



# The Anatomy, Diagnosis, and Treatment of Chronic Myofascial Pain with **Prolotherapy**

OCTOBER 17-19, 2013

## Research Symposium

OCTOBER 16, 2013

The Lowell Inn and  
Conference Center  
Madison, Wisconsin

Jointly Sponsored by

University of Wisconsin  
School of Medicine and Public Health

Department of Family Medicine

Office of Continuing  
Professional Development  
in Medicine and Public Health

and

The Hackett Hemwall  
Foundation



## Statement of Need

The treatment of chronic pain is a complex, multifaceted problem. The faculty of this activity offer participants detailed instruction in the use of prolotherapy, with basic and advanced techniques, to treat laxity of ligaments that often cause chronic myofascial pain. Due to more active lifestyles, an aging patient population, and patient desire for relief of chronic pain, prolotherapy is an elegant, effective and safe treatment.

## Target Audience and Scope of Practice

This educational activity has been designed to meet the needs of physicians, (MDs, DOs, NDs and Podiatrists) who manage patients through the diagnosis and treatment of chronic pain due to ligament instability.

## Elements of Competence

This CME activity has been designed to change learner competence and focuses on the American Board of Medical Specialties areas of patient care and procedural skills, medical knowledge, and practice-based learning and improvement.

## Activity Overview

The needs will be addressed by the use of lectures, extensive anatomy review, discussion, demonstrations and practice injections on cadavers with C-arm guidance, and viewing of injection videos with a faculty member and model. The hands-on workshops will enable the conferee to have practical training in palpation and marking for prolotherapy. Discussions of prolotherapy indications and complications along with a panel discussion of complicated cases will enhance the participant's learning.

## Learning Objectives

At the conclusion of this activity, participants will

- Recognize new clinical science research in injection therapy for musculoskeletal conditions including knee osteoarthritis, low back pain and tendinopathies
- Review new clinical science research in injection therapy for musculoskeletal conditions
- Recognize research being conducted in prolotherapy with suggestions for collaborating in research projects
- Gain a thorough acquaintance with the anatomy of ligaments
- Participate in C-arm guided cadaver injections
- Illustrate complications, and ways to avoid complications, when treating patients with prolotherapy
- Observe video of injections with faculty moderating with a model
- Obtain insight into the neurophysiology of pain
- Identify ways to promote a prolotherapy practice

## Conference Highlights

- Most comprehensive prolotherapy conference teaching of the whole body
- Nationally and internationally recognized faculty of 30 experts
- 18 didactic lectures on prolotherapy
- 6.75 hours of hands-on workshops taught by prolotherapists
- Cadaver lab where participants will do multiple injections
- 22.5 AMA PRA Category 1 Credits™

## Research Symposium Pre-Conference Highlights

- Will bring active clinicians and researchers together to present completed & ongoing research in prolotherapy and related injection therapies for soft tissue pathology
- In-depth discussions of new clinical science research in injection therapies
- Review ongoing clinical research on the use of radiologic guidance and assessment in the context of injection therapy
- 8 AMA PRA Category 1 Credits™

## Madison At A Glance

A progressive and cosmopolitan city of 250,000, Madison is home to the world-class University of Wisconsin, the seat of state government, and an eclectic, electric atmosphere that energizes any visitor's stay. Built on a narrow isthmus between Lakes Monona and Mendota, Madison is one of the nation's most scenic cities. Five area lakes and more than 200 parks provide countless recreational activities, from swimming, sailing and fishing to biking, hiking, inline skating and more. Madison offers both small town charm and a range of cultural and recreational opportunities usually found in much larger cities. Very convenient for visitors to Madison are 34 bike rental "stations" with 350 bikes that can be rented by the half hour or longer. This is a great way to explore Madison with its 275 miles of bike paths and lanes! (bring your own helmet)

## Conference Venue

The Lowell Inn and Conference Center is a University of Wisconsin facility, located in the heart of the UW campus at 610 Langdon Street. The center has conference rooms, dining facilities, lounges and a swimming pool with sauna. On-site parking for guests is \$8 per day; complimentary parking is available nearby. Lowell Inn has 137 guest rooms which have recently been remodeled and upgraded. Also, there is now a convenient drive up lane on Frances Street, to facilitate easy accessible access to the center. One of Lowell's greatest assets is their helpful, friendly staff.

## Conference Attire

On Friday, for our hands on workshops, comfortable casual clothing is suggested. Since meeting room temperatures and personal comfort levels vary, it is recommended that you bring a sweater or jacket for the lecture days. Casual clothing is appropriate for the entire conference.

# General Information

## Dates

### RESEARCH SYMPOSIUM PRE-CONFERENCE SESSION

OCTOBER 16, 2013    7:45 AM - 5:15 PM

### CONFERENCE

OCTOBER 17 - 19, 2013 (THURSDAY - SATURDAY)

## Fees

\$1,400 Conference registration

\$ 250 Research Symposium

The fees include the cost of tuition, course materials; breakfasts; lunches Wednesday, Thursday and Friday; breaks all days, and dinner on Thursday evening. Meals and breaks are for registered attendees. Guests may join you for meals - see pricing below.

Fee for accompanying guests - meals/receptions:

\$ 40	Research Symposium, lunch, breaks, reception
\$100	Conference - 2 lunches, breaks, Thursday dinner, Friday reception
\$ 50	Conference - Dinner Thursday evening, Friday reception

## Conference Location and Accommodations

Lowell Inn and Conference Center  
610 Langdon Street  
Madison, WI 53703

To make hotel room reservations at Lowell, please call: 608-256-2621 or 866-301-1753. Email: [Lowell@ecc.uwex.edu](mailto:Lowell@ecc.uwex.edu) A block of rooms has been reserved. These rooms will be held for our conference until **September 16, 2013**. The room rate is from \$89 to \$117 per night. The name on the block of rooms is: **Prolotherapy**.

## On-site Check-In

(New registrations will NOT be accepted on day of conference)

October 16, 2013: 7:00 - 7:45 AM and 4:30 - 7:00 PM

October 17, 2013: Starting at 7:00 AM

## Program Changes

Emergency situations occasionally occur and may necessitate topic or speaker change. The University of Wisconsin School of Medicine and Public Health reserves the right to alter or substitute a topic or speaker without prior notification.

## Course Materials

All registered participants will receive an electronic copy (USB drive) of the syllabus at conference Check-in. Please bring your lap top computer to view the presentations. WiFi is available throughout Lowell at no charge to attendees. If there are any concerns regarding the electronic syllabus, please contact Mary Doherty prior to the conference.

## Cancellations/Refund Policy

All cancellations must be received by October 8, 2013. This will allow wait-listed people to take the place of a cancellation, if one occurs. Cancellations received by October 8, 2013 will receive a refund; cancellations after that time will not receive a refund. All cancellations will be charged a processing fee of \$50.

## Credit

### Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Wisconsin School of Medicine and Public Health and The Hackett-Hemwall Foundation. The University of Wisconsin School of Medicine and Public Health is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation Statement

The University of Wisconsin School of Medicine and Public Health designates this live activity for a maximum of 30.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Research Symposium = 8 AMA PRA Category 1 Credits™

Conference = 22.5 AMA PRA Category 1 Credits™

### Continuing Education Units

The University of Wisconsin-Madison, as a member of the University Continuing Education Association (UCEA) authorizes this program for 3.05 continuing education units (CEUs) or 30.5 hours.

## Policy On Disclosure

It is the policy of the University of Wisconsin School of Medicine and Public Health that the faculty, authors, planners, and other persons who may influence content of this CME activity disclose all relevant financial relationships with commercial interests in order to allow CME staff to identify and resolve any potential conflicts of interest. Faculty must also disclose any planned discussion of unlabeled/unapproved uses of drugs or devices during their presentation(s). Detailed disclosures will be made in the activity materials.

## Special Dietary Needs

Vegetarian selections will be available at all provided meals. If you require additional assistance, contact Mary Doherty at least 1 week before the conference at: [mdoherty@wisc.edu](mailto:mdoherty@wisc.edu)

## For Further Information

Mary P. Doherty

608-712-5518

[mdoherty@wisc.edu](mailto:mdoherty@wisc.edu)

# Schedule



## RESEARCH SYMPOSIUM

It has been an active and exciting year in injection medicine. In this year's symposium, speakers will review recently published clinical research on prolotherapy and related injection therapy and bring you the latest information of studies now in progress. This annual meeting is designed to bring together clinicians, clinical researchers and basic scientists interested in research of prolotherapy and related injection therapies. Each speaker is an active clinician and/or researcher who will present completed or ongoing findings. The overall tone of the conference is participatory and collaborative. Our primary goal is to facilitate a high level of understanding of current research and to stimulate further work among and between researchers and interested clinicians.

### WEDNESDAY, OCTOBER 16, 2013

AM		
7:45	Growth in Research	Jeffrey J. Patterson, DO David Rabago, MD
8:00	<b>MORNING SESSIONS -</b> Prolotherapy for Osteoarthritic Knee Pain: Clinical and Magnetic Resonance Imaging Outcomes  Arthroscopically Monitored Effects of Prolotherapy in Knee Osteoarthritis: Update on the Rosario Argentina Knee Osteoarthritis Study  A Clinical Trial Assessing Prolotherapy, Neural Prolotherapy, and Therapeutic Ultrasound in the Treatment of Knee Osteoarthritis  Prolotherapy for ACL Injuries in the Context of Symptomatic Osteoarthritis: A Case Series	David Rabago, MD  Dean Reeves, MD  Dina Soliman, MD  Craig Chappell, DO
10:00	Refreshment Break	
10:15	<b>MORNING SESSIONS (cont.) -</b> A Case Report of Prolotherapy to Treat a Severe Partial Tear of the Anterior Cruciate Ligament  A Randomized Controlled Trial of Prolotherapy for the Treatment of Chronic Lateral Epicondylitis  An Open Label RCT Follow-up; Introduction to the 'Randomized Clinical Trial of Prolotherapy Injections and an Exercise Program Used Singly and in Combination for Refractory Tennis Elbow'	Brian Shipley, DO  Ronald Glick, MD  David Rabago, MD
PM		
12:30	Lunch	Dining Room - Lower Level
1:30	<b>AFTERNOON SESSIONS -</b> Finding the Most Effective Barrier Glove for Prevention of Needle Sticks in Musculoskeletal Injection Procedures  Update on Prolotherapy in the Treatment of Rotator Cuff Tendinopathy: A Randomized Controlled Trial  Treatment of Temporomandibular Dysfunction with Hypertonic Dextrose Injection: A Randomized Clinical Efficacy Trial	Ronald Glick, MD  Helene Bertrand, MD  Stanley Lam, MD
3:00	Refreshment Break	
3:15	<b>AFTERNOON SESSIONS (cont) -</b> A Randomized Trial of Hypertonic Dextrose Injections (Prolotherapy) for Temporomandibular Dysfunction  Hip and Thigh Pain: The Importance of Gluteal Anatomy in Prolotherapeutic Procedures  Ultrasound Guided Hydrodissection of Common Peroneal Nerves Using 5% Dextrose  Final and Long- term Comments	Francois Louw, MD  Bradley Fullerton, MD  Stanley Lam, MD  David Rabago, MD Jeffrey J. Patterson, DO
5:15	Adjourn	
5:15- 6:30	Reception	Upper Lounge
7:00	Dinner at a Local Restaurant (optional)	

# Schedule



## CONFERENCE

### THURSDAY, OCTOBER 17, 2013

#### AM

6:45	Breakfast	Dining Room - Lower Level
7:45	Welcome	Jeffrey J. Patterson, DO
8:00	Prolotherapy - Safe, Simple, Effective & Elegant Therapy	Jeffrey J. Patterson, DO
8:45	Anatomy & Injection Techniques: Knee	Annette Zaharoff, MD
9:30	Anatomy & Injection Techniques: Shoulder	Jeff Erickson, MD
10:15	Refreshment Break	
10:30	Anatomy & Injection Techniques: Low Back	Joel Baumgartner, MD
11:15	Anatomy & Injection Techniques: Hip & Pelvis	David Wang, DO
12:00	Anatomy & Injection Techniques: T-Spine & Ribs	Jeffrey J. Patterson, DO

#### PM

12:45	Lunch	Dining Room - Lower Level
	Presentation 1:00-1:30: HHF Standardization of Prolotherapy Techniques & Teaching	Jeffrey J. Patterson, DO Jeff Erickson, MD Ali Safayan, MD David Wang, DO
1:45	Pain: The Destructive Spiral	Michael M. Patterson, PhD
2:30	Anatomy & Injection Techniques: Elbow & Wrist	Brian Shipley, DO
3:15	Anatomy & Injection Techniques: C-Spine & TMJ	Paul Johnson, DO
4:00	Refreshment Break	
4:30	Anatomy & Injection Techniques: Foot & Ankle	Lenny Horwitz, DPM
5:15	Musculoskeletal Bio Tensegrity	Bradley Fullerton, MD
6:00	Adjourn	
7:00	University of Wisconsin & Hackett Hemwall Foundation International Treating and Training Trips - Honduras and Mexico	Dinner Presentation Dining Room - Lower Level

### THURSDAY ADVANCED SESSIONS

For expert injectors that have previously attended the HHF conference

Lower Lounge

10:30 - 12:00	Advanced Cervical & T-Spine Injection Topics	Merle Janes, MD Young Uck Kim, MD
2:30 - 4:00	Advanced Low Back & Hip Injection Topics	Martin Gallagher, MD Paul Johnson, DO

### FRIDAY, OCTOBER 18, 2013

#### AM

6:45	Breakfast	Dining Room - Lower Level
7:45	Workshop Orientation	Jeffrey J. Patterson, DO
8:00	Workshop Session 1	
10:15	Refreshment Break	

#### 10:45 Workshop Session 2

#### PM

1:00	Lunch	Dining Room - Lower Level
2:00	Workshop Session 3	
4:15	Refreshment Break	
4:45	Observe Faculty Injections	
5:45	Adjourn	
6:00 - 7:30	Reception	Upper Lounge

# Registration

# Schedule



## CONFERENCE (cont)

### FRIDAY, OCTOBER 18, 2013

<b>FRIDAY WORKSHOP SESSIONS -</b> Participants will rotate through all 3 workshops  Anatomy Palpation, Examination and Marking Skills	Workshop Directors  Joel Baumgartner, MD Martin Gallagher, MD, DC
Injection Demonstration of Cadavers, Participant Practice Lab	James Nosal, MD David Wang, DO
Injection Demonstrations Utilizing Models & Video	Jeffrey J. Patterson, DO Adrian Gretton, MD

### SATURDAY, OCTOBER 19, 2013

#### AM

6:45	Breakfast	Dining Room - Lower Level
7:30	Prolotherapy Pearls: Possible Complications & How to Avoid Them	Jeffrey J. Patterson, DO
8:15	Recent Advances in Prolotherapy Research: Focus on Knee OA	David Rabago, MD
8:45	Prolotherapy Case Studies	Young Uck Kim, MD
9:30	Refreshment Break	
10:00	Prolotherapy Billing Guidelines	John Finkenstadt, MD
10:30	Building a Prolotherapy Practice	Martin Gallagher, MD, DC
11:00	Prolotherapy Injections: Overview of Solutions & Procedures	Jeffrey J. Patterson, DO
11:45	Panel Discussion: Unique Prolo Cases	Jeffrey J. Patterson, DO Brian Shipley, DO Annette Zaharoff, MD Jeff Erickson, MD Young Uck Kim, MD

1:00      Adjourn

## The Anatomy, Diagnosis, and Treatment of Chronic Myofascial Pain with Prolotherapy and Research Symposium - Pre-Conference Session

October 16-19, 2013

### Two Easy Ways To Register

**On Line:** [www.ocpd.wisc.edu/course\\_catalog](http://www.ocpd.wisc.edu/course_catalog)

**By Phone:** 608-262-1397. Please call and give your credit card information (MasterCard, VISA)  
Please specify course number: **4017**

**Please Note:** Your registration will not be confirmed until payment is made in full and you have submitted your MD, DO, ND or Podiatry License number and the state/province that issued the license.

Please direct questions to: Mary Doherty  
[mdoherty@wisc.edu](mailto:mdoherty@wisc.edu))

Please register early. Enrollment will be limited. We anticipate that the conference will be filled to capacity. All registrations will be confirmed via email. If you do not receive a confirmation, please call 608-262-1397.

### Registration Fees

\$1,400 Conference (October 17-19, 2013)  
\$ 250 Research Symposium (October 16, 2013)

**Please Note:** Refreshment Breaks, Lunches, Thursday evening Dinner and Receptions are included for Registered attendees only. If you would like your guest join the group for any of these events, please pay the fee listed below.

Fee for accompanying guest meals/receptions:

\$ 40 Research Symposium - Lunch & Reception  
\$100 Conference - 2 lunches, Thursday dinner, Friday reception  
\$ 50 Dinner Thursday evening & Friday reception

*The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirement. The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Mary Doherty in order to receive service. Please call 608-712-5518.*

# Faculty

## Planning Committee

**Jeffrey J. Patterson, DO**, Activity Director, Professor Emeritus, Department of Family Medicine, University of Wisconsin School of Medicine and Public Health, Director, Hackett Hemwall Foundation

**Mary P. Doherty**, Activity Coordinator, Executive Director, Hackett Hemwall Foundation

**David Rabago, MD**, Research Symposium Day Director, Assistant Professor, Department of Family Medicine, University of Wisconsin School of Medicine and Public Health

## Faculty

⌘ = Research Symposium faculty

❖ = Conference faculty

### **Joel Baumgartner, MD<sup>⌘</sup>**

Dr. Baumgartner is board certified in Family Medicine and Sports Medicine; he specializes in non-surgical orthopedics, sports and regenerative medicine. He is founder of Rejuv Medical where they focus on reversing the process of degeneration and injury using injection procedures, endocrine disorder balancing and medically supervised weight loss. He enjoys fitness and sports performance in tennis, volleyball and skiing.

### **Helene Bertrand, MD<sup>⌘</sup>**

Dr. Bertrand had a busy family medicine practice in British Columbia, Canada up until 2010 when she became frustrated trying to help patients with chronic MSK pain. At this point, she decided to dedicate her professional life to prolotherapy - a treatment that helps patients with chronic pain, and research. She currently is doing research in chronic pain of the shoulder while continuing to treat patients with prolotherapy and neural prolotherapy. Dr. Bertrand is a clinic instructor at the University of British Columbia.

### **Thomas Bond, MD<sup>⌘</sup>**

Dr. Bond has been a member of the HHF prolotherapy teaching team for 6 years. He has participated in the Honduras trip since 2007. Dr. Bond completed a Family Medicine residency and Sports Medicine fellowship. Before going into private practice, he was the Chief of Sports Medicine department at LSU Medical Center. He is currently a team physician for the US Ski & Snowboarding team. Dr. Bond's medical practice includes prolotherapy, PRP, stem-cell injections, some with US guidance.

### **Craig Chappell, DO<sup>⌘</sup>**

Dr. Chappell is board certified in Sports Medicine, Family Medicine and OMM. He currently is on the faculty of Ohio University College of Osteopathic Medicine with a busy sports medicine practice in Athens, OH. Dr. Chappell has traveled with the HHF to both Honduras and Mexico. His current research is in prolotherapy and ACL injuries.

### **Rosemary Daly-Camacho, DO<sup>⌘</sup>**

Dr. Daly-Camacho is an interventional pain physician and is board certified in Anesthesiology, Pain Medicine and Interventional Pain Medicine. She has recently completed a fellowship in Stem Cell Medicine and is a diplomat of Anti-Aging Medicine. Dr. Daly-Camacho's training and experience enable her to use a comprehensive, integrative approach to treating both acute and chronic pain. Her private practice is in Miramar, FL.

### **David De La Mora Lara, MD<sup>⌘</sup>**

Dr. De La Mora is the Director of the HHF Guadalajara Chapter and organizes the annual HHF Prolotherapy and Vein Medical Brigade trip to Mexico. He has attended the Madison conference for 10 years, both as a participant and faculty member and also serves as a clinic director on the HHF Honduras trips. Dr. De La Mora has a full time prolotherapy practice in Guadalajara, Mexico.

### **Jeff Erickson, MD<sup>⌘</sup>**

Dr. Erickson is board certified in PM&R and has recently joined the Kaplan Center of Integrative Medicine in McLean VA. In the recent past, Dr. Erickson was director of the Interventional Pain Clinic at Hunter Holmes McGuire VA Medical Center in Richmond, VA. He holds undergraduate and graduate degrees in Biomedical and Electrical Engineering and is a former Ultimate Frisbee champion at UVA. Dr. Erickson's practice includes treating patients with prolotherapy, PRP and stem cell injections; he has been a clinic director in the HHF Honduras project multiple times.

### **John Finkenstadt, MD<sup>⌘</sup>**

Dr. Finkenstadt is a physician in Syracuse, New York. He is board certified in Family Medicine and Sports Medicine. Dr. Finkenstadt's practice consists mainly of MSK patients with chronic pain. An area of special interest of his is the sacral-iliac joint. He has done research in the treatment of low back pain. Dr. Finkenstadt has participated and served as faculty on HHF Honduras trips and at the Madison conference.

### **Luke Fortney, MD<sup>⌘</sup>**

Dr. Fortney has spent his academic career at the University of Wisconsin-Madison. While in medical school and Family Medicine residency, he was involved in research at different levels and in different areas. Currently, he is in a family medicine group, McKee Clinic of the Meriter Medical Group in Madison, WI where he cares for family medicine patients along with chronic pain patients.

### **Martin Gallagher, MD, DC<sup>⌘</sup>**

Dr. Gallagher is the director of Medical Wellness Associates in Jeannette, PA. He is board certified in Family Medicine and is also a chiropractor. His current practice specializes in an Integrative Medicine approach to wellness and the treatment of chronic pain, with prolotherapy and other treatments. Dr. Gallagher donates his time and medical skills to a homeless shelter in Morgantown, PA and to the HHF in Honduras.

### **Ronald Glick, MD<sup>⌘</sup>**

Dr. Glick is board certified in both Physical Medicine and Rehabilitation and Psychiatry. He is the Medical Director of the Center for Integrative Medicine at UPMC and an Assistant Professor at the University of Pittsburgh. His practice focuses on complimentary approaches to chronic pain management. His current research is in Prolotherapy for the Treatment of Chronic Lateral Epicondylitis.

### **Adrian Gretton, MD<sup>⌘</sup>**

Dr. Gretton is a family physician in Community Practice in Calgary, BC, Canada. He is a consultant to the Chronic Pain Center and the Advanced Spinal Care Center, also in Calgary. Dr. Gretton has joined the HHF in multiple prolotherapy treating and training medical trips to Mexico and Honduras.

### **Jay Harms, MD<sup>⌘</sup>**

Dr. Harms is in practice in Peoria, IL and is board certified in Family Medicine. In his medical practice he cares for the entire range of family medicine patients, including chronic pain patients. Dr. Harms has been an active member of the HHF since 2003, serving in the capacity of volunteer and faculty in Honduras and at the Madison conference.

### **Lenny Horwitz, DPM<sup>⌘</sup>**

Dr. Horwitz practices podiatry at his clinic, The Foot Pain Center, in Bluefield, VA. He has lectured and taught extensively both nationally and internationally. Dr. Horwitz also has many published articles and several books on podiatry, ligamentous injury and treatment with prolotherapy. He is on the BOD of Soles 4 Souls, a charity that has distributed 5.5 million pairs of shoes to areas hit by disasters.

### **Merle Janes, MD<sup>⌘</sup>**

Dr. Janes is board certified in Physical Medicine and Rehabilitation and is in practice in Spokane, WA. He has traveled with the HHF to both Honduras and Mexico where his prolotherapy skills and knowledge have been utilized in not only treating hundreds of patients but also in teaching local doctors prolotherapy.

### **Paul W. Johnson, DO<sup>⌘</sup>**

Dr. Johnson is in practice at Pursuit Sports Medicine in Portland, OR. He is board certified in Internal Medicine and Sports Medicine. He has gone with the HHF to Honduras multiple times, the first time as a college volunteer, by bus, from Oregon! Dr. Johnson obtained his MPH and then DO degrees and now teaches prolotherapy for the HHF internationally and at the Madison conference.

### **Young Uck Kim, MD<sup>⌘</sup>**

Dr. Kim is an orthopedic surgeon in Seoul, South Korea. His clinic, Rapha Medience Orthopaedic Clinic, is a busy orthopedic surgery and prolotherapy practice. Over the past 14 years, since he learned prolotherapy at our HHF conference, he has observed the benefits of prolotherapy for his patients and his practice has changed to performing more non-surgical procedures (prolotherapy, some with PRP) than orthopedic surgery. Dr. Kim does utilize ultrasound but mainly for academic purposes and research.

# Faculty

## William Knight, DO<sup>◊</sup>

Dr. Knight is in practice in Metairie, LA, caring for patients with chronic pain and with other rehabilitation needs. He is board certified in Physical Medicine and Rehabilitation. Dr Knight has participated in the Hackett Hemwall Foundation as an instructor in both our international treating and training trips and at the UW Madison prolotherapy conference.

## Andrew Kochan, MD<sup>◊</sup>

Dr. Kochan is the director of Institute for Healing Arts Research and is in private practice in Santa Barbara, CA. He is board certified in Physical Medicine and Rehabilitation and is an international authority in apitherapy, particularly bee venom. Dr. Kochan has been treating patients with prolotherapy for over 20 years. He annually travels with the HHF to Honduras, where he has been a clinic director.

## Robert Krasnick, MD<sup>◊</sup>

Dr. Krasnick has been in practice for 20 years in Michigan. He is board certified in Physical Medicine and Rehabilitation, Electrodiagnostic medicine and Pain Management. Dr. Krasnick has been involved with the Hackett Hemwall Foundation since 2003, first as a conference participant, then as an instructor and now as faculty on our international trips and at the UW Madison conference.

## Stanley K. H. Lam, MBBS, MScSM&HS<sup>‡‡</sup>

Dr. Lam is from Hong Kong where he has an active practice at Musculoskeletal Pain Management and Sports Injury Center. He is known internationally for his teaching in prolotherapy, neural therapy, manual medicine and other injection techniques. Dr. Lam has authored many articles on prolotherapy research, for both US and Hong Kong publications.

## George Leydon, DO<sup>◊</sup>

Dr. Leydon is board certified in Family Medicine and currently in practice at GHC in Madison, WI, treating a wide range of medical problems, including chronic pain with prolotherapy. Dr. Leydon has participated in the HHF Honduras training trip and is an instructor at our annual UW prolotherapy conference.

## Francois Louw, MD<sup>‡</sup>

Dr. Louw is trained in Anesthesia and Critical Services. He is in general practice in Invermere, British Columbia, Canada, and a clinical instructor at UBC. His practice includes Rural Critical Care, Sports Medicine, Ultrasound and prolotherapy. His current research is in TMJ dysfunction, treated with prolotherapy.

## James Nosal, MD<sup>◊</sup>

Dr. Nosal is board certified in Family Medicine. He is in practice at the Sun Prairie, WI Dean Clinic. Dr. Nosal's practice includes the entire array of family practice patients including those with chronic pain. He has taught prolotherapy at the HHF conferences and internationally.

## Richard Owens, MD<sup>◊</sup>

Dr. Owens is in practice in Madison, WI where he is the medical director of Minor Procedures, SC. He does a wide variety of office surgical procedures including therapies for varicose veins. Dr. Owens also has many chronic pain and injury patients that he successfully treats with prolotherapy. He is the director of the HHF Vein Treatment team, treating patients in Honduras and Mexico.

## Jeffrey J. Patterson, DO<sup>‡‡</sup>

Dr. Patterson has spent his professional career as Professor in the University of Wisconsin School of Medicine and Public Health, Department of Family Medicine. His practice includes family medicine, specializing in the treatment of chronic pain, focusing on prolotherapy and osteopathic manipulation. As the medical director of the Hackett Hemwall Foundation, he guides the foundation in the work of providing care to patients in underdeveloped countries, training physicians and doing research in prolotherapy. Dr. Patterson also has a passionate interest in abolishing the world of nuclear weapons, and in medical effects of climate change. Currently he is the president of Physicians for Social Responsibility, a US organization of 30,000 physicians that share his goals.

## Michael Patterson, PhD<sup>◊</sup>

Dr. Patterson spent his professional life as Professor of Osteopathic Medicine, most recently retired from Nova Southeastern University COM in Florida. He taught and did research in the Osteopathic Profession for 37 years. Currently he serves as a reviewer of several journals and is Associate Editor of the JAOA. Dr. Patterson also is a science Advisor and Editor for the David Kopf Instrument Company. Dr Patterson lectures nationally and internationally on the neurophysiology of pain and osteopathic medicine.

## John Porter, DO<sup>◊</sup>

Dr. Porter is a family medicine physician in the small Wisconsin community of Viroqua. He was board certified in Family Practice after completing his residency at UW Madison. He cares for patients with the usual wide range of medical problems that rural community medicine so often includes – including chronic pain. Dr. Porter has worked with the HHF as a prolotherapy instructor in Mexico, Honduras and at the annual UW Madison conference.

## David Rabago, MD<sup>‡‡</sup>

Dr. Rabago MD is a board certified Family Medicine physician and clinical researcher at the UW School of Medicine and Public Health. He has a continuity practice in Madison, WI; his research endeavors include several prolotherapy research projects and subsequent publications. In addition, Dr. Rabago has helped others design, conduct and publish the results of their prolotherapy research projects. He lectures nationally and internationally about injection therapy research.

## Dean Reeves, MD<sup>‡</sup>

Dr. Reeves is an internationally recognized researcher on prolotherapy. He is board certified in Physical Medicine and Rehabilitation and Pain Management. He has a busy PM&R / Prolotherapy practice in Shawnee Mission, Kansas.

## Ali Safayan, MD<sup>◊</sup>

Dr. Safayan has been in practice at Restorative Health Center for Integrative Medicine in Washington DC since 1990. He is board certified in Internal Medicine and has taught prolotherapy in the Honduras and Mexico HHF trips. Dr. Safayan is also the preceptor in charge of the HMI/UCLA Medical Acupuncture Course for Physicians. In his practice he utilizes conventional and complementary therapies including prolotherapy.

## Jaehyun Shim, MD<sup>◊</sup>

Dr. Shim is a neurosurgeon in Seoul, South Korea. After learning prolotherapy from the HHF, his medical practice in Seoul now includes prolotherapy for chronic pain. Dr. Shim is active in the HHF, instructing physicians in Honduras, Mexico and at the annual HHF UW Madison conference. Dr. Shim is also a member and faculty of the Seoul MKS Ultrasound Society.

## Brian Shiple, DO<sup>‡‡</sup>

Dr. Shiple is the director of The Center for Sports Medicine in Springfield, PA. He is board certified in Family Medicine and Sports Medicine. Dr. Shiple is an Assistant Clinical Professor at Temple University. Prolotherapy, ultrasound, PRP, stem cells are some of his many skills/treatments used in treating patients with MSK injuries. Dr. Shiple has authored multiple articles and research projects in prolotherapy.

## Dina Soliman, MD<sup>‡</sup>

Dr. Soliman completed medical school and residency in Physical Medicine, Rheumatology and Rehabilitation at Ain Shams University in Cairo, Egypt. Currently she treats patients at the Ain Shams University in addition to her private clinic in a very poor section of Cairo, Mancheat Nasser. Her current research reviews different injection therapies for knee osteoarthritis.

## Diana Trister, DO<sup>◊</sup>

Dr. Trister is board certified in Family Medicine and Sports Medicine. She has been in the "HHF Prolotherapy Family" since she was in college and went to Honduras for the first time as a clinic helper with her father, Dr. Jon Trister. After completing her Sports Medicine fellowship at LECOM in Erie, PA, she has now joined her father in practice in Massachusetts.

## David Wang, DO<sup>◊</sup>

Dr. Wang is board certified in Physical Medicine and Rehabilitation. He currently is practicing in Silver Spring, MD and Washington DC, specializing in MSK, spine and regenerative medicine including prolotherapy and PRP injections. Previously, he practiced at affiliate clinics of Harvard Medical School where he practiced MKS, sports and rehabilitative medicine. Outside of his medical practice, his interests include martial arts in which he holds Black Belts in Kung Fu and Taekwondo.

## Annette Zaharoff, MD<sup>◊</sup>

Dr. Zaharoff is a sports medicine physician in private practice in San Antonio, TX. She is board certified in PM&R and Sports Medicine and is a certified medical acupuncturist. Dr. Zaharoff does prolotherapy in her practice along with PRP injections in which she often utilizes ultrasound for safety and effectiveness. In addition to her clinical practice, she is actively involved in tennis - both as a player and a physician. Dr Zaharoff has worked as a Sport Medicine physician for professional tournaments including the US Open. She also has been active in the HHF as a participant and instructor in our Honduras prolotherapy trip and UW Madison conference.