



Australian Association of Musculoskeletal Medicine

## Injection Therapies for the Low Back and Buttock

### Program – 4<sup>th</sup> September

Time	Topic
9.00am – 10.00am	Introduction to connective tissue repair and effect of nutrients to enhance healing
10.00am – 10.15am	<b>Morning Tea</b>
10.15am – 11.15am	Prolotherapy for lumbar spine, sacro-iliac joint, hip and pubic symphysis. We will be covering trochanteric pain and hip osteoarthritis.
11.15am – 12.15pm	Perineural therapy – John Lyftogt’s superficial technique for neurogenic pain and its use in acute low back pain
12.15pm – 12.30pm	Trigger points and PRP
12.30pm – 1.30pm	<b>Lunch</b>
1.30pm – 2.30pm	Palpation practise on each other
2.30pm – 3.30pm	Treatment of patients
3.30pm – 3.45pm	<b>Afternoon Tea</b>
3.45pm – 4.00pm	Needles, solutions, books and other tips
4.00pm – 5.30pm	More patients
5.30pm	<b>Evaluation and Close</b>