CANADIAN ASSOCIATION OF ORTHOPAEDIC MEDICINE
ASSOCIATION CANADIENNE DE MÉDECINE ORTHOPÉDIQUE

2027 CAOM Regenerative Musculoskeletal Injections Workshop

This document will provide preliminary information on schedule, syllabus, accommodations, costs, and registration.

Please **complete this form** to secure your spot ONLY IF YOU ARE 99.9% SURE YOU WILL ATTEND.

Dates: Thursday April 15 to 17, 2027

Registration deadline: Jan 31, 2027 (online registration link to follow)

CCFP and RCPSC CME Credits: Yes

Cancellation policy:

- Prior to February 19, 2027: full refund minus admin fee (4% taken by U of Calgary)
- February 20 to March 19: 50% refund
- March 20 to April 15: no refund

Approximate costs: *Specific cost TBD – this is a projected cost based on a 3% increase from the previous year*

Main workshop: $3000-$3600 (periphery track or spine track or hybrid track)

Includes Thursday afternoon lectures, Friday and Saturday cadaver lab

Optional Thursday morning workshops:

- Nerve hydrodissection level 1: $930-990
- Nerve hydrodissection level 2: $930-990
- Sonoskills: $415-460
- Fascia integrity: $930-990 (new this year with Dr. Xiao Yuan)

CROMIC exam: $985

CROMIC exam repeat: $490

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REGISTRATION PROCESS

Please fill out this Google Form to request your spot ONLY IF YOU ARE 99.9% SURE YOU WILL ATTEND.

Dr. Xiao Yuan, one of our physician instructors, will manually keep a list of confirmed participants. Once the University of Calgary CME online registration portal is set up, a link will be sent to confirmed participants to pay and register.

Xiao is on maternity leave and would really appreciate if we can minimize unnecessary cancellations.

WORKSHOP OVERVIEW *See later pages for syllabus

MAIN COURSE: consists of 2 tracks running simultaneously (you must choose ONE):

Periphery OR Spine OR Hybrid

Prerequisites for periphery track: none

Prerequisites for spine track: you must meet all of the following

1) You already use image-guidance (ultrasound or fluoroscopy) for injections in your current practice.
2) You have previously attended the periphery track.

The main course runs Thursday afternoon through Saturday.

Optional Thursday AM workshops: 3 tracks simultaneously (you must choose ONE, you may choose none):

Nerve hydrodissection level 1 OR Nerve hydrodissection level 2 OR Sonoskills OR Fascia Integrity

IF YOU ARE BEGINNER OR INTERMEDIATE WITH ULTRASOUND, YOU MUST DO SONOSKILLS

This requirement is based on feedback from 2026 participants, who saw their ultrasound and injection skills skyrocket from taking this workshop.

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CHRONOLOGICAL WORKSHOP OVERVIEW

Thursday morning (April 15):

Optional add-on workshop ONLY for those registered:

- Nerve hydrodissection Level 1 workshop
- Nerve hydrodissection Level 2 workshop
- Sonoskills workshop
- Fascia integrity (new this year with Dr. Xiao Yuan)

Thursday afternoon (April 15):

Main course Spine and Periphery tracks: Anatomy lectures, hands-on landmarking through palpation

Friday all day (April 16):

Main course Spine and Periphery tracks: Hands-on injections in the cadaver lab

Saturday morning (April 17): same as Friday

DETAILED SCHEDULE

Thursday April 15	Workshops	CROMIC Exam
08:30-10:30am	• Basic nerve hydrodissection • Advanced nerve hydrodissection • Sonoskills • Fascia integrity *Location: ATSSL*	
10:30-10:50	Nutrition break	
10:50-11:30	• Basic nerve hydrodissection • Advanced nerve hydrodissection • Sonoskills • Fascia integrity	
12:30-1:30pm	Lunch *Location: Health Sciences Centre room G801E*	

1:30-3:00	Lectures, landmarking, palpation	Written exam *Room CWPHB W21C Boardroom*
3:00-3:30	Nutrition break	
3:30-5:00	Lectures, landmarking, palpation	Palpation/marking exam *Room CWPHB W21C Boardroom*

Friday April 16	**Workshops**
08:30-10:30am	*Location: ATSSL all day* Cadaver lab
10:30-10:55	Nutrition break *Location: room close to ATSSL*
10:55-12:30	Cadaver lab
12:30-1:20pm	Lunch
1:20-3:00	Cadaver lab
3:00-3:25	Nutrition break
3:25-5:00	Cadaver lab
6:15pm	Optional pay for your own supper at the Best Western Plus Village *Park Inn*

Saturday April 17	**Workshops**	**CROMIC Exam**
08:30-10:25am	*Location: ATSSL all day* Cadaver lab	
10:25-10:40	Nutrition break	
10:40-12:00	Cadaver lab END OF WORKSHOP	
12:10-1:00pm		Lunch for CROMIC candidates only
1:00-2:15		Injection exam *Location: ATSSL*

Hotel

Discounted rooms available at the Best Western Plus Village Park Inn, located at 1804 Crowchild Trail NW, Calgary. A link to booking the discounted rates will be sent to you a few months before course.

Course location

The cadaver lab is located in the Health Sciences Centre at 3300 Hospital Drive NW. The lectures will likely be held in the Health Sciences Centre as well. Specific locations will be announced as bookings are finalized.

Each morning, we will meet in the lobby of Best Western Plus Village Park Inn and walk as a group to Health Sciences Centre. It is approximately 20-25 minute walk.

SYLLABUS PERIPHERY TRACK

Intra-articular and peri-articular injections for the following joints:

- Shoulder
- Hip
- Sacroiliac joint
- Elbow
- Knee
- TMJ (optional)
- Wrist/Hand
- Foot/Ankle
-

For example, for the shoulder, injectable targets include:

- Intra-articular
- Glenohumeral ligaments
- Rotator cuff tendons
- Transverse humeral lig.
- AC joint and ligaments
- Capsular attachment points
- Attachments of shoulder muscles onto the scapula such as pectoralis major, latissimus dorsi, long-head of triceps, teres major and minor, rhomboids, trapezius, levator scapulae, etc.

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SYLLABUS SPINE TRACK

- Facets, transverse processes, spinous processes, supraspinous ligaments, and interspinous ligaments of the cervical, thoracic, and lumbar spine
- Sacroiliac joint
- Attachment of cervical paraspinal muscles at the inferior nuchal ridge and mastoid process
- Costotransverse joints

SYLLABUS HYBRID TRACK

- Some periphery, some spine
- The balance of periphery vs spine will be participant driven
- We will do our best to place participants with similar goals in the same groups, but cannot guarantee so
- On average, it tends to be 70% spine and 30% periphery, but if there's a group of 4 with strong periphery interest, we will group you together

SYLLABUS NERVE HYDRODISSECTION LEVEL 1

- Greater occipital
- Superficial cervical plexus
- Ulnar at the elbow
- Radial at the elbow
- Lateral femoral cutaneous
- Common fibular
- Dorsal scapular
- Spinal accessory
- Suprascapular
- Median at the wrist
- Saphenous
- Tibial

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SYLLABUS NERVE HYDRODISSECTION LEVEL 2

A selection will be chosen from the nerves below based on participant interest.

Neck/upper limb	**Lower limb**	**Plane blocks**:
Cervical plexus	Sciatic at bifurcation posterior thigh and at quadratus femoris	PECS 1 & 2
TON at C2/3	Posterior femoral cutaneous/inferior cluneal	Serratus plane
Medial branches C spine	Pudendal at ischial spine	TAP
Infraclavicular plexus	Medial branches L spine	Erector spinae
Intercostal	Obturator at anteromedial thigh	Paravertebral
Medial branches T spine	Femoral	Para-ischial
Axillary posterior shoulder	PENG block	
Posterolateral cutaneous nerve of arm	Fascia Iliaca block	
Medial cutaneous nerve of arm	Ilioinguinal/iliohypogastric/genitofemoral	
Superficial radial	Baxter's	
Median at elbow	Genicular nerves	
Ulnar at Guyon's	Superficial fibular	

SYLLABUS SONOSKILLS

Improve your ability to visualize anatomical structures, find your needle, and inject accurately. Stop accidentally bending your needle.

SYLLABUS FASCIA INTEGRITY

New this year, 1 group of 4 participants will learn the following, with focus on scapula:

- The concept that laxity/tears in fascia structures cause pain and motor dysfunction
- Correlate symptoms, physical examination, and dynamic U/S imaging to determine which fascial points need regenerative injections
- U/S evaluation for chronic muscle and fascia laxity/tears/degeneration
- Protocol for regenerative injections for fascia injuries
- Practice needle placement on cadavers
- For participants with advanced or intermediate ultrasound skills

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Recommended preparation materials for the workshop

CAOM resources:

- Our own manual by one of our instructors, Eric Lavoie

- CAOM Palpation-guided Regenerative Injection Techniques – purchase online for $75 https://www.caom.ca/product-page/palpation-techniques-for-injection

- CAOM video series on musculoskeletal examination techniques, available free as part of CAOM membership https://www.caom.ca/

Non-CAOM resources:

- Joel Baumgartner's injection manuals
- International Association of Regenerative Therapies Manuals
- Hackett Hemwall Patterson Foundation/IART
- Sports Medicine Ultrasound Canada
- An anatomy app