37th Annual Conference & Scientific Seminar
Cutting Edge Solutions for Cutting Edge Physicians

April 2-4 | 2020
Hyatt Regency on Capitol Hill
Washington, D.C.
ABOUT AAOM2020

It is with great pleasure that we announce AAOM2020 - our 37th Annual Conference and Scientific Seminar to be held on April 2-4, 2020 in Washington, DC. The theme of the conference is “Cutting Edge Solutions for Cutting Edge Physicians” and will cover the revolutionary medical breakthroughs that are transforming regenerative orthopedic medicine, offering a dynamic look at the next era of cutting edge information and therapies.

Emphasizing the current issues and current trends in orthopedic regenerative medicine our annual conference will take place in Washington, DC—the nation's capital. We have developed a rich educational and networking program, featuring highly respected international and regional speakers, including case presentations, research updates, orthobiologic evaluations, functional, spine and sports medicine topics, hands-on workshops and our President’s Reception networking event.

AAOM is dedicated to realizing the promise of regenerative medicine for patients and aspires to actively contribute to the advancement of scientific and medical practices locally, regionally and internationally.

With Washington, DC as the backdrop, you will be sure to enjoy the nation’s capital historic landmarks, local, national and international cultures of the city along with 17 free-to-enter Smithsonian museums.

We look forward to an exciting meeting that promises great educational and hands-on content and to the interaction with all distinguished guests and colleagues from around the world.

AAOM2020 Conference Committee

Sean Mulvaney, MD  
Chairman  
Conference Committee

Mike Carlson, DO  
Co-Chairman  
Conference Committee

Brian Shiple, DO  
AAOM President  
Guest of Honor
AAOM is pleased to announce our Keynote Speakers for 2020. Please take a moment to learn about each of our speakers.

Arnold Caplan is a Professor of Biology and the Director of the Skeletal Research Center at Case Western Reserve University. Dr. Caplan received his B.S. in Chemistry at the Illinois Institute of Technology, Chicago, Illinois; and his Ph.D. from The Johns Hopkins University School of Medicine, Baltimore, Maryland. He came to Case Western Reserve University as Assistant Professor of Biology in 1969 and rose through the ranks to become Professor in 1981. He has received a number of awards and is an Inaugural Member of the “Pioneers of Innovation” chosen by the Advocacy Committee of the Orthopaedic Research Society. He has trained over 150 researchers, has over 400 published papers and manuscripts and has long been supported by the National Institutes of Health and other non-profit and for-profit agencies for his efforts in trying to understand the development, maturation and aging and regeneration of cartilage, bone, skin and other mesenchymal tissues.

Dr. Mautner is board certified in Physical Medicine and Rehabilitation (PM&R) with a subspecialty certification in Sports Medicine. He has a special interest in the areas of sports concussions, where he is regarded as a local and regional expert in the field. In 2005, he became one of the first doctors in Georgia to use office based neuropsychological testing to help determine return to play for athletes. He also is an expert in diagnostic and interventional musculoskeletal ultrasound and teaches both regional and national courses on how to perform office based ultrasound. He regularly performs Platelet Rich Plasma (PRP) injections for patients with chronic tendinopathy. Dr. Mautner also specializes in the care of athletes with spine problems as well as hip and groin injuries. Dr. Mautner currently serves as head team physician for Agnes Scott College and St. Pius High School and a team physician for Emory University Athletics. He is also a consulting physician for Georgia Tech Athletics, Neuro Tour, the Atlanta Ballet, and several local high schools.
Speakers

Confirmed Speakers

Jay E. Bowen, DO
Don Buford, MD
Thomas Clark DC, RVT, RMSK
Jonathan Fenton, DO
Lisa A. Fortier, DVM, PhD, DACVS
Bradley Fullerton, MD
Martin Gallagher, MD
David Harshfield, MD
Gerard Malanga, MD
Peter Marks, MD, PhD
Sean Mulvaney, MD
Francis G. O’Connor, M.D., MPH, FACSM COL(ret), MC, USA
Carl E. Osborn, DO
Kevin Pauza, MD
John Pitts, MD
Dean Reeves, MD
Brian Shiple, DO
Wian Stander, MD
Paul D. Tortland, DO
Anne N. Truong, MD

Register online: aaomed.org or call 719-232-4084
Thursday, April 2, 2020 General Session – Day 1

Registration & Breakfast
Welcome and Introductory Remarks

8:00 - 10:30 BIOLOGICS IN TODAY’S MEDICINE
   Keynote: MSCs, A Surprise Package of Goodies
   Adipose Research Update
   What are the Umbilical Cord Blood Products and Amniotic Products?
   Prevention of Exertional Illness in Athletes and Warriors
   Placental Products in Regenerative Medicine
   Q & A

11:05 - 12:30 REGULATIONS / CHALLENGES IN REGENERATIVE MEDICINE
   FDA’s Efforts to Facilitate the Development of Safe and Effective Regenerative Medicine Products
   Outcomes of Regenerative Medicine

1:30 - 2:50 HORMONES / FUNCTIONAL MEDICINE
   Hormones and the Healing Milieu
   PCOS
   Autism: A Functional Approach
   Sexual Health Treatment with Regenerative Medicine

2:55 - 5:30 LUMBAR SPINE
   Fascial Systems of the Leg / Hip / Lumbar Spine
   The Efficacy of Intra-Annular Fibrin to Treat Chronic Low Back Pain: Prospectively Collected Outcomes
   Lumbar Case Presentations

5:30 pm Adjourn

President’s Reception

7:00 pm President’s Welcome Reception - the perfect place to kick-off our event! Reconnect with former colleagues, meet others interested in the field, and mingle with AAOM members and industry partners. This reception features cocktails and light appetizers and will be held in Concorde/Lexington/Bunker Hill rooms, lower level of the Hyatt Regency hotel.

Register online: aaomed.org or call 719-232-4084
### Conference Schedule

**Friday, April 3, 2020 General Session – Day 2**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>9:30-11:45</td>
<td><strong>HEAD AND NECK</strong>&lt;br&gt;Differentiated Diagnosis and Ultrasound Imaging of C3 &amp;Up “Working the Tiger Country”&lt;br&gt;SGB in PTSD: A Multi-Center RCT&lt;br&gt;Serious Complications: Guidelines for Being Prepared&lt;br&gt;Neck MRI&lt;br&gt;TMJ – An Evidence-Based Approach&lt;br&gt;Q &amp; A</td>
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<tr>
<td>1:00-2:20</td>
<td><strong>REGENERATIVE SPORTS MEDICINE</strong>&lt;br&gt;Treating Pro Athletes, What You Need to Know&lt;br&gt;Treating Sports Injuries with PRP&lt;br&gt;Rehabilitation Post Regenerative Medicine&lt;br&gt;Lyme’s Disease – Evidence-Based</td>
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<td>2:20-4:50</td>
<td><strong>STRUCTURE / PROLO THER APY / OPTIMIZING OUTCOMES</strong>&lt;br&gt;Osteopathic Methods to Improve Your Diagnosis&lt;br&gt;Cost Savings Model Based on Published Data on Orthobiologics&lt;br&gt;Prolotherapy – Evidence Based&lt;br&gt;Ozone Therapy in Regenerative Medicine&lt;br&gt;Q&amp;A&lt;br&gt;Farewell Remarks</td>
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<td>4:30-6:00</td>
<td><strong>DOCTOR’S TRANSFERABLE SKILLS DEMONSTRATION</strong>&lt;br&gt;At the end of the General Session our tradition is to provide a doctor demonstration &quot;transferable skills&quot; session. Treatments are available on a first-come basis, so please sign up at the registration desk during the General Session. Attendees will be required to sign a treatment waiver prior to OMT and prolotherapy treatments.</td>
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### Conference Schedule

**Technical Workshops - Saturday, April 4, 2020**

You have the option to choose a full day of workshops (total of 3) or individual workshops based on your learning preference.

<table>
<thead>
<tr>
<th>2 HOUR WORKSHOPS (Choose 1)</th>
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<tbody>
<tr>
<td>Introduction to Regenerative Medicine for Musculoskeletal Conditions</td>
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<tr>
<td>The Regenerative Medicine Lab: Best Practice for Hood-Based Protocols</td>
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<tr>
<td>Marketing Your Regenerative Medicine Practice</td>
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<thead>
<tr>
<th>4 HOUR WORKSHOPS W/LUNCH (Choose 1)</th>
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<tr>
<td>Basic MSK Ultrasound</td>
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<tr>
<td>10 am – 2:30 pm Prolotherapy 101</td>
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<tr>
<td>Advanced MSK Ultrasound</td>
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<tr>
<th>4 HOUR WORKSHOP - EVENING</th>
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<tr>
<td>3 pm – 7 pm Brachial Plexus Ultrasound</td>
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Technical Workshops

2 HOUR AM WORKSHOPS

**Introduction to Regenerative Medicine for Musculoskeletal Conditions**
Mayo Friedlis, MD
Didactic workshop focused on providing the practitioner basic knowledge of regenerative medicine and how it provides the potential for efficient prevention, early detection, and treatment. An introduction to orthobiologics including prolotherapy, platelet rich plasma, platelet releasate, platelet lysate, bone marrow stem cells, amniotic/placental products, GF rich serums, cytokines, and growth factors will be discussed and their use for the treatment of bone and cartilage defects, osteoarthritis (OA), inflammatory arthritis and tendon injuries.

**The Regenerative Medicine Lab: Best Practice for Hood-Based Protocols**
Charles Mahl, MD
Didactic and live hands-on demonstration workshop will provide the practitioner best practices for the handling of PRP within the practice setting. Emphasis will focus on the techniques, protocols, processing and platelet counting, equipment reviews and supplies.

**Marketing Your Regenerative Medicine Practice**
Anne Truong, MD
Didactic workshop focused on providing the practitioner a marketing strategy for Regenerative Medicine, including how to inform patients you offer these treatment options, how to boost revenue and profits, creative ways to increase patient volumes (such as digital marketing), website, advertising, and more.

4 HOUR WORKSHOPS with LUNCH

**Prolotherapy 101**
Carl Osborn, DO and Michael Bertram, MD
Prolo 101” aka “IROM 101” is your first step in becoming proficient in this complex surgical injection technique. Workshop will introduce the most basic, fundamental concepts of Regenerative Medicine and its interventional/injection techniques. Presenters will discuss how Prolotherapy can be utilized in various clinical situations; list the injection targets; describe injection technique. Workshop includes both a didactic lecture and hands-on training. PDF of the powerpoint presentation and applicable resources will be provided at-conference.

**Basic MSK Ultrasound (4:1 ratio stations)**
Michael Carlson, MD, Andrew Kochan, MD, Charles Mahl, MD, Mayo Friedlis, MD
This basic workshop focuses on regional anatomy live scanning of structures including the peripheral joints and spine. Our experienced instructors will guide learners in small groups to identify and discuss the function of basic controls on an ultrasound machine console; describe the normal ultrasonographic appearance of adipose, muscle, tendon, ligament, bone, fascia, vessels, nerve and cartilage; and discuss the benefits of MSK US in orthopedic regenerative medicine. Attendees shall receive instruction on diagnostic and interventional techniques. PDF of the powerpoint presentation and applicable resources will be provided at-conference.

**Advanced MSK US with Models (4:1 ratio)**
Sean Mulvaney, MD, Brian Shiple, DO, Phillip Steele, MD, Tom Clark, MD, Jonathan Fenton, DO, Brad Fullerton, MD, Thomas Bond, MD
This intensive workshop focuses on regional anatomy live scanning of structures including the peripheral joints and spine. Our experienced instructors will guide learners in small groups through the diagnostic scanning of certain structures. Attendees shall receive instruction on advanced ultrasound physics, image optimization, advantages of MSK US, and diagnostic and interventional techniques to utilize orthobiologics. PDF of the powerpoint presentation and applicable resources will be provided at-conference.

4 HOUR EVENING WORKSHOP

**Brachial Plexus Ultrasound (4:1 ratio stations)**
Phillip Steele, MD, Tom Clark, MD, Sean Mulvaney, MD
This work has advanced greatly in the last couple years to diagnose and treat very common but unknown anatomic variants of the branches of the cervical nerve routes like the spinal accessory nerve, dorsal scapular nerve and the long thoracic nerve that get entrapped in the scalene and pec minor muscles. Instructors teaching this can accurately find these entrapped nerves, diagnose them based on physical exam and diagnostic ultrasound.
Registration Fees

Registration Fee includes: admission to all General Sessions (workshop fees are separate) | admission to President's Reception | admission to Exhibitor Hall | refreshment breaks | a digital guide to your experience- the AAOM2020 mobile app | CME credit processing | post-video of all General Session presentations.

2 Day General Session

**EARLY BIRD** - Register by December 30, 2019

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<tr>
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<th>MEMBERS</th>
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**STANDARD RATE** - after December 30, 2019

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Technical Workshops

2 HOUR WORKSHOP(S) - 8 am to 10 am

*Choose One Morning:* Intro Regenerative Medicine for MSK Conditions - Regenerative Medicine Lab- Marketing Regenerative Medicine Practice

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4 HOUR WORKSHOP(S) with LUNCH - 10 am to 2:30 pm

*Choose One Mid-Day:* Basic MSK US - Advanced MSK US - Prolotherapy 101

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4 HOUR WORKSHOP - Brachial Plexus Ultrasound - 3 pm to 7 pm

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Other Information

Accommodations
Obtain our special AAOM2020 rate and book your room at the Hyatt Regency on Capitol Hill. To make your reservations, please go to this link: https://www.hyatt.com/en-US/group-booking/WASRWG-AA31 or contact the Hyatt at 877-803-7534 reference "AAOM". Group rate is $259/night for single/double.

Target Audience
We welcome all Individuals representing physicians, academia, researchers, allied health practitioners, health care professionals, residents, fellows and medical students, along with Industries and others engaged in endeavors related to interventional regenerative orthopedic medicine and business. This is an excellent forum for informal networking and meeting potential collaborators.

Mounuments by Moonlight
Interested in scheduling a tour of Washington, DC or want to keep your family busy? Schedule a Trolley Tour with us!

A 15 minute walk up to DC Union Station from the Hyatt Regency, DC Trolleys deliver a promise to show our group the best the city has to offer in a comfortable state-of-the-art stadium trolley. No matter where you sit, their certified tour guides will provide expert narration offering a fun, interactive and informative experience that is anything but boring.

So, hop on and let's see one of America's most fascinating cities together!

Must RSVP no later than January 30, 2019!
Saturday, April 4, 2020 at 7:30 p.m. | Price: $45 per person | Space is limited!
Learning Objectives

CME Credits

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Foundation for Care Management (FCM) and AAOM. The FCM is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The FCM will designate this live activity for 38 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Please note that General Session will be between 16-20 CME while technical workshops will have additional credits.

Learning Objectives

The overall learning goals and objectives that we hope to achieve are to:

- Educate attendees with the background, rational, history, descriptions / options, regulations and applications for orthopedic regenerative medicine therapies
- Provide attendees with the resources of how to utilize these therapies for MSK disorders
- Provide attendees with didactic lectures, research reviews, select case reviews, and panel discussions
- Understand the available research on regenerative orthopedic medicine treatments
- Understand the scope of regenerative medicine (e.g. what are stem cell versus cellular based therapies)
- Propose how injection therapies can be integrated into treatment protocols to enhance proper healing and affect chronic pain conditions
- Workshop demonstrations and hands-on training to include:
  - Basic and Advanced Ultrasound - enhance your basic to advanced understanding of the principles of ultrasound
  - Prolotherapy 101 - learn the fundamentals of being able to diagnose pain or injury, needle placement and anatomy for injured ligaments, tendon, and other structures
  - Brachial Plexus Ultrasound - describe the technique for evaluating brachial plexus using ultrasound, map anatomy of brachial plexus, describe the ultrasound features of various brachial plexus pathologies
  - Introduction to Regenerative Medicine for Musculoskeletal Conditions
  - The Regenerative Medicine Lab: Best Practice for Hood-Based Protocols - understanding from bench to bedside concept for regenerative medicine
  - Marketing Your Regenerative Medicine Practice - marketing objectives that guide your practice to develop and execute the best ideas that will make your goals a reality

Register online: aaomed.org or call 719-232-4084
GETTING HERE

REGAN INTERNATIONAL AIRPORT – 4.2 MILES
Lyft or Uber – $10-15 | Taxi – $20-30 | Metro/Subway – $5-6

DULLES AIRPORT 30 MILES

STAYING & MEETING AT THE HYATT

Check in – Take the Escalator to the Lobby Level Front Desk | Guest Rooms in North and South Towers
- Meeting and Exhibit Hall – Ballroom Level
- All Day Thursday & Friday | General Session and Exhibit Hall
- Thursday Night – President’s Reception | RSVP to Attend
- Friday Afternoon – Doctor’s Transferable Skills Demonstration
- Saturday – Hands-On Workshops

OUT & ABOUT IN DC

Before or after AAOM2020 take in our Nation’s Capital
- Cherry Blossom Festival - on Saturday there will be a parade just blocks away from the hotel to enjoy - more information here: https://nationalcherryblossomfestival.org/all-events/
- The United States Capitol – .5 Miles/8 Minute Walk and Go to Visit the Capitol to schedule a 45 minute tour
- The Supreme Court – .6 Miles/12 Minute Walk
- Smithsonian Air & Space and Natural History Museum’s – 1 Mile Lincoln Memorial – 2 Miles

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