



Australian Association of Musculoskeletal Medicine

Injection Therapies for the Neck and Upper Back

Sunday 27th November 2022

Adelaide

A workshop for doctors wanting to boost their skills and confidence in treating upper back and neck pain with Prolotherapy, Trigger Point therapy and Perineural Therapy. This will include cervicogenic and other causes of headache.



This workshop is timed to follow the AAMM Neck and Upper Back module on Saturday 26th November 2022.

Prior attendance at the AAMM module is strongly advised.

We will look at

- Differentiating nerve root and soft tissue pain
- Headaches – cervicogenic vs other causes
- Theory of perineural injection therapy (PIT) for peripheral neuropathic pain

We will practise

- Palpation to localise the patient's pain
- Injections for ligament strain
- Trigger point injections and how to find the common ones especially trapezius
- Lyftogt subcutaneous injections to dorsal rami and other cutaneous nerves

The theory will be covered in approximately 2 hours of pre-reading in preparation for this one day hands-on workshop practising the above techniques.

Venue: Smart Health 12-22 Richmond Rd Keswick 5035

Tutors: Dr Margaret Taylor, Dr Ramona Chryssidis and Dr Jennie Wright

Cost: \$550 – medical practitioners, AAMM members \$440 Registrars \$385 (includes GST)

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To enquire about the AAMM Neck and Upper Back pain module go to <https://aamm.org.au/>

Program

09:00 – 10:00	Connective tissue repair (how prolotherapy works) and use of magnesium for muscle pain and headache
10:00 – 10:20	Morning Tea
10:20 – 11:30	Prolotherapy for upper spine, neck and muscles including trapezius. Temporomandibular joint. Other types of headache. Migraine.
11:30 – 12:30	Perineural therapy – John Lyftogt’s superficial technique for neurogenic pain and its use in upper back, neck and face pain
12:30 – 13:15	Lunch
13:15 – 13:30	Palpation practice on each other
13:30 – 15:30	Treatment of patients
15:30 – 15:45	Afternoon tea
15:45 – 17:00	More patients
17:00 – 17:30	Needles, solutions, books and other tips
17:30	Evaluation and close