

IART 2024 ANNUAL CONFERENCE

September 18 - 21, 2024
Pyle Center, Madison, WI

SCHEDULE
OF EVENTS



CORE OF REGENERATIVE MEDICINE TREATMENT OF MSK PAIN: PROLOTHERAPY AND PERINEURAL INJECTION THERAPY

**Complete Computer Based Training (On Your Own) Workshops
Prior To September 19, 2024**

FUNDAMENTALS OF INJECTIONS FOR MSK PAIN-PROLOTHERAPY (VIRTUAL)

Computer Based Training are INCLUDED in your conference registration and must be viewed prior to the main conference starting on September 19th

A link to view these lectures will be provided following your paid conference registration.

Note: No CME will be offered for the pre-course (CBT) content on Fundamentals. This training is available to paid attendees and suggested to review prior to the main conference this year.

- Welcome (*Annette Zaharoff, MD*)
- Introduction to Prolotherapy: Safe, Simple, Effective, Elegant (*Annette Zaharoff, MD*)
- Anatomy and Injection Techniques: Knee (*Greg Hon, DO*)
- Anatomy and Injection Techniques: Hip and Anterior Pelvis (*Brian Ralston, MD*)
- Anatomy and Injection Techniques: L/S Spine and Posterior Pelvis (*Joel Baumgartner, MD*)
- Anatomy and Injection Techniques: Foot and Ankle (*Linh Vuong, MD*)
- Anatomy and Injection Techniques: Shoulder (*Ripal Parikh, DO*)
- Anatomy and Injection Techniques: Elbow, Wrist, and Hand (*Tinh Vuong, DO*)
- Anatomy and Injection Techniques: Cervical Spine (*Bobby Nourani, DO*)
- Conclusion (*Annette Zaharoff, MD*)

Day 1 • Wednesday, September 18, 2024 (7:45 AM - 5:15 PM)

PERINEURAL INJECTION THERAPY AND HYDRODISSECTION TECHNIQUES

Pre-Conference Faculty:	Liza Maniquis-Smigel, MD, Joel Baumgartner, MD, Meleine Ongchuan, MD, Jeimylo De Castro, MD
7:45 AM - 8:00 AM	Pre-Conference Welcome and Administrative Remarks (<i>Annette Zaharoff, MD</i>)
8:00 AM - 8:45 AM	The History PIT and the Evolving Science of Dextrose Nerve Blocks: An Update (<i>Liza Maniquis-Smigel, MD</i>)
8:45 AM - 9:15 AM	Pre and Post Care Instructions for Perineural Injection Treatments (<i>Joel Baumgartner, MD</i>)
9:15 AM - 10:00 AM	Nerve Anatomy of the Low Back and Gluteal and Hip Region (<i>Liza Smigel, MD</i>)
10:00 AM - 10:30 AM	Marking and Injection Workshop PIT for Low Back and Hip Region
10:30 AM - 10:45 AM	Live Patient PIT Treatment of Low Back or Hip Region (<i>Joel Baumgartner, MD</i>)
10:45 AM - 11:00 AM	Break
11:00 AM - 11:45 AM	Nerve Anatomy Around the Knee and Ankle Region (<i>Meleine Ongchuan, MD</i>)
11:45 AM - 12:15 PM	Live Patient Demonstrations (<i>Joel Baumgartner, MD</i>)
12:15 PM - 1:00 PM	Lunch
1:00 PM - 1:45 PM	Ultrasound Nerve Scanning of the Low Back and Hip Region (<i>Joel Baumgartner MD</i>)
1:45 PM - 2:30 PM	Ultrasound Workshop for Nerve of Low Back ad Hip
2:30 PM - 3:00 PM	Break
3:00 PM - 3:30 PM	Ultrasound Scanning of the Entrapment Neuropathies of the Knee, Ankle and Foot Region (<i>Meleine Ongchuan, MD</i>)
3:30 PM - 4:50 PM	Ultrasound Hands on Workshop of Nerves of the Knee and Ankle Region. (3 stations)
4:50 PM - 5:15 PM	Q&A and Closing Remarks (<i>Annette Zaharoff, MD</i>)

Day 2 • Thursday, September 19, 2024 (7:50 AM - 12:00 PM)

ADVANCED SESSION: A DEEP DIVE INTO NERVES FROM CRANIUM TO THORACIC OUTLET

Guest Faculty:	Jeff Strakowski, MD
7:50 AM - 8:00 AM	Opening Remarks
8:00 AM - 9:00 AM	Norma; Anatomy, U/S Scanning Technique and Pathology of the Cranial Nerves, Cervical Plexus, and Cervical Nerve Roots
9:00 AM - 10:00 AM	Live Demonstration and Hands-On Workshop of the Cranial Nerves, Cervical Plexus, and Cervical Nerve Roots
10:00 AM - 10:15 AM	Break
10:15 AM - 11:15 AM	Normal Anatomy, U/S Scanning Technique and Pathology of the Brachial Plexus and Thoracic Outlet
11:15 AM - 11:50 AM	Live U/S Scanning and Hands-On Workshop of Brachial Plexus and Thoracic Outlet
11:50 AM - 12:00 PM	Q and A and Closing Remarks
12:00 PM - 1:30 PM	Lunch

Day 2 • Thursday, September 19, 2024 (1:30 PM - 5:30 PM)

HANDS ON WORKSHOPS

Day 2 and Day 3 will include THREE (3) different Workshop Sessions, each lasting 3 Hours: Palpation/Marking Session, Cadaver Session, U/S Session. Each attendee will rotate through each session. Attendees will be assigned to a GROUP and will stay in that assigned group throughout the entire workshop section.

1:30 PM - 2:00 PM	Prolotherapy Pearls - Adrian Gretton, MD
2:00 PM - 3:30 PM	WORKSHOP SESSION 1 GROUP #1 - Palpation/Marking Session GROUP #2 - Cadaver Session GROUP #3 - U/S Session
3:30 PM - 4:00 PM	Break
4:00 PM - 5:30 PM	WORKSHOP SESSION 1 GROUP #1 - Palpation/Marking Session GROUP #2 - Cadaver Session GROUP #3 - U/S Session
5:45 PM - 6:30 PM	IART Reception (Cash Bar)
6:30 PM - 9:00 PM	IART Banquet

Day 3 • Friday, September 20, 2024 (7:45 PM - 5:00 PM)

HANDS ON WORKSHOPS

Day 2 and Day 3 will include THREE (3) different Workshop Sessions, each lasting 3 Hours: Palpation/Marking Session, Cadaver Session, U/S Session. Each attendee will rotate through each session. Attendees will be assigned to a GROUP and will stay in that assigned group throughout the entire workshop section.

7:45 AM - 8:00 AM	Welcome - Annette Zaharoff, MD (All Groups)
8:00 AM - 8:30 AM	The Application of Biotensegrity in MSK Medicine - Gary Clark, MD
8:30 AM - 9:00 AM	Injection Safety - David De la Mora, MD
9:00 AM - 10:30 AM	WORKSHOP SESSION 2 GROUP #3 - Palpation/Marking Session GROUP #1 - Cadaver Session GROUP #2 - U/S Session
10:30AM - 11:00 AM	Break
11:00 AM - 12:30 PM	WORKSHOP SESSION 2 GROUP #3 - Palpation/Marking Session GROUP #1 - Cadaver Session GROUP #2 - U/S Session
12:30 PM - 1:30 PM	Lunch
1:30 PM - 3:00 PM	WORKSHOP SESSION 3 GROUP #2 - Palpation/Marking Session GROUP #3 - Cadaver Session GROUP #1 - U/S Session
3:00 PM - 3:30 PM	Break
3:30 PM - 5:00 PM	WORKSHOP SESSION 3 GROUP #2 - Palpation/Marking Session GROUP #3 - Cadaver Session GROUP #1 - U/S Session

Day 4 • Saturday, September 21, 2024 (7:45 PM - 12:45 PM)

7:45 AM - 8:00 AM	Welcome - Annette Zaharoff, MD
8:00 AM - 8:30 AM	Challenging the Dogma of Hypertonic, Inflammatory, Dextrose (D-glucose) Prolotherapy: An In-Vivo Study - Dean Reeves, MD
8:30 AM - 9:00 AM	Prolotherapy and Research: Assessing the Strength of Evidence – David Rábago, MD
9:00 AM - 9:30 AM	Mermechanisms of the Neuromodulatory Effect of Dextrose - Aeneas Janze, MD
9:30 AM - 10:00 AM	Break
10:00 AM - 10:30 AM	Ultrasound Assisted Prolotherapy of the Low Back – Brian Shiple, DO
10:30 AM - 11:00 AM	Lifestyle Medicine - Martin Gallagher, MD, DC
11:00 AM - 11:30 AM	Regenerate The Power of Macrophage Polarization - Maximize Regeneration and Minimize Pain through Macrophage Polarization - Joel Baumgartner, MD
11:30 AM - 12:30 PM	Q & A Session
12:30 PM - 12:45 PM	Conclusion