15 years. She has tried various methods to improve her migraines from vitamins, paint therapy, cognitive therapy, pilates, triptans, and botox. More recently she has started dextrose therapy as preventative treatment.



**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. Hance Clarke MD PhD**  
**Professor, Dept. of Anesthesiology & Pain Medicine, University of Toronto**  
**Staff Anesthesiologist / Director Pain Services**  
**Director, Good Hope Ehlers Danlos Clinic**  
**Medical Director of The Pain Research Unit**  
**Department of Anesthesia and Pain Management, Toronto General Hospital,**  
**University Health Network**

Hance Clarke is a Staff anesthesiologist and the Director of Pain Services and the Pain Research Unit at the Toronto General Hospital. Dr. Clarke is currently the knowledge Translation Chair For the University of Toronto Centre For the Study of Pain and a Professor in the Department of Anesthesiology and Pain Medicine at the University of Toronto. He currently holds the GoodHope



Ehlers-Danlos Syndrome Chair in Translational Medicine and a Tier 2 Canada Research Chair in Chronic Pain, Mental Health and Substance Use. Dr. Clarke has been recognized internationally for the development of the Toronto General Hospital Transitional Pain Service. He is the president of the Canadian Pain Society and past-president of the Canadian Consortium for the Investigation of Cannabinoids. He has authored over 250 peer reviewed publications and has been invited to speak on pain control, cannabis and the opioid crisis to the House of Commons in Ottawa, Canada and elsewhere around the world.



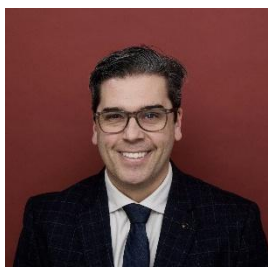
**Dr. Ravi Dhanoa MBBS BSc CCFP**

Dr. Ravi Dhanoa is the founder and Medical Director of the MuscleMD Pain Management Clinics, a multi-site pain management group in British Columbia. He previously served as communication skills clinical faculty for the UBC Family Medicine Residency Program, where he taught and mentored residents in patient-centred communication. He has also worked as a medical investigator with the College of Physicians and Surgeons of British Columbia, reviewing physician-patient interactions in the context of practice complaints. This combination of clinical, educational, and regulatory experience gives him a distinctive perspective on how communication shapes both patient outcomes and physician risk.



**Dr. Roman Elinson, MD, CCFP, FCFP, FAAOM**

Dr. Roman Elinson practices in Ontario in the field of interventional pain management and regenerative MSK medicine. He has a CCFP background, obtained his Change of Scope in Interventional Pain Management in 2018 and is a Fellow of the American Academy/Association of Orthopedic Medicine (AAOM).



**Dr. David Frost MD, FRCPC**  
**Division of General Internal Medicine University Health Network**  
**Dr. Herbert Ho Ping Kong Chair in General Internal Medicine**  
**Associate Professor, Faculty of Medicine, University of Toronto**

David Frost is Associate Professor and Clinician Educator within the Division of General Internal Medicine, University of Toronto. His clinical practice involves attending and teaching on the Clinical Teaching Units, and he has a large outpatient practice focusing on general medicine, diagnostic dilemmas, rare conditions and complex hypertension. He is the inaugural Dr Herbert Ho Ping Kong Chair in General Internal Medicine at the University of Toronto and University Health Network and Site Director for the General Internal Medicine Program at Toronto Western Hospital.





**Dr. Adrian R. Gretton, MD, FCFP, CROMIC**

Dr. Gretton developed a particular interest in chronic pain and injury management early in his medical career. He enjoyed practicing community-based family medicine for many years, while also developing expertise in pain and injury management.

He is a consulting physician at 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 has an active practice and enjoys teaching peers and community based health professionals.



**Dr. Erik Howarth, MD CCFP CROMIC**

Dr. Howarth is a family physician from Ottawa whose practice has focused mainly in chronic pain management and regenerative pain management for the last ten years.



**Dr. Aeneas Janze MD**

Dr. Aeneas Janze is a PM&R physician with nearly two decades of experience in prolotherapy, platelet-rich plasma, perineural injection therapy, and advanced musculoskeletal ultrasound. He incorporates functional medicine principles into his care, especially when treating complex cases. He has taught regenerative injection techniques nationally and internationally and has served in leadership roles with the Hackett Hemwall Patterson Foundation and other regenerative medicine organizations. He currently practices at Walter Reed National Military Medical Center, where he cares for active-duty service members, veterans, and military families with complex musculoskeletal and functional medicine needs.



**Dr. Rodica Janz, MD, CCFP, FCFP, CROMIC, CG-IMS, BSc (Kinesiology)**

Dr. Rodica Janz has a focused practice in chronic pain management in Nelson, BC. She is a clinical instructor for the UBC Family Practice Residency Program teaching chronic pain management. She is also a CAOM cadaver injection workshop instructor.





**Dr. Steven Karageanes, DO, FAAOM, FAOASM**

Primary care sports medicine and performing arts medicine specialist at Restorative Physical Medicine in Metro Detroit. President of the American Academy of Orthopedic Medicine. Company physician for Detroit Metropolitan Dance. Past-President of the American Osteopathic Academy of Sports Medicine.



**Dr. Gordon Ko MD, CCFP(EM), FCFP, FRCPC, FAAPMR, PhD**

Dr. Gordon Ko is an interventional physiatrist and Medical Director of the Canadian Centre for Integrative Medicine in Toronto. He serves as Adjunct Lecturer in the Department of Physical Medicine and Rehabilitation at the University of Toronto and is a past President of the Canadian Association of Orthopaedic Medicine. His clinical practice focuses on chronic pain management, BTX-A guided treatments for cervical dystonia and migraine, and the optimization of patients for regenerative therapies, including PRP prolotherapy. Dr. Ko has contributed to the development of the Canadian Pain Society Fibromyalgia guidelines and served on Ontario's Lyme Disease and Tick-Borne Illnesses Task Force. A frequent educator and speaker, he has delivered hundreds of presentations to healthcare professionals across Canada on Functional, Lifestyle and Regenerative Medicine. He is also the author of "Heal With Why", which integrates insights from more than 35 years of clinical practice with a whole-person approach to health, emphasizing the interconnected physical, emotional, and spiritual dimensions of healing.



**Dr. Edwin Lee, MD., FACE**

Edwin Lee is the recipient of the Alan Mintz Award, an endocrinologist, author, and international speaker. He founded the Institute for Hormonal Balance in Orlando in 2008 and is board certified in Internal Medicine, Endocrinology, Diabetes, and Metabolism, with additional training in regenerative and functional medicine. Dr. Lee is the author of multiple books, including *The Fountain of Youth with Peptides*. He has published in peer-reviewed journals and currently serves as Assistant Professor of Internal Medicine at the University of Central Florida College of Medicine. He has recently been interviewed by *The Wall Street Journal*, *The New Yorker*, and NPR in regard to peptides.



**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

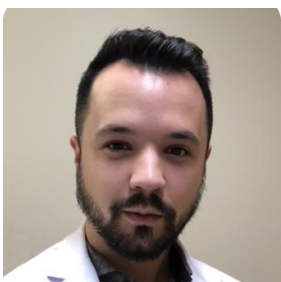


Professor, UBC Dept. of Family and is a Past President of the Canadian Association of Orthopaedic Medicine.



**Dr. Tyler Maltman, MD, CCFP**  
**Board Certified in Integrative Medicine (ABOIM/ABPS)**  
**Assistant Professor, University of Saskatchewan**

Dr. Tyler Maltman is a board-certified integrative medicine physician and Assistant Professor at the University of Saskatchewan College of Medicine. After completing his medical degree at the University of Saskatchewan in 2011 he travelled around the world studying integrative techniques, which also included completing his 200-hour yoga teacher training in India, training in addiction counseling at the Hazelden treatment center, and practicing intensive meditation during a 10-day Vipassana silent retreat in Sweden. Dr. Maltman completed his residency training as a specialist in family medicine through the University of British Columbia. He later completed the two-year integrative medicine fellowship through the University of Arizona College of Medicine and achieved board certification in integrative medicine through the American Board of Integrative Medicine in 2022. Dr. Maltman has a particular interest in chronic pain, lifestyle medicine, and ultrasound-guided regenerative procedures. His clinical approach combines evidence-based conventional medicine with nutrition, movement, sleep, stress management, and other integrative therapies to help patients address the root causes of illness and improve long-term health. Having personally overcome chronic pain through an integrative approach, he is passionate about empowering patients and healthcare professionals with practical, science-based strategies that support healing, resilience, and optimal well-being.



**Dr. Alexander Melinyshyn, MD, FRCPC (Neurology)**

Alex Melinyshyn is a Neurologist with subspecialty expertise in Headache Medicine. He completed his undergraduate studies at Queen's University, neurology residency at Western University, and a fellowship in Headache Medicine at the University of Calgary.

Based in London, Ontario, Alex runs a community-focused practice in headache and general neurology. He serves as a Board Member and Chair of the Advocacy Committee for the Canadian Headache Society and is a Scientific Advisor to Migraine Canada.

He is actively involved in initiatives aimed at improving access to emerging therapies and enhancing system-level headache care. His research interests include phase II–IV trials of novel migraine treatments.





**Dr. Rowan Paul, MD**

Dr. Rowan Paul, MD, is a globally recognized expert in Regenerative Orthopedics and Sports Medicine, with extensive experience caring for elite athletes, including members of the San Francisco Ballet, San Francisco 49ers and several Olympians. His clinical and research focus centers on autologous and allogeneic cell therapies, as well as advanced image-guided regenerative procedures.

A serial entrepreneur and founder of multiple companies in the regenerative and longevity space—including Launch Biosciences and Launch Regenerative. Dr. Paul is also a co-owner of TOBI Networks, Physical Longevity, and the RegenCore Method, where he helps drive the clinical translation and market adoption of emerging technologies.

Dr. Paul sits on the Scientific Boards of the Regenerative Medicine Orthopedic Society (RMOS), the Global Regenerative Academy (GRA), TOBI (The Orthobiologics Institute), and Databiologics. He is a board-certified Family and Sports Medicine physician, an active investor, and a board member across several ventures advancing the future of regenerative care.

He serves as a Professor at the Dartmouth Geisel School of Medicine and is the Fellowship Site Director for Sports Medicine at Stanford Healthcare. Dr. Paul is a graduate of Brown University and Stanford Healthcare.



**Dr. Amanda Peticca-Harris, PhD**

Dr. Amanda Peticca-Harris is an Associate Professor of Business Administration at Grenoble École de Management in France. Her research explores the intersections of work, care, well-being, and inequality. Using qualitative and narrative methods, she examines how people make sense of their experiences and navigate the opportunities and challenges of

contemporary work. Her work has been published in journals such as Strategic Entrepreneurship Journal, Journal of Business Ethics, Human Relations, and Organizational Research Methods, among others. She is Associate Editor of Group & Organization Management and Organization and Program Director of the MSc in International Human Resource Management.

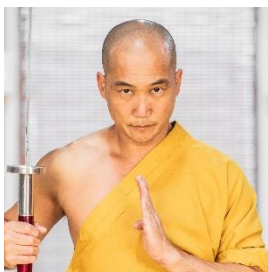


**Dr. Erik Ouellette MD, BSc, CCFP(EM), IROM-C, F-AAOM, CROMIC**

Dr. Ouellette graduated from the Université de Montreal in 1997. He is a certified emergency physician. Since 2003 he has dedicated his practice to the treatment of acute and chronic musculoskeletal pain.

Dr. Erik Ouellette has participated in humanitarian aid programs in Honduras, and Mexico and contributes to the training of doctors and to the teaching of Prolotherapy and PRP (Platelet Rich Plasma Therapy), in Canada and abroad. Dr. Ouellette is the owner and medical director of the Ottawa Clinic of Orthopaedic Medicine.





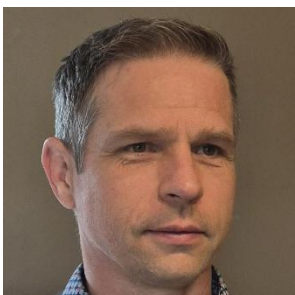
**Master Dao Shi**  
**Chief Shaolin Instructor of the STQI Downtown Toronto School**  
**35<sup>th</sup> Generation Traditional Shaolin Disciple**

Master Dao Shi is a 35<sup>th</sup> generation traditional Shaolin disciple with a verifiable lineage that goes back over 1,500 years. His life vision is to help alleviate and prevent suffering for all by teaching others how to improve their mental and physical health, and by making these Shaolin arts and philosophy accessible to the masses.



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

Dr. Triska was a manual and sport physiotherapist for 10 years prior to attending medical school. As part of her physiotherapy training, she completed a Clinical Masters in Manual and Manipulative Therapy in Perth, Australia (the highest standard of physiotherapy MSK training). Since completing her residency in family medicine, she has developed a special interest in interventional pain management with a special focus on regenerative injections. She currently teaches MSK ultrasound and regenerative injection workshops through the CAOM and is chair of the CROMIC examination committee. She's committed to her physio roots and believes in comprehensive biomechanical assessment, active rehabilitation and working closely with her allied health colleagues to achieve the best possible outcomes for patients.



**Dr. Keith Weber MD, BSc**

Dr Keith Weber started his medical career as a Medical Officer in the Canadian Forces, the highlight of which was 9 months as a Trauma Team Leader in Afghanistan. While at Kandahar Airfield he was the Canadian Officer in Command at the Role 3 Trauma hospital, instructed special forces medics, and taught unarmed combat.

After retiring from the military, he practiced full time civilian emergency medicine for 3 years before moving to a small town in British Columbia to pursue his dream of year-round mountain adventures. It was here that he discovered the CAOM and started practicing interventional pain medicine.



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

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