

## Advanced Applications in Medical Practice

### Theme: Regenerative Therapies – Getting Maximum Effect

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#### Friday – May 17<sup>th</sup>:

7:15 - 8:15 AM **BREAKFAST** - Organic, vegetarian and gluten free options

8:15 – 8:30 AM Jeremy Phillips Introductory comments and Opening

#### Morning Session: Regenerative Therapies – Progression through Time and Lessons Learned to Improve Outcomes

8:30 – 9:00 AM Dr. Anderson Regenerative Therapies – How where we “came from” informs where we are going and how we can maximize outcomes.

Dr. Anderson was originally trained in an allopathic internship to do inter-articular and orthopedic injections by general surgeons, orthopedists and radiologists. He performed many of his first injections in hospitals either by “landmarks” or using radiological guidance. He then came upon the work of Janet Travell, MD, Henry Cyriax, MD (and many others) and began to perform trigger point injections, Acupuncture, “Dry-needle” techniques and many other things. What most do NOT know is that he was trained at the tail-end of the “sclerotherapy” movement that pre dated Prolotherapy. This brief but enlightening session will discuss what we thought we were doing, what we learned, where we went and how modern regenerative medicine is a (much needed) extension of these pioneering works.

9:00 – 10:00 AM Dr. Moore Regenerative Injection Therapies – Dextrose based Prolotherapy

10:00 – 10:45 AM **Morning Break**

10:45 – 12:45 PM Dr. Cochran Ozone, Perineural and PRC Therapies – How modern additions have expanded our therapeutic window.

Dr. Cochran has spent his career learning from an eclectic group of providers who have been on the cutting edge of regenerative therapy. In this multi-part session he will outline the basics of and indications for these various “next step” therapies

12:45 – 1:15 PM **Clinical Presentation (Non-CME)**

1:15 - 2:30 PM **LUNCH** - Organic, vegetarian and gluten free options

#### Afternoon Session: Stem Cell Based Regenerative Therapies – Basis, Uses and Optimizing Outcomes

2:30 – 3:30 PM Dr. Peatross Stem Cell Therapies – An Experienced Clinicians Perspective

Dr. Peatross is not only Board Certified in Internal Medicine and a former Hospitalist but also has had an incredible practice in Stem Cell and Integrative therapies over the years. In this session she will give her actual clinical practice-based pearls regarding Stem Cell work: When, Who and Why.

3:30 – 4:00 PM            Dr. Cochran    Biology and Basis for Cell Based Therapies

No matter what you call it (Stem Cell, PRP, PRC, immunotherapy etc.) The trigger for healing is an enormous “soup” of cytokines and other factors that create a trigger for the innate healing process. In this session Dr. Cochran will outline the actual processes and how we need to use some care in characterizing our therapies to patients.

4:00 – 4:30 PM            **Clinical Presentation (Non-CME)**

4:30 – 5:15 PM            **Afternoon Break**

5:15 – 6:00 PM            Dr. Anderson    Therapies to Promote Healing and Increase Outcomes in Stem Cell Work

We know “stem cell” is a multi-purpose term and relates to a mixture of many factors involved in healing. Regardless of the trigger (dextrose, ozone, PRP, MSC etc.) the mix needs the right factors to work. In this session Dr. Anderson will break down the physiological basis for this and translate that to clinical interventions for healing and therapeutic success.

6:00 – 6:30 PM            All Faculty Panel: From “then to now” how did we get here and where are we going!

6:30 – 8:00 PM            **Cocktail Reception**

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**Saturday: May 18<sup>th</sup>:**

7:30 – 8:30 AM            **BREAKFAST** - Organic, vegetarian and gluten free options

**Morning Session: Pain in Regenerative Therapy Patients**

8:30 – 9:00 AM            Dr. Anderson    Pain Triggers and Management

All interventional therapies can trigger pain. These triggers can be from many different places. In this session Dr. Anderson will set the morning sessions off with a discussion based on his tens of thousands of injection procedures experience and the patient management that accompanied them.

9:00 – 10:30 AM            Dr. Peatross    Cannabinoids and Pain Management

Cannabinoids including CBD and THC are becoming more appropriately included in standard pain management. Dr. Peatross will break down the pharmacology, appropriate use and management of these powerful plant based therapies for pain management as well as have time for interactive Q&A.

10:30 – 11:15 AM            **Morning Break**

11:00 – 11:30 PM            Dr. Milroy        Disproportionate Pain in Injection Patients

Is my patient being dramatic or am I missing something? In this session Dr. Milroy will use his many years and thousands of cases to break down patient pain responses and management tips.

11:30 – 12: 30 PM      Dr. Milroy      Pain Management Pharmacology

In this session Dr. Milroy will give practical advice for the prescription and management of pain medications for patients receiving regenerative therapies.

**12:30 – 1:00                      Clinical Presentation (Non-CME)**

1:00 – 2:15 PM              **LUNCH** - Organic, vegetarian and gluten free options

**Afternoon Session: Promoting Healing and Improving Efficacy**

2:15 – 3:15 PM              Dr. Moore      Muscle as Medicine

What is one primary thing (aside from diet) that can make or break healing? Muscle metabolism! In this session Dr. Moore will speak to the science behind this fact as well as practical tips to engage patients in compliance and their own healing.

3:15 – 4:15 PM              Dr. Anderson      Beyond the Needle Part-1: Holistic Regenerative Therapy Integration

In this two part session Dr. Anderson will use his extensive experience as a second (or third or fourth) opinion in “cases gone off track” to incorporate the “non-regenerative medicine” factors that feed into successful regenerative outcomes. Inclusive therapies including weak organ systems, immune health and modalities such as Hyperbaric Medicine, Thermal Therapies, Photodynamic and many other therapies will be discussed. A Q&A session will follow ‘Part-2’

4:15 – 5:00 PM              **Afternoon Break**

5:00 – 5:30 PM              Dr. Anderson      Beyond the Needle Part-2: Holistic Regenerative Therapy Integration

In this two part session Dr. Anderson will use his extensive experience as a second (or third or fourth) opinion in “cases gone off track” to incorporate the “non-regenerative medicine” factors that feed into successful regenerative outcomes. Inclusive therapies including weak organ systems, immune health and modalities such as Hyperbaric Medicine, Thermal Therapies, Photodynamic and many other therapies will be discussed. A Q&A session will follow.

5:30 – 6:00 PM              All Faculty Panel: Pain, Patients and Managing Expectations

6:15 – 8:15 PM                              **Interactive Demonstration Workshops**

**This is your chance to see hands-on demonstrations of new technologies as well as asking direct questions in a small group setting. Food will be provided in workshop rooms as well.**

**Sunday: May 19<sup>th</sup>:**

8:00 – 9:00 AM           **BREAKFAST** - Organic, vegetarian and gluten free options

**Morning Session: Hormonal and Other Influences on Regenerative Therapy Success**

9:00 – 10:00 AM       Dr. Anderson   Managing Regenerative Cases – Troubleshooting

Dr. Anderson has had to manage thousands of ‘good’ and ‘bad’ reactions to therapies. In this session, we will look into the common threads behind the ‘not-so-good’ reactions and what he has learned in re-assessing and redirecting therapies for successful outcomes.

**10:00 – 10:30 AM       Clinical Presentation (Non-CME)**

10:30 – 11:15 AM                           **Morning Break**

11:15 – 12:45 PM       Dr. Milroy       Hormone Assessment and Management in Regenerative Therapies

What affects the healing process that I can control: insulin, testosterone, estrogen, thyroid, cortisol and the endocrine / healing relationships they can alter.

12:45 – 1:15           Dr. Moore       Injection Technique Updates - Basics of Prolotherapy technique as the keystone to optimal outcomes in regenerative medicine

In this session Dr. Moore will discuss best practices in injection therapy techniques.

1:15 – 2:15 PM           **LUNCH** – Organic, vegetarian and gluten free options

**Afternoon Session: Case Management**

2:45 – 4:00 PM       Dr. Moore       Patient Management and the Ethics of Regenerative Medicine

Dr. Moore not only has had an incredible practice in regenerative orthopedic medicine but also mentored under the true founders of the modality in naturopathic medicine. In this session she will break down her long experience in managing the injection patient from selection through after care.

4:00 – 4:30 PM           **Afternoon Break**

4:30 – 5:00 PM       All Faculty Panel – Ethics and Management of the Regenerative Therapy Patient

**5:00 PM               Adjourn**