



# Australian Association of Musculoskeletal Medicine

## INJECTIONS FOR MUSCULOSKELETAL PAIN

**Friday 26<sup>th</sup> – Sunday 28<sup>th</sup> March 2021**

**VENUE: Integrative Health Solutions**

**13 Laffers Rd, Belair SA 5052**

**Presented by**

**Dr Margaret E Taylor MB.BS, BSc, FACNEM, cert Sports Med in GP**

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**ACRRM 6 PDP core points & 20 extended skills points**

This activity was approved by the RACGP QI&CPD Program until 2016.

Total 40 Category 1 points but their new requirements to get approval are now too difficult. I can help you do an Active Learning Module, for 40 category 1 points



“.. a creditable, effective and safe method of treating chronic soft tissue disability... this relatively inexpensive and very safe approach offers both an economic benefit as well as a high level of success” **Prof. Vert Mooney, Prof. and Head, Department of Orthopedics, Univ of California, San Diego.**

### Why hypertonic glucose?

**P**rolotherapy is a simple injection technique developed by George Hackett MD, a US surgeon; effective for treating chronic neck and back pain and many other soft tissue injuries.

It involves palpation of the painful area to localise the site of pain and injection of lignocaine and hypertonic glucose to tender points and ligamentous insertions on bone around joints (enthesis). We think that it works by restarting the healing cascade resulting in collagen formation, increasing the strength of ligaments and their attachments. As the new collagen matures it shrinks, gradually restoring stability and strength to the ligament and to joints. Once the enthesis is pain free, muscle spasm relaxes, reflex inhibition of muscles ends and flexibility improves.

Biopsies of human sacro-iliac ligaments showed marked fibroblastic hyperplasia and increase in collagen fibril size and number. Treated ligaments and entheses become 30-40% stronger when compared with saline controls. Chronic tendinopathy also responds as glucose inhibits excess VEGF. I will also be introducing Lyftogt's Perineural therapy technique, for peripheral nerve pain.

There are now many studies and reviews of the effectiveness of prolotherapy in various pain syndromes on PubMed. In Yelland's DB trial in Queensland, Spine 2004;29(1):9-16, there was 26-44% reduction in low back pain and 30-40% reduction in disability. A recent DB study in knee osteoarthritis showed WOMAC scores increased by 15.3 compared with 7.6 for saline injections and 8.2 for exercise. This was at 12 month followup. Many other meta-analyses and observational studies describe excellent results in knees, neck and other areas. Visit [www.drmtaylor.com.au](http://www.drmtaylor.com.au) for more detail and references.

## Learning Objectives

This very practical hands-on workshop will cover theory of prolotherapy and treatment of common injury patterns for those experienced in musculoskeletal medicine and orthopaedics. Newcomers to this area will also learn simple diagnostic tools.

1. Use palpation in common pain syndromes in all areas of the body
2. Carry out injection technique to entheses, trigger points and peripheral nerves
3. Apply safe injection technique, to avoid pneumothorax, nerve and spinal injury and infection

**Numbers will be limited to enable sufficient hands-on experience.**



“After several miserable years with intractable low back pain, I had complete relief through prolotherapy... this led me to practice it thereafter. With careful patient selection I had a better than 80% success rate.”

**C. Everett Koop MD. US Surgeon General from 1981-1989**

## Comments from former attendees

### **Dr John Lyftogt, Christchurch, 3 months after Feb 2003 workshop**

“Prolotherapy has taken off like a rocket with some amazing results. .... from painful bunions to Achilles tendon problems to neck pain and migraine. I now feel confident in offering patients this treatment modality with predicted good outcome.”

**In 2004 he said,** “When it comes to prolotherapy, my clinical experience (32 years) is quite clear. This is the best treatment modality I have in my armamentarium for the treatment of pain arising from joints, ligaments, tendons and muscles. (*Until now*) I have never been able, despite extensive training in sports medicine, manipulation, myofascial pain treatment etc to offer my patients a 'cure rate' of 80-90% for almost all their orthopaedic medical problems.

### **Anonymous comments at end of November 2015 workshop**

“This workshop is essential training for anyone working in the chronic pain management field. Margaret is a highly experienced practitioner with a passion for teaching and comprehensive patient care. You will not be disappointed.”

“Must attend the workshop. Very valuable”

“Amazing”

“Excellent. Looks like many patients are getting good results” (*observation of real patients*)

**Dr Peter Henderson, Gold Coast - 5 weeks after workshop**

"Thank you for the quality of your workshop. I came away feeling pretty confident about it, and started treating people virtually the next day...I've had two spectacular successes so far - 1 knee, 1 back, and most others feel they are improving." He told me later, that the workshop was the most cost-effective medical education he'd ever done.

**Dr Kin Kay Leung, Hong Kong - 2 months after workshop**

"It worked well with my patients. I have made 2 miracle cures on migraine - one 20 years history of suffering!"

**Dr Kathleen Wilson – 2 weeks after workshop**

"Thanks for organising a great workshop. My knowledge of anatomy has soared and I am more confident (and therefore more interested!) in musculoskeletal problems already."

**Email from Dr. David Walkden-Brown 07 4664 1110 (happy to receive calls re this workshop and technique)**

"My partner and I are enjoying treating many patients everyday with prolotherapy. Thank you once again for teaching me such a useful procedure for treatment of such a wide range of musculoskeletal maladies. Keep up your excellent teaching work."

**Dr Thomas Choong – email**

"I only do musculo-skeletal medicine; and prior to Margi's course, I was already doing a lot of acupuncture, dry needling, trigger point injection etc. I took her meticulous approach on board and started doing dry needling/trigger point injection using her technique and approach. The result has improved many fold! Thanks so much Margi!!!"

## P R O G R A M

### FRIDAY night

6.30pm	Registration
6.45pm - 8.30 pm	<b>Introduction and literature review</b> <b>Nutrition and musculoskeletal repair</b>
9.00pm - 9.30 pm	<b>Understanding low back pain</b>
9.30pm – 10.00pm	<b>Principles of Perineural therapy (for neuropathic pain)</b>

### SATURDAY

8.30 - 9.30 am	<b>Low back examination and prolotherapy</b>
9.30am -10.00 am	Low back examination practice
10.15am – 1.00pm	Low back demonstration and injection practice on patients
2.00pm - 2.30 pm	<b>Pubic symphysis, hip, knee, ankle and foot</b>
2.45pm - 5.45 pm	Demonstration and injection practice on patients
<b>7.30 pm</b>	<b>WORKSHOP DINNER</b>

### SUNDAY

9.00am - 9.30 am	<b>Cervical and thoracic spine</b>
9.30am – 10.00am	<b>Shoulder, elbow and hand</b>
10.15am – 1.00pm	Demonstration and injection practice on patients
2.00pm - 2.30 pm	<b>Getting started in your practice: materials needed</b>
2.30pm - 4.30 pm	Demonstration and injection practice on patients
4.30pm – 5.00pm	Evaluation and close (participants treatment?)

## REGISTRATION FORM for March 2021 workshop

Name:	
Practice Address:	
Postal Address:	
Phone Work:	
Phone Mobile:	
Email:	
Dietary Requirements	

**Registration fee:**        **\$790.00 (includes GST) for Australians**  
                                 **\$700.00 for overseas attendees:**

(Includes 70-80 pages of course materials (this may be in electronic form by March 2021), introductory pack of glucose, needles etc, lunches, snacks, tea and coffee)

### **Payment & Registration**

Please register via Try Booking link: <https://www.trybooking.com/BNSVM>

For further information phone 0439 841 048

Tax invoice will be provided at the workshop. Venue is 30 minutes from airport by taxi/Uber.

## **Accommodation**

The nearest hotel is Arkaba Hotel, 150 Glen Osmond Rd, Fullarton SA 5063 \$118 per night – but its 12 minutes drive away. Phone (08) 8338 1100 Ask for a room away from the entertainment areas!

I suggest looking on Stayz or AirBnB for a place nearby and walking to the venue through the beautiful tree-lined streets.

On Stayz – look at “A home away from home in the hills. Fully independent furnished unit”.

On AirBnB – for example look at

- Self contained flat – Faye’s place is 27 Hawthornedene Dr, Glenalta – 20 min walk
- Raindrop cottage in the hills – Isabelle & Julien – 127A Main Rd Glenalta – 7 min walk
- Peaceful leafy in the Hills, Blue Wren and Honeyeater – Les - 15 Burnell Drive, Belair – 20 min walk
- Relaxing Foothills 2 BR apartment on Nottingham Way - 12-14 min walk