



44th Annual Conference
September 23-26, 2026

Pyle Center
University of Wisconsin-
Madison

**CORE OF
REGENERATIVE
MEDICINE**

PROLOTHERAPY &
MUSCULOSKELETAL
PAIN TREATMENT

AGENDA





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 Eric Phillippi, MD
10:30 - 11:30 AM	Live Demonstration: PIT for LBP, dextrose caudal	Stephen Cavallino, MD
11:30 - 12:30 PM	Dextrose-Based Therapies for LBP: Nerve Hydrodissection & Prolotherapy Palpation Marking & US guided injection techniques lecture	Joel Baumgartner, MD
12:30 - 1:30 PM	LUNCH (Sponsor Presentation)	

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 Ablaß
4:30 - 5:15 PM	Live Demonstration: Radial & Focus ESWT for LBP	Alexander Ablaß Tinh Vuong, DO, L.Ac
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	Prolotherapy Safety Lecture
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

Greg Hon, DO

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: Current Paradigm & Clinical Pearls	Jon Trister, MD
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)	

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

WORKSHOPS:

Attendees will rotate through all 6 workshops led by HHPF Faculty

EVENING

6:00 - 6:30 PM **MIX & MINGLE** (self pay bar)



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 in Dextrose Therapies	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
 John Broussard, DO
 Stephen Cavallino, MD
 Ted Harrison, MD
 Brad Fullerton, MD
 Marty Gallagher, MD, DC
 Adrian Gretton, MD
 David De La Mora, MD
 Sean Hesler, ND

Greg Hon, DO
 Yong Hyun Yoon, MD
 Aeneas Janze, MD
 Paul Johnson, DO
 Andrew Kochan, MD
 Francois Louw, MD
 Jim Nosal, MD
 Bobby Nourani, DO
 Ripal Parikh, DO
 Eric Phillippi, MD
 David Rabago, MD

Brian Ralston, MD
 Dean Reeves, MD
 Jaehyun Shim, MD
 Liza Smigel, MD
 Jon Trister, MD
 Tinh Vuong, DO, LAc
 Linh Vuong, MD
 David Wang, DO
 Annette Zaharoff, MD
 Ryan Wood, ND, DC

CONFERENCE PLANNING COMMITTEE

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

SATURDAY SEPT 26, 2026

There is **NO CME** for the FACULTY-ONLY sessions

12:30 PM FACULTY LUNCH

Main Lecture Hall, box lunch

1:00 PM - BRAD FULLERTON, MD

1:45 PM Fascia & Biotensegrity
Clinical Pearls Workshop

1:45 PM- JON TRISTER, MD

3:15 PM Prolotherapy: Current Paradigm and
Clinical Pearls workshop

3:15 PM FREE TIME

6:00 PM FACULTY DINNER

At Adam Balin & Karin Mahony's residence. Join us for an evening of good food, great conversations & warm company. PARTY UNTIL YOU DROP!



HHPF appreciates our faculty!



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.