



**CANADIAN ASSOCIATION OF
ORTHOPAEDIC MEDICINE**

40TH ANNUAL CONFERENCE AGENDA

PRECONFERENCE WORKSHOPS:
THURSDAY SEPTEMBER 17, 2026

CONFERENCE:
FRIDAY SEPTEMBER 18 AND
SATURDAY SEPTEMBER 19, 2026

The Yorkville Royal Sonesta Hotel
220 Bloor St W, Toronto, ON

Register Now:

 www.caom.ca

 conference@caom.ca



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. Roman Elinson
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.

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

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

Preconference Workshop: Ultrasound-guided Nerve Blocks and Hydrodissection Beginner Course – Level 1

Facilitators: Dr's Jannice Bowler, Francoise Louw, Rowan Paul, Rodica Janz, Erik Ouellette and Eric Lavoie (NP)

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.

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

1300-1630h

Facilitators: Dr's Jannice Bowler, Francoise Louw, Rowan Paul, and Eric Lavoie (NP)

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 suggest specific nerve entrapments



Preconference Workshop: Sports Medicine Ultrasound Workshop

Facilitator: Frank Johnson

Please register here: <https://sportsmedus-courses.com/caom-2026>

*non accredited activity

Introduction: Learn MSK ultrasound-guided injecting. Beginner and Intermediate options. Sports Medicine Ultrasound has been teaching Doctors and Surgeons across North America since 2018, through Live Events and Online Resources. We teach Orthopedic Surgeons, Sports Medicine & Family Doctors on MSK ultrasound-guided injections for joints, tendons, ligaments & nerves.

Stream 1

- No Prerequisite
- Targets: Subacromial Bursa; Supraspinatus Tendon; Lateral Elbow (Common Extensor Tendon); 1st CMC Joint; Hip Joint; Knee Joint (Suprapatellar recess); Tibiotalar Joint

Stream 2

- Prerequisite: we recommend Stream 2 if 1) you are comfortable with the targets in stream 1, and 2) if you've done more than 50 ultrasound guided injections
- Targets: Subacromial Bursa; Supraspinatus Tendon; Glenohumeral Joint; Infraspinatus Tendon; Lateral Elbow (Common Extensor Tendon); Medial Elbow (Common Flexor Tendon); 1st CMC Joint; Hip Joint; Greater Trochanteric Bursa; Gluteus Minimus & Medius Tendon; Knee Joint (Suprapatellar recess); Medial Patellar Approach; Medial Joint Line; Tibiotalar Joint; Plantar Fascia



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.

Friday September 18

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

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

0800h **The Kinetic Chain and the Real Diagnosis**
Dr. Adrian Gretton

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

- Learning Objectives x 3

0840h **Applied Biotensegrity: Athlete v Elderly**
Dr. Rowan Paul

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

- Learning Objectives x 3

0920h **The Instability Paradigm: Why Laxity Drives Pain and How Dextrose Treats It**
Dr. Aeneas Janze

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

- Learning Objectives x 3

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



1030h Perineural Injection Treatment

Dr. Keith Weber

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

- Learning Objectives x 3

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 Neurofunctional Electro-Acupuncture

Dr. Mike Prebeg

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

- Learning Objectives x 3

1230h Lunch

Exhibitor Hall is open

1330h Welcome Back

1330h State of Pain in Canada

Dr. Hance Clarke

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

- Learning Objectives x 3

1410h Chronic Headache-Migraine

Dr. Alexander Melinyshyn

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

- Learning Objectives x 3



- 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**
 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
- 1705h** **Cocktail Reception**
 Exhibit Hall
- 1800h** **CAOM Annual General Meeting – All CAOM Members are welcome to attend**
 Willard Room
- 1900h** **CAOM AGM Ends**

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



Saturday September 19

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

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

0800h **Communication tools to improve the rapport and avoid issues with regulators**
Dr. Ravi Dhanoa

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

- Learning Objectives x 3

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 ways 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**
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: Perineural Injection Treatment

Dr. Keith Weber

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

- Explore perineural injection treatments and how they work.
- Demonstrate knowledge to articulate safety aspects, effective outcomes for patients.
- Integrate treatment modalities into your clinical practice to help patients with neuropathic pain.

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

Eric Lavoie NP and 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**

Exhibitor Hall is open

Rooms TBD

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: 3 Maneuvers for Monday morning

Dr. Gretchen Andrews

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

- Learning Objectives x 3

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

Eric Lavoie NP and 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**

Exhibitor Hall is open

Return to Main Meeting 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 The lived-experience of a person with pain

Julie Smith LLB

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

- Learning Objectives x 3

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
Cash bar available

1900h Dinner Buffet

