

# JUNE PROLOTHERAPY AND REGENERATIVE MEDICINE MASTER CLASS 2023



## **THE EUROPEAN SCHOOL OF PROLOTHERAPY**

HAS ORGANIZED AN INTENSIVE EDUCATIONAL MASTER CLASS PACKAGE  
**3 DAY EDUCATIONAL EVENT IN REGENERATION MEDICINE AND MASTER  
CLASS PROLOTHERAPY**

**June 6<sup>th</sup> – 8<sup>th</sup>, 2023**

This Educational Event will be at the **Aquila Atlantis  
Hotel** in Heraklion, Greece

**Atlantis Hotel Conference Hall**

**Day One:** Clinical Cases Day - Doctors Presenting Clinical Cases  
8:00-19:30

Many physicians will be presenting clinical cases on this day and at the end of each presentation we will have Q&A discussions

I also would like to emphasize in our clinical Q&A discussions, that lively discussions will enhance our clinical understandings - our goals are to work out the best outcomes in our assessments and treatment plans for the patients that we see in our practices.

On **Day One**, we also plan to discuss and share our experiences about clinical cases that have not shown positive results with the use of Prolotherapy. Let's all share our experiences Let's also debate, understand, and discuss how best to enhance our assessments and treatment plans.

**IMPORTANT INFORMATION**

The Educational Event will be at the Aquila Atlantis Hotel in Heraklion, Greece

You will need to fly into Heraklion, Greece.

Most flights connect from Athens, Greece.

Once you are at the Heraklion Airport, either rent a car or take a taxi to the Aquila Atlantis Hotel(15 min drive)

**EVERY DAY LUNCH IN A LOCAL RESTURANT - 13:15-15:00**

**EVERY NIGHT**

**DINNER IN A FANTASTIC GREEK RESTURANT 20.30**

**(We all meet in the Aquila Atlantis Hotel Lobby at 20:20)**



# JUNE PROLOTHERAPY AND REGENERATIVE MEDICINE MASTER CLASS PROGRAM 2023

Doctors Presentations: **DAY ONE** - JUNE 6th, 2023

**8:00 – 8:20**, [plus 10 minutes for Q&A - until 8:30](#)

**Dr. Liza Smigel (USA)**- “My Prolotherapy and Neuroprolotherapy Clinical Cases”

**8:30 – 8:50**, [plus 10 minutes for Q&A - until 9:00](#)

**Dr. Vikram Rajguru (India)**- “My Prolotherapy Clinical Cases in Orthopedic Medicine”

**9:00 -9:15** [plus 5 minutes for Q&A - until 9:20](#)

**Dr. Bjorn Mulder (Netherlands)** - “Clinical Cases in the Netherlands and my daily protocol”

**9:20 -9:40** [plus 10 minutes for Q&A - until 9:50](#)

**Dr. Paymen Sadeghi M.D. (USA)** - “Using Orthobiologic Solutions. Understanding PRP and Stem Cell in Regeneration Medicine”

**9:50-10:35** [plus 15 minutes for Q&A - until 10:50](#)

**Dr. Adrian Gretton M.D. (Canada)** - “Shoulder Prolotherapy Assessment and Understanding’s - including clinical cases”

**10:50 -11:50** [plus 10 minutes for Q&A - until 12:00](#)

**Dr. Jon Trister (U.S.A.)** - “Biotensegrity Practical Connections”

**12:00 -12:40** [plus 10 minutes for Q&A - until 12:50](#)

**Dr. J. Beco (Belgium)** - “Prolotherapy for Management of Sacroiliac Joint Pain and Pelvic Pain including Obturator and/or Pudendal Neuralgias ”

**12:50 -13:20** [plus 10 minutes for Q&A - until 13:30](#)

**Dr. J. Beco - “Pudendal Nerve Treatment Workshop”**

Dr. Beco will demonstrate how to identify the injection points and how to treat the Pudendal Nerve Neuralgias

**13:30 -15:00**

**LUNCH IN A FANTASTIC GREEK LOCAL RESTURANT**

**15:00 -15:25** [plus 5 minutes for Q&A - till 15:30](#)

**Dr. S. Cavallino (Italy) - “Emergency Medicine in Prolotherapy”**

How to manage your patients in case of an emergency

**15:30 -16:15** [plus 15 minutes for Q&A - till 16:30](#)

**Dr. Adrian Gretton (Canada) - “Scapulo-thoracic dynamics – a closer look at shoulder and spinal issues including fascial injuries”**

**16:30 -16:50** [plus 10 minutes for Q&A - till 17:00](#)

**Dr. Yoon Hyun Yong (South Korea) - “Why Shock Wave Treatment in Regeneration Medicine? - Clinical Cases and Hydrodissection.**

**17:00 -17:20** [plus 5 minutes for Q&A - till 17:25](#)

**Dr Mario Arrica (Italy) “Prolotherapy and Posturology:  
A comprehensive way to treat and understand patients”**

**17:25-17:45** plus 5 minutes for Q&A - till 17:50

**Dr. Inigo Orradre (Spain)** “Posterior Knee Pain: differential diagnosis and alternative treatments”

**17:50 -18:15** plus 5 minutes for Q&A - till 18:20

**Dr. Larisa Likver (USA)** “Anatomy/innervation/ ultrasound guided hydrodissection of the posterior knee joint capsule”

**18:20 -18:40** plus 5 minutes for Q&A - till 18:45

**Dr. G. Ridulfo (Italy)** “What are we really doing when we use needles in regeneration therapies?”

**18:45 -19:15** plus 10 minutes for Q&A - till 19:25

**Dr. Andrea Piccozzi (Italy)** - “Shock Wave Treatment in my Prolotherapy Practice”

**19:25 -19:50** plus 10 minutes for Q&A - till 20:00

**Dr. David Wang (USA)** - “Advanced Clinical Cases in Prolotherapy”

# END OF DAY ONE

**DINNER IN A FANTASTIC GREEK RESTURANT 20.30**

**(We all meet in the Aquila Atlantis Hotel Lobby at 20:20)**

# JUNE PROLOTHERAPY AND REGENERATIVE MEDICINE MASTER CLASS 2023

Day Two: JUNE 7<sup>th</sup>

UPPER EXTREMITY/ CERVICAL SPINE WORKSHOPS

**8:30-9:30** CLINICAL INFORMATION LECTURE OF THE  
UPPER EXTREMITY AND CERVICAL SPINE  
(Dr. Jon Trister)

**9:30-13:00** MORNING WORKSHOPS (45 min each lab, Shoulder/Elbow)

**15:00-19:00** AFTERNOON WORKSHOPS (40 min each lab, Cervical  
Spine, Wrist and Hand)

- **Advanced Prolotherapy** Palpation, Drawing and Injection  
Lab (Dr. Cavallino/ Dr. David Wang/ Adrian Gretton)
- **Shock Wave Therapy Lab** in Prolotherapy (Dr. Andrea  
Piccozzi/Yoon)
- **Functional Anatomy and Bio-Tensegrity Lab** (Dr. Jon  
Trister)
- **Prolotherapy Ultrasound Guided Injections Lab**  
(Dr. Yong Yoon/Larisa)
- **Neuroprolotherapy Workshops Drawings and Injection  
Points** (Dr. Cavallino/Riccio)

# JUNE PROLOTHERAPY AND REGENERATIVE MEDICINE MASTER CLASS 2023

Day Three: JUNE 8<sup>th</sup>

LOWER EXTREMITY/ LUMBAR SACRAL SPINE WORKSHOPS

**8:30-9:30** CLINICAL INFORMATION LECTURE OF THE  
LOWER EXTREMITY AND LUMBAR SACRAL SPINE  
(Dr. Jon Trister)

**9:30-13:00** MORNING WORKSHOPS (45 min each lab, Knee and Foot)

**15:00-19:00** AFTERNOON WORKSHOPS (40 min each lab, Lumbar  
Spine, and Hip)

- **Advanced Prolotherapy** Palpation, Drawing and Injection  
Lab (Dr. Cavallino/ Dr. David Wang/ Adrian Gretton)
- **Shock Wave Therapy Lab** in Prolotherapy (Dr. Andrea  
Piccozzi/Yoon)
- **Functional Anatomy and Bio-Tensegrity Lab** (Dr. Jon  
Trister)
- **Prolotherapy Ultrasound Guided Injections Lab**  
(Dr. Yong Yoon/Larisa)
- **Neuroprolotherapy Workshops Drawings and Injection  
Points** (Dr. Cavallino/Riccio)

# **PRACTICAL FUNCTIONAL WORKSHOPS:**

## **DAY TWO JUNE 7th**

### **5 UPPER EXTREMITY/ CERVICAL SPINE ROTATION WORKSHOPS**

**8:30-9:30** **FUNCTIONAL ANATOMY LECTURE OF THE UPPER  
EXTREMITY AND CERVICAL SPINE (Dr. Jon Trister)**

**Classroom A** **Advanced Prolotherapy** Palpation, Drawing and  
Injection Lab (Dr. Cavallino/ Dr. David Wang/ Adrian Gretton)

**Classroom B** **Shock Wave Therapy Lab in Prolotherapy**  
(Dr. Andrea Piccozzi/Yoon)

**Classroom C** **Functional Anatomy and Bio-Tensegrity Lab**  
(Dr. Jon Trister)

**Classroom D** **Prolotherapy Ultrasound Guided Injections Lab**  
(Dr. Yong Yoon/Larisa)

**Classroom E** **Neuroprolotherapy Workshops Drawings and  
Injection Points** (Dr. Cavallino/Riccio)



**MORNING SESSION** 45 MINUTES EACH ROTATIONAL WORKSHOP

**SHOULDER AND ELBOW**

**9:30 - 10:15**

**Color Code ORANGE**

**10:15 - 11:00**

**Color Code GREEN**

**11:00 - 11:45**

**Color Code BLUE**

**11:45 - 12:30**

**Color Code BLACK**

**12:30 - 13:15**

**Color Code RED**

**LUNCH - 13:15-15:00**

**(in a local restaurant)**

**AFTERNOON SESSION 15:00-19:30** 40 MINUTES EACH ROTATIONAL

**WORKSHOP CERVICAL SPINE, WRIST AND HAND**

**15:00 - 15:40**

**Color Code ORANGE**

**15:40 - 16:20**

**Color Code GREEN**

**16:20 - 17:00**

**Color Code BLUE**

**17:00 - 17:40**

**Color Code BLACK**

**17:40- 18:20**

**Color Code RED**

**18:20- 19:20 - PRP - STEM CELL WORKSHOP WITH DR.PAYMEN**

**19:20- 19:30 - QUESTIONS AND ANSWERS**

**DINNER IN A FANTASTIC GREEK RESTURANT 20.30**

**(We all meet in the Aquila Atlantis Hotel Lobby at 20:20)**

# DAY THREE JUNE 8th

## 5 LOWER EXTREMITY/ LUMBAR SACRAL SPINE ROTATION WORKSHOPS

**8:30-9:30** FUNCTIONAL ANATOMY LECTURE OF THE  
LOWER EXTREMITY AND LUMBAR SACRAL SPINE  
(Dr. Jon Trister)

**MORNING SESSION 9:30 - 13:15** - 45 MINUTES EACH ROTATIONAL  
WORKSHOP **KNEE, FOOT AND ANKLE**

9:30 - 10:15	Color Code <b>ORANGE</b>
10:15 - 11:00	Color Code <b>GREEN</b>
11:00 - 11:45	Color Code <b>BLUE</b>
11:45 - 12:30	Color Code <b>BLACK</b>
12:30 - 13:15	Color Code <b>RED</b>

**LUNCH** - 13:15-15:00 in local restaurant

**AFTERNOON SESSION 15:00-18:45** 45 MINUTES EACH WORKSHOP  
**HIP AND LUMBO-SACRAL SPINE**

15:00 - 15:45	Color Code <b>ORANGE</b>
15:45 - 16:30	Color Code <b>GREEN</b>
16:30 - 17:15	Color Code <b>BLUE</b>
17:15 - 18:00	Color Code <b>BLACK</b>
18:00 - 18:45	Color Code <b>RED</b>

**DINNER IN A FANTASTIC GREEK RESTURANT 20.30**

(We all meet in the Aquila Atlantis Hotel Lobby at 20:20)

# European School of Prolotherapy

To make this Educational Event possible,  
we all need to be together as a team  
and work hard.

## Prolotherapy and Regenerative Medicine Master Class

Teamwork and sharing our knowledge amongst ourselves will be our objective.

The **Project Package Deal** will cost ONLY **1000 euro** for the 3 full day educational event. The ESP will cover all lunches and educational costs. All cash payments can be made at workshop event, otherwise, bank transfer should be made.  
Dinner is not included

### **European School of Prolotherapy (ESP)**

BANK: INTERNATIONAL ASSET BANK – Sofia, Bulgaria

IBAN: **BG57IABG74321400355101**SWIFT: **IABGBGSF**

## Faculty Teaching Physicians:

- Dr. Andrea Piccozzi M.D. (Italy)
- Dr. David Wang D.O. (U.S.A)
- Dr. Stephen Cavallino M.D. (Italy)
- Dr. Adrian Gretton M.D. (Canada)
- Dr. Giuseppe Ridulfo M.D. (Italy)
- Dr. Yoon Hyun Yong M.D. (South Korea)
- Dr. Jon Trister M.D. (U.S.A.)
- Dr. Paymen Sadeghi M.D. (U.S.A.)
- Dr. Liza Smigel M.D. (U.S.A.)

And many other great clinical instructors



Dr. Stephen Cavallino M.D.

Director of the European School of Prolotherapy