



*Prolotherapy Educational Course  
Upper Extremity  
Athens, Greece, May 29 – 30, 2015*



This educational course of Prolotherapy was set up to teach different physicians in different specialties dealing with problems and pain of the muscular skeletal system using a natural injection therapy for healing. Prolotherapy is a very effective regenerative therapy for many different muscle skeletal disorders. This injection therapy is to treat unstable ligaments, tendons and joints to improve the biomechanical structure and relieve chronic pain.

We have organised these courses in three modules so we can teach this fantastic regenerative therapy dividing it in three parts. Upper Extremity, Lower Extremity and Spine including difficult prolotherapy injections.

The Clinical Instructors at our courses are very well trained with International experience to teach physicians at highest level. These instructors are from the Hackett Hemwall Patterson Foundation in collaboration with the Italian Association of Prolotherapy, trained under the educational prolotherapy standards developed at the University of Wisconsin (USA) Our Prolotherapy Courses are designed to teach the learning physician as much as possible and to go home with maximum attention in understanding differential diagnosis including technical injection skills.

Friday, May 29th, 2015

**8:30 - 9:00** Registration

**9:00 - 10:15** Introduction of Prolotherapy - Dr. Susan Lanza

- General concepts of Prolotherapy with scientific evidence
- Evidence Based Medicine in Prolotherapy

**10:15 - 10:30** Coffee Break

**10:30 - 11:15** Solutions & Safety - Dr. Stephen Cavallino

- Solutions and how to prepare prolotherapy solutions
- Materials (needles, syringe).
- Safety and technics.
- Complications

**11:15 - 13:00** Prolotherapy of the Shoulder/Elbow - Dr. Andrea Piccozzi, Dr. Stephen Cavallino

- Anatomy Review
- Clinical Examination and Differential Diagnosis
- Anatomy Drawing and Landmarks.
- Injection Technique
- Questions and Answers

**13:00 - 14:00** Lunch

**14:00-15:30** Active Prolotherapy Workshop of the Shoulder  
**Dr. Andrea Piccozzi, Dr. Susan Lanza Dr. Stephen Cavallino**

- Small Groups with Clinical Instructor – Shoulder Review
- Drawing Lab of the Shoulder and Injection Tech Lab
- Live Patients – Shoulder Treatment with Prolotherapy

**15:30 - 16:00** Coffee Break

**16:00-18:00** Active Prolotherapy Workshop of the Elbow  
**Dr. Andrea Piccozzi, Dr. Susan Lanza Dr. Stephen Cavallino**

- Small Groups with Clinical Instructor – Shoulder Review
- Drawing Lab of the Shoulder and Injection Tech Lab
- Live Patients – Shoulder Treatment with Prolotherapy

*Saturday, May 30th, 2015*

**9:00 - 10:15 Wrist and Hand Dr. Stephen Cavallino**

- Anatomy Review
- Clinical Examination and Differential Diagnosis
- Anatomy Drawing and Landmarks.
- Injection Technique
- Questions and Answers

**10:15 - 10:30**

***Coffee Break***

**10:30 - 13:00 Active Workshop Shoulder, Elbow, Wrist and Hand  
Dr. Andrea Piccozzi, Dr. Susan Lanza Dr. Stephen Cavallino**

- Small Groups with Clinical Instructor – Shoulder Review
- Drawing Lab of the Shoulder and Injection Tech Lab
- Live Patients – Shoulder Treatment with Prolotherapy
- Final Individual Oral, Palpation and Drawing Examination

**13:00 - 14:00**

***Lunch***

**14:00 - 15:00 Final Review – Part I**

- Clinical Cases and Review
- Doctors treat doctors

**15:00 - 15:30**

***Coffee Break***

**15:30 - 16:30 Final Review – Part II**

- Doctors treat doctors
- Neuroprolotherapy and future courses

**Venue:** Athinais Hotel

99, Vasilissis Sofias Av. 115 21 Athens

Tel: +30 210 6431133 E-mail: info@athinaishotel.gr

*P.S. Very important that all physician's attending this Prolotherapy Course have a good understanding of Anatomy and they must study the anatomy before attending. All doctors need to bring their anatomy books as well.*

### **Prolotherapy lecturers & Instructors**

Dr. Stephen CAVALLINO, MD, Emergency medicine, Ferrara – Italy, Vice President of SIPRO (Societa Italiana di Proloterapia). Prolotherapy instructor of Hackett Hemwall Foundation.

Dr. Andrea PICCOZZI, MD, Physical Medicine and Rehabilitation, Trieste – Italy. Training responsible of SIPRO (Societa Italiana di Proloterapia). Prolotherapy instructor of Hackett Hemwall Foundation.

Dr. Susan LANZA, MD, Sports Medicine, Milano – Italy. Secretary of SIPRO (Societa Italiana di Proloterapia). Prolotherapy instructor of Hackett Hemwall Foundation.

### **Prolotherapy Assistant Instructors**

Dr. Sotirios ATSOPARDIS, MD, Physical Medicine and Rehabilitation, Halkis, Evoia - Greece.

Dr. Stavros DIMITRAKOPOULOS, MD, Physical Medicine and Rehabilitation, Athens – Greece.

Dr. Asterios PAPANIKOLAOU MD, SFEPRM, Physical Medicine and Rehabilitation, Thessaloniki – Greece.

Dr. Lazaros VAKIRTZIAN, MD, Physical Medicine and Rehabilitation, Heraklion, Creta - Greece.