



**Pyle Center
University of Wisconsin-
Madison**





PRE-RECORDED EDUCATIONAL VIDEOS

OPTIMIZE LEARNING AT YOUR OWN PACE!

REVIEW PRE-RECORDED VIDEOS PRIOR TO COMING TO THE WORKSHOPS

- Your paid fees for the MAIN CONFERENCE (Thursday, Friday & Saturday) will include access to pre-recorded online educational videos on the following topics
- The pre-recorded sessions are not approved for CME Credit.
- It is **MANDATORY** that you review this material **PRIOR** to the conference to optimize your experience at the LIVE event

HHPF VIDEOS: ANATOMY, PALPATION, MARKING AND PROLOTHERAPY INJECTION TECHNIQUES

**6.5+
Hours**

TOPIC	PRESENTER	MINUTES
1. INTRODUCTION TO PROLOTHERAPY	Annette Zaharoff, MD	41:33
2. KNEE	Greg Hon, DO	52:31
3. HIP & ANTERIOR PELVIS	Brian Ralston, MD	60:00
4. ANKLE FOOT	Linh Vuong, MD	54:37
5. SHOULDER	Ripal Parikh, DO	45:29
6. ELBOW, WRIST, HAND	Tinh Vuong, DO, L.Ac.	43:47
7. CERVICAL SPINE	Bobby Nourani, DO	56:58
8. LUMBOSACRAL SPINE & POSTERIOR PELVIS	Joel Baumgartner, MD	40:13



PRE-CONFERENCE MULTI-MODALITY LOW BACK PAIN TX

WEDNESDAY, SEPTEMBER 23, 2026

A professional audiovisual team will be recording for virtual attendees.

MORNING

DEXTROSE-BASED THERAPIES TO TREAT LBP

7:30 - 8:00 AM	Registration & Breakfast	
8:00 - 8:10 AM	Welcome Introduction	Annette Zaharoff, MD
8:10 - 9:00 AM	Low Back Pain (LBP) Case Presentation, Clinical Exam & Pearls	Adrian Gretton, MD
9:00 - 10:00 AM	Perineural Injection Therapy (PIT) & Dextrose Caudal for LBP: Mechanism, Techniques & Research	Liza Maniquis-Smigel, MD
10:00 - 10:30 AM	BREAK (Sponsor Exhibitions)	Liza Maniquis-Smigel, MD
10:30 - 11:30 AM	Live Demonstration: PIT for LBP, dextrose caudal	Eric Phillippi, MD
11:30 - 12:30 PM	Dextrose-Based Therapies for LBP: Nerve Hydrodissection & Prolotherapy Palpation Marking & US guided injection techniques lecture	Stephen Cavallino, MD
12:30 - 1:30 PM	LUNCH (Sponsor Presentation)	Joel Baumgartner, MD

AFTERNOON

MULTI-MODALITIES TO TREAT LBP

1:30 - 2:30 PM	Live Demonstration: Prolotherapy & Nerve Hydrodissection Lumbosacral Injections – Palpation & Ultrasound Guided	Eric Phillippi, MD Joel Baumgartner, MD
2:30 - 3:00 PM	Platelet Rich Plasma (PRP) for LBP: PRP preparations & Research	Eric Phillippi, MD
3:00 - 3:30 PM	BREAK (Sponsor Exhibitions)	
3:30 - 4:30 PM	Extracorporeal Shockwave Therapy (ESWT) Introduction, Mechanism, Radial vs. Focus ESWT, Research & Return on Investment	Alexander Abläß
4:30 - 5:15 PM	Live Demonstration: Radial & Focus ESWT for LBP	Alexander Abläß
5:15 - 6:00 PM	Expert Panel on Multi-modalities for treating LBP: PIT, Prolotherapy, PRP, Other Orthobiologics, ESWT Ozone, Osteopathic Manual Therapy, Acupuncture	HHPF Faculty



ALL DAY HANDS-ON WORKSHOPS

PROLOTHERAPY LOWER EXTREMITY WORKSHOPS

THURSDAY, SEPTEMBER 24, 2026

A professional audiovisual team will record senior faculty during workshops for virtual attendees.

ALL DAY HANDS-ON WORKSHOPS: ANKLE/FOOT, KNEE, HIP/PELVIS

- **PALPATION, MARKING & ULTRASOUND WORKSHOP**
- **CADAVER PALPATION & ULTRASOUND GUIDED INJECTION WORKSHOP**

MORNING

7:30 - 8:00 AM	Registration & Breakfast
8:00 - 8:10 AM	Welcome Introduction
8:10 - 8:40 AM	Key intersections of Prolotherapy & Ultrasound
8:40 - 9:50 AM	Workshop #1: Ankle/Foot Palpation, Marking, US
9:50 - 10:50 AM	Workshop #2: Knee Palpation, Marking, US
10:50 - 11:20 AM	BREAK (Sponsor Exhibitions)
11:20 - 12:20 PM	Workshop #3: Hip/Pelvis Palpation, Marking, US
12:20 - 1:20 PM	LUNCH (Sponsor Presentation)

Annette Zaharoff, MD
Dean Reeves, MD

WORKSHOPS:

Attendees will rotate through all 6 workshops led by HHPF Faculty

AFTERNOON

1:20 - 2:30 PM	Workshop #4: Ankle/Foot Cadaver, US Workshop
2:20 - 3:30 PM	Workshop #5: Knee Cadaver, US Workshop
3:30 - 4:00 PM	BREAK (Optional Sponsor Exhibitions)
4:00 - 5:05 PM	Workshop #6: Hip/Pelvis Cadaver, US Workshop
5:05 - 5:25 PM	Prolotherapy Knee Research
5:25 - 5:45 PM	Q&A

Ted Harrison, MD
David De La Mora, MD
HHPF Faculty

EVENING

6:00 - 8:45 PM

HHPF ANNUAL AWARDS & FUNDRAISING BANQUET
Cost included with Main Conference registration

ALL DAY HANDS-ON WORKSHOPS



PROLOTHERAPY UPPER EXTREMITY & SPINE WORKSHOPS

FRIDAY, SEPTEMBER 25, 2026

A professional audiovisual team will record senior faculty during workshops for virtual attendees.

ALL DAY HANDS-ON WORKSHOPS: SHOULDER; ELBOW, WRIST/HAND; LUMBOSACRAL

- **PALPATION, MARKING & ULTRASOUND WORKSHOP**
- **CADAVER PALPATION & ULTRASOUND GUIDED INJECTION WORKSHOP**

MORNING

7:30 - 8:00 AM	Registration & Breakfast	
8:00 - 8:10 AM	Welcome Introduction	Annette Zaharoff, MD
8:10 - 8:40 AM	Prolotherapy Safety Lecture	Greg Hon, DO
8:40 - 9:50 AM	Workshop #1: Shoulder Palpation, Marking, US	
9:50 - 10:50 AM	Workshop #2: Elbow, Wrist/Hand Palpation, Marking, US	
10:50 - 11:20 AM	BREAK (Sponsor Exhibitions)	
11:20 - 12:20 PM	Workshop #3: Lumbosacral Palpation, Marking, US	
12:20 - 1:20 PM	LUNCH (Sponsor Presentation)	

WORKSHOPS:

Attendees will rotate through all 6 workshops led by HHPF Faculty

AFTERNOON

1:20 - 2:30 PM	Workshop #4: Shoulder Cadaver, US Workshop	
2:20 - 3:30 PM	Workshop #5: Elbow, Wrist/Hand Cadaver, US Workshop	
3:30 - 4:00 PM	BREAK (Optional Sponsor Exhibitions)	
4:00 - 5:05 PM	Workshop #6: Lumbosacral Cadaver, US Workshop	
5:05 - 5:25 PM	Prolotherapy Coccydynia Research	Stephen Cavallino, MD Julide O. Alptekin, MD
5:25 - 5:45 PM	Q&A	HHPF Faculty

EVENING

6:00 - 6:30 PM	MIX & MINGLE (self pay bar)
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CUTTING-EDGE CONCEPTS, THERAPIES & RESEARCH

SATURDAY SEPTEMBER 26, 2026

A professional audiovisual team will be recording for the virtual audience.

MORNING

CUTTING-EDGE CONCEPTS, THERAPIES & RESEARCH IN PAIN MANAGEMENT

7:30 - 8:00 AM	Registration & Breakfast	
8:00 - 8:30 AM	Prolotherapy Research Updates	David Rabago, MD
8:30 - 9:00 AM	Research Update on Therapeutic Dextrose Injection: Emphasis on Dextrose Prolotherapy	Dean Reeves, MD
9:00 - 9:30 AM	Aging & Hormones in Musculoskeletal Medicine	Martin Gallagher, MD
9:30 - 10:30 AM	Fascia & Biotensegrity	Brad Fullerton, MD
10:30 - 10:45 AM	BREAK	
10:45 - 11:15 AM	Autonomic Dysregulation, POTS, Ehlers- Danlos	Ryan Wood, ND, DC
11:15 - 11:45 AM	Functional Medicine as it relates to Regenerative Care and Outcomes	Joel Baumgartner, MD
11:45 - 12:15 PM	Advance Prolotherapy Cases	Adrian Gretton, MD
12:15 - 12:30 PM	Q&A	HHPF Faculty
12:30 PM	CONFERENCE ADJOURNS	

12:30PM - 10 PM

HHPF FACULTY-ONLY EVENTS

2026 FACULTY

Alexander Ablaß
Julie Alptekin, MD
Joel Baumgartner, MD
Helene Bertrand, MD
John Broussard, DO
Stephen Cavallino, MD
Corina Ciolacu, MD
David De La Mora, MD
Brad Fullerton, MD
Marty Gallagher, MD, DC
Adrian Gretton, MD
Cristina Gutierrez, MD

Ted Harrison, MD
Sean Hesler, ND
Greg Hon, DO
Yong Hyun Yoon, MD
Aeneas Janze, MD
Andrew Kochan, MD
Francois Louw, MD
Jim Nosal, MD
Bobby Nourani, DO
Meleine Ongchuan, MD
Ripal Parikh, DO
Eric Phillippi, MD

Sarah Preston-Hesler, ND
David Rabago, MD
Brian Ralston, MD
Dean Reeves, MD
Jaehyun Shim MD
Liza Smigel, MD
Linh Vuong, MD
Tinh Vuong, DO, LAC
David Wang, DO
Ryan Wood, ND
Annette Zaharoff, MD

CONFERENCE PLANNING COMMITTEE

Joel Baumgartner, MD
Nicole Bonk, MD
Syd Campbell
Julie Olson, RN, MS
Sarah Preston-Hesler, ND
Brian Ralston, MD
Linh Vuong, MD
Tinh Vuong, DO, LAC
Kay Weeden
Annette Zaharoff, MD

A decorative gold ribbon swirls around the top and sides of the text, set against a dark blue background filled with numerous white and gold stars of varying sizes.

HHPF Annual Awards & Fundraising Banquet

Celebrating 57 years
OF HUMANITARIAN SERVICE

Pyle Center, UW-Madison
Thursday, September 24, 2026
6:00 PM to 8:45PM

All conference participants

are invited to join us for an evening of celebration as we recognize the people who have contributed to HHPF to advance global health. Be inspired by stories of the lives we touch through HHPF service-learning trips. Support our humanitarian efforts through donations & auctions.