



Theory and Practical Workshops in Basic Palpation Guided Prolotherapy

Upper Extremity, Lower Extremity and Spine

Ferrara - Hotel Radisson

April 11th - 13th, 2025

PROGRAM DAY ONE

Friday, April 11th, 2025

KNEE PALPATION GUIDE EDUCATION

14:30 - 15:10 - Prolotherapy of the Knee (Dr. Cavallino)

Anatomy / Functional Anatomy and Biotensegrity, Clinical Examination, Differential Diagnosis, Technical Injection understanding, drawing and needle approach technique.

15:10 - 15:40 - Drawing, Palpation and Injection Technique of the Knee with Dr. Cavallino

15:40 - 16:30 - Practical Workshop of the Knee - Prolotherapy Practical Stations

Drawing Palpation Exercises in Anatomy Understanding, Injection Technique in Palpation Guided Approach

16:30 - 16:50 - Coffee Break

SHOULDER PALPATION GUIDE EDUCATION

16:50 - 17:20 - Prolotherapy of the Shoulder (Dr. Cavallino)

Anatomy / Functional Anatomy and Biotensegrity, Clinical Examination, Differential Diagnosis, Technical Injection understanding, drawing and needle approach technique

17:20 - 17:50 - Drawing, Palpation and Injection Technique of the Shoulder with Dr. Cavallino

17:50 - 18:50 - Practical Workshop of the Shoulder - Prolotherapy Practical Stations

Drawing Palpation Exercises in Anatomy Understanding, Injection Technique in Palpation Guided

END OF DAY ONE



PROGRAM DAY TWO

Saturday, April 12th, 2025

HIP PALPATION GUIDE EDUCATION

8:00 - 8:30 - Prolotherapy of the Hip (Dr. Cavallino)

Anatomy / Functional Anatomy and Biotensegrity, Clinical Examination, Differential Diagnosis.
Technical Injection understanding, drawing and needle approach technique.

8:30 - 9:15 - Practical Workshop of the Hip - Prolotherapy Practical Stations

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

LUMBAR SPINE PALPATION GUIDE EDUCATION

9:15 - 10:00 - Prolotherapy Lumbar - Sacral Spine (Dr. Cavallino)

Anatomy / Functional Anatomy and Biotensegrity, Clinical Examination, Differential Diagnosis.
Technical Injection understanding, drawing and needle approach technique.

10:00 - 10:30 – Drawing, Palpation and Injection Technique of Lumbar Spine with Dr. Cavallino

10:30 - 10:50 - Coffee Break

10:50 -11:30 Practical Workshop of the Lumbar Spine - Prolotherapy Practical Stations

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

11:30 - 12:00 - Clinical Case Questions of Knee/Shoulder/ Hip and Lumbar Spine (ESP faculty panel)

12:00 - 12:30 - Solutions Workshop – How to prepare your injection solutions

12:30 - 13:00 – Live Patients - Prolotherapy palpation guided treatments

13:30 -14:30 - LUNCH in the Hotel



KNEE, SHOULDER, HIP AND LUMBAR SPINE PALPATION GUIDE EDUCATION

14:30 - 15:00 - Practical Workshop of the **KNEE (DAY 2) - Prolotherapy Practical Stations**

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

15:00 - 16:00 – Live Patients - Prolotherapy palpation guided treatments

16:00 -16:30 - Practical Workshop of the **HIP (DAY 2)- Prolotherapy Practical Stations**

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

16:30 -16:50 - Coffee Break

16:50 - 17:20 - Practical Workshop of the **SHOULDER (DAY 2) - Prolotherapy Practical Stations**

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

17:20 -18:20 - Practical Workshop of the **LUMBAR SPINE (DAY 2) - Prolotherapy Practical Stations**

Drawing Palpation Exercises in Anatomy Understanding.
Injection Technique in Palpation Guided Approach.

18:20 - 19:00 Clinical Case Questions of Knee/Shoulder/Hip and Lumbar Spine (ESP faculty panel) (DAY 2)

END OF DAY TWO



PROGRAM DAY THREE

Sunday, April 13th, 2025

8:30 - 9:30 - Prolotherapy of the Foot and Ankle (Dr. Cavallino)

Clinical Examination, Differential Diagnosis.

Technical Injection understanding, drawing and needle approach technique.

9:30 - 10:30 - Practical Workshop of the Foot and Ankle (ESP Faculty)

10:30 - 10:45 - Coffee Break

10:45 - 12:00 - Clinical Cases and Live Patients -Foot and Ankle Treatments (Dr. Cavallino)

12:00 - 12:30 - Questions and Answers (ESP Faculty)

12:30 - 13:30 - LUNCH in the Hotel Restaurant

13:30 - 14:30 - Elbow, Wrist and Hand Lectures and Clinical Workshop

14:30 - 15:30 - Live Patients

15:30 - End of the Prolotherapy Course with Diploma Achievement Time

ESP FACULTY:

**DR. ANDREA PICCOZZI, DR. OLIVER SANWALD, DR. CLAUDIO BASTIANELLI, DR. RAFFAELLO RICCI,
DR. LUCIANO BASSANI, DR. STEPHEN CAVALLINO, DR. ANGELO CHIARAMONTE**

COSTS:

The total cost is 1.600,00 euros.

Costs include:

- The intensive 3-day prolotherapy training course.
- The course materials, including lecture slides in PDF format and a booklet of the full course.
- The official diploma of the Course.
- ESP t-shirt.
- 4 coffee breaks and 2 lunches at the Radisson Hotel.

Costs do not include and are the responsibility of participants:

- Transportation to the course venue.
- Dinners.
- Overnight stays. An agreement is available with the Radisson Hotel in Ferrara to book rooms at favorable rates.

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