

# HKIMM TAPRM 亞太增生療法工作坊

## HKIMM/TAPRM Asia Pacific Prolotherapy Workshop Regenerative Injection Therapy



**Dr. Lenny Horwitz**



**Dr. Bjorn Eek**



**Dr. Stanley Lam**

**Hands on Workshop NOV 19 2018**



**Venue: Immanuel Regenerative Care Clinic, Taichung, Taiwan**

<b>A</b>	<b>Dr. Bjorn Eek</b>	RIT: Spine, Hip, Knee, Shoulder	
<b>B</b>	<b>Dr. Lenny Horwitz</b>	RIT: Ankle/Foot Tapping, Mauipulation, Evaluation	
<b>C</b>	<b>Dr. Stanley Lam</b>	Hydrodissection, ultrasound nerves scan	
08:00~09:30	A	B	C
09:30~10:00	Break		
10:00~11:00	A	B	C
11:00~12:30	C	A	B
12:30~13:30	Lunch		
13:30~14:30	C	A	B
14:30~15:00	Break		
15:00~17:30	B	C	A



**+ HKIMM/TAPRM Faculty**

Hong Kong Institute of Musculoskeletal Medicine

Taiwan Association of Prolotherapy and Regenerative Medicine



# 2018 HKIMM TAPRM Asia Pacific Prolotherapy Workshop (Regenerative Injection Therapy)

Hong Kong Institute of Musculoskeletal Medicine / Taiwan Association of Prolotherapy and Regenerative Medicine

**Date :** November 19, 2018 08:00 – 17:30

**Venue :** Immanuel Regenerative Care Clinic

2F., No.12, Gongyequ 1st Rd., Xitun Dist., Taichung City 407, Taiwan (R.O.C.)

**International Register link :** <https://goo.gl/BHZs56> (此連結為國外付款使用,台灣醫師請填寫 台灣版報名表)

## Topics :

<b>A</b>	<b>Dr. Bjorn Eek</b>	<b>RIT: Spine, Hip, Knee, Shoulder</b>
<b>B</b>	<b>Dr. Lenny Horwitz</b>	<b>RIT: Ankle/Foot Tapping, Mauipulation, Evaluation</b>
<b>C</b>	<b>Dr. Stanley Lam</b>	<b>Hydrodissection, ultrasound nerves scan</b>

**A/B group:** demo RIT techniques, evaluation, treat attendees, answer RIT clinical questions, practice on each other under faculty's assistance , please wear casually and comfortably for practice

**C group:** hands on live model scan with 1:4 faculty/attendee ratio

## Workshop :

<b>08:00~09:30</b>	<b>A</b>	<b>B</b>	<b>C</b>
<b>09:30~10:00</b>	<b>Break</b>		
<b>10:00~11:00</b>	<b>A</b>	<b>B</b>	<b>C</b>
<b>11:00~12:30</b>	<b>B</b>	<b>C</b>	<b>A</b>
<b>12:30~13:30</b>	<b>Lunch</b>		
<b>13:30~14:30</b>	<b>B</b>	<b>C</b>	<b>A</b>
<b>14:30~15:00</b>	<b>Break</b>		
<b>15:00~17:30</b>	<b>C</b>	<b>A</b>	<b>B</b>

In the workshop, attendees will be separated into **3 groups**, each group will have maximal 20 attendees. Each group will go through all three instructors. In the morning, **1<sup>st</sup> group to go A station. 2<sup>nd</sup> group to B, 3<sup>rd</sup> group to C**, and rotate to next station as schedule. In all stations, there will be TAPRM and HKIMM faculty and invited international faculty to assist. **In Dr. Stanley Lam's group**, there will be 1:4 faculty/attendee ratio to provide enough hands on time to scan peripheral nerves. **In Dr. Eek and Dr. Horwitz groups**, attendees can be model to demonstrate the evaluation and treatment, TAPRM faculty will assist for injection therapy, and both teachers will teach clinical skills to help attendees to realize real patient treatment tips.

## **Speaker Profile:**

### **Dr. Bjorn Eek, MD**

Doctor Eek is an orthopedic surgeon in private practice in Santa Barbara, CA. He served his residency in General Surgery at the University of New Mexico School of Medicine and his subspecialty training in Orthopedic Surgery at the University of California Irvine College of Medicine. He earned his Doctor of Medicine degree at University of California at Irvine. For his undergraduate studies, Dr. Eek attended the University of California at Los Angeles.

His great skills and experience in musculoskeletal medicine makes him so famous in USA for great result of treatment and diagnosis. He devoted himself in developing msk medicine such as prolotherapy, regenerative injection therapy, and teaches around the world to help more doctors learn prolotherapy and improve their treatment results. He also developed solutions and nutrition to improve RIT.

He got American Association Orthopedic Medicine (AAOM) lifetime achievement award in 2007 which just shows our respect and gratefulness for Dr. Eek.

### **Dr. Lenny Horwitz, DPM**

Dr. Lenny S. Horwitz, DPM practices podiatry in Bluefield, Va. where he specializes in non-surgical interventions for treating foot and ankle problems. His 19 page CV is very impressive, spanning almost 50 years of practice, but Dr. Horwitz is best known for his clear understanding of how foot dysfunction and disease impact other parts of the body such as the neck, back, and knee.

Dr. Horwitz teaches biomechanics and prolotherapy for AAOM, the Hackett-Hemwall Foundation and Israel's Hadassah Hospital. In the past, he has taught for AOA and AAOM. He also has lectured about treatments for diabetic neuropathies at local healthcare institutions and for the Goldfarb Lecture at Temple University's Podiatric School of Medicine in Philadelphia, Pennsylvania. He has the ability to make the complex seem simple and fun when he is teaching so his classes are always filled with eager students wanting to learn.

2013 AAOM lifetime achievement award

### **Dr. Stanley KH Lam, MD**

MBBS, MScSEM (BATH), MScSMHS (CUHK), FHKIMM

PGDip MSM (Otago), RMSK, CIPS, FIPP

President / HKIMM

Clinical Associate Professor (Hon) / The Chinese University of Hong Kong

Hon Clinical Assistant Professor / The University of Hong Kong

MSKUS Asia President

MSKUS Faculty

AAOM Faculty

World Academy of Pain Medicine Ultrasonography (WAPMU) Faculty

World Institute of Pain Examiner

Hackett Hemwall Foundation Faculty

The Orthobiologic Institution (TOBI) Faculty

American Osteopathic Association of Prolotherapy and Regenerative Medicine Faculty

KH Lam Musculoskeletal Pain Management & Sports Injury Center, Hong Kong

Team Physician, Rugby Teams, The Hong Kong University of Education

Dr. Stanley Lam is famous for his comprehensive knowledge in musculoskeletal ultrasound and regenerative injection therapy. As he was invited to teach all around the world, he stayed a lot in the air which may be more than he was on the ground. He stays in the air more, also because he runs a lot. As he runs more, he gets more experience of RIT by injecting himself by himself. Everywhere he teaches, people just inexorably surround him for more teaching. He devotes himself to musculoskeletal pain, and he teaches and keeps improving his medicine with love.

## **Invited International Faculty**

### **Dr. Philip Lim**

**Musculoskeletal Medicine**

**Northside Physical Medicine**

**105/2 Atchison Street**

**St Leonards NSW**

**Australia**

Dr. Philip Lim is a medical practitioner with special interest in musculoskeletal medicine and is in private practice on the North Shore of Sydney, in sunny Australia.

He graduated from the University of London (MB.BS.) in 1985. He has a Masters of Medicine in Physical (Musculoskeletal) Medicine from the University of Sydney in 2002. With over 30 years' experience in medicine, his interest is in manual therapies along with Regenerative Orthopaedic Medicine using platelet rich plasma injections to both ligaments and joints under ultrasound guidance. He is a Foundation Fellow of the Hong Kong Institute of Musculoskeletal Medicine and Member of the Australian Association of Musculoskeletal Medicine and the American Association of Orthopaedic Medicine.

- MB.BS. (London) (1985)
- Master of Medicine, University of Sydney (2003)
- Fellow Australian College of Physical Medicine
- Fellow Hong Kong Institute of Musculoskeletal Medicine
- Past Fellowship Examiner Hong Kong Institute of Musculoskeletal Medicine
- Member Australian Association of Musculoskeletal Medicine
- Member American Association of Orthopaedic Medicine

### **Dr. Yong Hyun, Yoon**

**MD - Korean Medical Doctor**

**Orthopaedic Surgeon - Hallym Sacred Hearted Hospital**

**Shoulder and Elbow Fellowship - Hallym Sacred Hearted Hospital**

**DOMTP - Diplomate in Osteopathic Manipulative Theory & Practice**

**RMSK by ARDMS**

**IROM-C (Interventional and Regenerative Orthopaedic Medicine Certification)**

**Facutly / O-C-O (Ontario College of Osteopathy)**

**Faculty / KACOM (Korean Association of Cyriax Orthopaedic Medicine)**

**Faculty / KAMST (Korean Association of Medical Shockwave Treatment)**

**Faculty / MSSONO (Musculoskeletal Ultrasound)**

**CranioSomatic Treatment Workshop by Hancock**

**HHPF (Hackett Hemwall Patterson Foundation) workshop**

**AAOM workshop (Denver, Cancun, Guadalajara, Seattle)**

**Perineural Injection Therapy Workshop (John Lyftogt)**

**ISMST diplomate (International Society of Medical Shockwave Treatment)**

**Member of AAOM, A4M, AAOT, ISMST**

**ISMST diplomate (International Society of Medical Shockwave Treatment)**

Member of AAOM, A4M, AAOT, ISMST  
Member of KOA, KSES, Korean Knee Society  
Incheon Terminal Orthopaedic Clinic - Private practice

## **Dr. Jeimylo De Castro**

Jeimylo De Castro MD, FPARM, RMSK, DABRM

Medical Director at SMARTMD -- sonographic musculoskeletal assessment and regenerative therapy

Region IVA - Calabarzon, Philippines Medical Practice

Current : SMARTMD -- sonographic musculoskeletal assessment and regenerative therapy, American Academy and Board of Regenerative Medicine, Society of Diagnostic Medical Sonography

Previous : PuRxCell, American academy and board of regenerative medicine, Teaching faculty of aapmr msk ultrasound guided chemodenervation workshop

Education : University of Santo Tomas

## **TAPRM faculty**

### **Dr. Frederick Lin**

Dr. Frederick Lin was trained in Taichung Veterans General Hospital Rehabilitation department by Dr. Chiu for PM&R and Cyriax's orthopedic medicine, and acupuncture degree in Chinese Medicine University. He then shifted his major interest to prolotherapy since 2010, trained prolotherapy in Hackett Hemwall Patterson Foundation, AAOM, HKIMM, MSKUS, and founded TAPRM in 2014 with his colleagues. TAPRM provides information and education of prolotherapy to Taiwan doctors, and prolotherapy is now very widely practiced in Taiwan. TAPRM also keeps connecting Taiwan prolo doctors to the world that many doctors devote in learning new skills to help practice of prolo. The prolotherapy in Taiwan is reshaped in a more comprehensive style, and more and more Taiwan people get healing from RIT to live pain free. Dr. Lin also set up his Immanuel Regenerative Care Clinic to do a full time RIT practice, and also provides more resource for training of RIT in Taiwan.

Taiwan association of prolotherapy and regenerative medicine / president & founding president (2014)

Prolotherapy Specialist in Tong General Hospital, Taichung

PM&R Taiwan

Acupuncturist Taiwan

AAOM / HKIMM

### **Dr. Daniel Wei-Chuan Wang, MD**

Vice President of Taiwan Association of Prolotherapy and Regenerative Medicine (TAPRM)

Director of PM&R Dept., Everan Hospital, Taichung

Fellow of Hong Kong Institute of Musculoskeletal Medicine (HKIMM)

Member of American Association of Orthopedic Medicine (AAOM)

Member of Taiwan Academy of Sports Medicine (TASM)

Member of Taiwan Pain Society (TPS)

Member of Institute for Functional Medicine (IFM)

International Intravenous Nutritional Therapy for Professionals (IIVNTP), fundamental, advanced, anti-aging, oncology

Michigan State University (MSU) Osteopathic Manipulation Techniques



**Selective Functional Movement Assessment (SFMA) Level 1, 2**  
**NeuroKinetic Therapy (NKT®) Level 1, 2, 3**  
**Dr. Kathy Dooley (Immaculate Dissection) Level 1, 2, 3, 4**  
**Redcord Neurac 1, Neurology Japanese translator**  
**EBFA BarefootRx® Level 1, 2**  
**Anatomy Trains in Structure**  
**Dynamic Neuromuscular Stabilization (DNS) Basic A**  
**Applied Kinesiology by Dr. Hans Garten**

## **Dr. Chikai You**

### **Personal profile**

- **Executive director of Taiwan Association of Prolotherapy and Regenerative Medicine (TAPRM)**
- **Assistant instructor of the musculoskeletal Ultrasound (MSKUS) and the regenerative injection therapy of the American Association Of Osteopathic Medicine (AAOM)**
- **Instructor of the MSKUS and the regenerative injection therapy of the Hong Kong Institute of Musculoskeletal Medicine (HKIMM)**

### **Personal Training and certification**

- **Physical medicine and rehabilitation medical doctor**
- **Acupuncture physician**
- **MSKUS master class by Dr. Thomas Clark**
- **AAOM advance prolotherapy workshop, Cancun, Mexico, 2015**
- **AAOM core prolotherapy workshop, Cancun, Mexico, 2014**
- **Dr. John Lyftogt perineural injection therapy Master class training, 2014**
- **Prolotherapy training Hackett-Hemwall-Patterson Foundation (HHPF), Wisconsin, USA, 2013**

## **Dr. PAC Chen**

**Present: Taichung Tzu Chi Hospital Rehabilitation department attending physician**

**Education: National Yang-ming University Department of Medicine**

**Experience:**

**Department of Health and Welfare Department of Taichung Hospital of rehabilitation department resident**

**Taiwan rehabilitation medicine specialist**

**Managing Supervisor of Taiwan Association of Prolotherapy and Regenerative Medicine (TAPRM )**

**Member of HKIMM Hong Kong Institute of Musculoskeletal Medicine**

**Member of AAOM American Association of Orthopaedic Medicine**

**Member of the Republic of China Medical Ultrasound Society**

**Member of the Taiwan Pain Medicine Association**

**Member of Taiwan Chiropractic Medicine Association**

**Member of the Taiwan muscle pain medical society**

**Member of the Taiwan Sports Medicine Association**

**Expertise:**

**Acute and chronic pain management, musculoskeletal problems diagnosis and treatment, foot orthosis, scoliosis, prolotherapy, neural prolotherapy, ultrasound guided intervention, spine& extremity manipulation, functional assessment, stroke rehabilitation, spinal cord injury and brain injury rehabilitation, orthopedic rehabilitation**

## **Dr. Andy Hung**

Medical Director of Shenshen Rehabilitation Clinic  
MD, National Taiwan University  
Board certified in Physical medicine and rehabilitation  
Board member, TAPRM  
Teaching faculty , MSKUS  
Member of HKIMM, AAOM  
Lyftogt perineural injection treatment, Master class

## **Dr. Paul Strong**

M.D.(2007): National Yang-Ming University, Taipei, Taiwan  
2008-2013: Resident, Chief Resident and Attending Physician, Department of Physical Medicine and Rehabilitation, Veterans General Hospital Taipei  
2013-Present: Attending Physician, Department of Physical Medicine and Rehabilitation, Far-Eastern Memorial Hospital, New Taipei City, Taiwan  
2014-Present: Director/Faculty, Taiwan Association of Prolotherapy and Regenerative Medicine(TAPRM)  
AAOM/HKIMM Member  
Hackett Hemwall Patterson Foundation(HHPF): Prolotherapy workshop (2013)  
AAOM Cancun Prolotherapy Workshop (2016)  
Dr. Thomas Clark MSKUS Cadaver and Diagnostic Course (2015, 2016, 2018)  
Dr. John Lyftogt Neural Prolotherapy Training (2015)  
Osteopathic Manual Therapy, MSU-MET1 (2017)  
International IV nutritional Therapy (2017)

## **Dr. Nick Chen**

Chief Physiatrist, Pintung Hospital  
Faculty of TAPRM  
Hackett-Hemwall Foundation (HHF) Prolotherapy training  
RIT training(Taiwan Faculty) by Dr John Lyftogt  
AAOM Cancun Prolotherapy Workshop 2015  
Musculoskeletal Ultrasound Cadaver Courses  
MSKUS diagnostic Ultrasound training  
Neurokinetic Therapy level 3 course  
International Certificate of IV Nutrition Therapy

## **Dr. Jui Jen Hsu**

Medical Director of Tai He PM&R clinic  
Member of the Chinese Medical Association of Acupuncture  
Member of the Taiwan Academy of Physical Medicine and Rehabilitation  
Member of American Association Of Osteopathic Medicine (AAOM)  
Member of the Hong Kong Institute of the Musculoskeletal Medicine (HKIMM)  
Faculty of of Taiwan Association of Prolotherapy and Regenerative Medicine (TAPRM)  
David Weinstock Neurokinetic Therapy  
Dr. Thomas Clark MSKUS Cadaver and Diagnostic Course  
AAOM prolotherapy workshop,Guadalajara,Mexico, 2015  
Dr. John Lyftogt perineural injection therapy Master class training, 2014

## **Dr. Tsung Ju Wu**

**MD-Taiwan medical doctor**

**Director of Physical Medicine and Rehabilitation-Yuanlin Christian Hospital**

**RMSK**

**Supervisor / TAPRM**

**Doctoral student / China Medical University**

**MSKUS Faculty**

**TAPRM Faculty**

**HKIMM member**

**AAOM member**

## **Dr. His-Ting Chiu**

**Attending physician, Department of Physical Medicine and Rehabilitation, DaChien Health Medical System**

**Director, Taiwan Association of Prolotherapy and Regenerative Medicine(TAPRM)**

**Sports Medicine Specialist, TASM**

**Certification of RMSK**

**Member of Taiwan Pain Society**

**Member of Taiwan Association of Manual Medicine**

**Member of Hong Kong Institute of Musculoskeletal Medicine(HKIMM)**

**Member of American Association of Orthopaedic Medicine(AAOM)**

**Adjunct school physician, National Hsinchu Special School**

**Completion of training of AAOM prolotherapy and regenerative injection therapy workshop**

**Completion of training of Lyftogt P.I.T master class**

**Manual medicine courses of Michigan State University**

**Certification of Neurokinetic Therapy level 3**

**Certification of Barefoot Rehab Specialist level 1**

**Certification of International IV nutritional Therapy**

## **Dr. Sindy Lin**

**Director of PM&R Departement, Jhong Jheng Spinal Orthopedic Hospital**

**Director and Faculty of TAPRM (Taiwan Association of Prolotherapy and Regenerative Medicine)**

**Specialist of Physical Medicine and Rehabilitation, Taiwan**

**Specialist of Sports Medicine, Taiwan**

**Licensed Chinese Medicine Doctor, Taiwan**

**Dr. Sindy Lin started her prolotherapy journal after she accidentally found that hypertonic dextrose local injection is helpful for musculoskeletal pain when she was a Chief resident. After that she started to have series prolotherapy training via HHPF, AAOM, HKIMM, MSKUS and TAPRM. She devoted herself in prolotherapy and regenerative medicine treatment and education, and decided to keep doing these as her lifetime career and interest.**

## **Dr. PoLung Hsiao**

**Medical Director of Shiancare Clinic**

**MD, Taiwan / PM&R, Taiwan**

**Faculty of TAPRM**

**Faculty(Taiwan) of MSKUS**

**Member of HKIMM/AAOM**

**Lyftogt Perineural Injection Therapy Training**

**MSU Osteopathic Manual Therapy Training**



## Dr. DingHao Liu

Attending Physician, Department of Physical Medicine and Rehabilitation, Taipei

Veteran General Hospital, Yuanshan branch, Yilan City, Taiwan

MD, National Defense Medical Center, Taiwan

Ph.D. candidate, Institute of clinic medicine, National Yang-Ming University, Taiwan

Board certified in Physical medicine and rehabilitation

Board member, TAPRM

Member of HKIMM, AAOM

## Registration Fee:

Registration Fee	USD\$580
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## Precautions:

In order to protect the rights and interests of the attendees and the intellectual property of the speakers, any form of audio and / or video recording is prohibited.

## How to register:

**International Register link : <https://goo.gl/BHZs56>**

(此連結為國外付款使用，台灣醫師請填寫 台灣版報名表)

1. Registration time: Registration starts online on 15 August 2018, available on first come first served basis.
2. After filling out the registration form through BeClass registration system, we will send a payment notice. Please transfer the fee within 3 days of receiving the notice to complete the registration. Those who fail to complete the payment within the deadline will be disqualified from the registration.
3. You can check BeClass registration system to see whether your registration is successful.
4. Refund agreement:
  - ★ On condition that the course fails to start due to any force-majeure circumstances, the registration fee can be refunded in full.
  - ★ If you are unable to participate due to the personal reasons, please inform us in advance by e-mail (there's no making up of the course).
  - ★ When the personal factor refund request is received, the full refund can be made if the vacancy can be filled, according to the order of registration.

★The cancellation fee is **USD\$70**. Cancellation 21 to 30 days before the start of the course will be refunded **90%** (cancellation fee required); cancellation 4 to 20 days before the start of the course will be refunded **70%** (cancellation fee required); cancellation within 3 days of the start of the course will be refunded **50%** ( cancellation fee required); **those who failed to arrive will not be refunded except for irresistible factors. Renewal fee; those who have not arrived will not be refunded except for irresistible factors.**

#### 5. Registration consultation:

Please contact us during business hours from Monday to Friday.

Secretary e-mail: [TAPRM2014@gmail.com](mailto:TAPRM2014@gmail.com)

**TAPRM secretary will also mail to you after we get the registration to help to get the right way to the venue on time**

### **Collaborative hotel discount rate:**

(Please inform the counter when you make a reservation: Taiwan Association of Prolotherapy and Regenerative Medicine; all of the following rates are the contract price. We are not responsible if the hotel has further discounts, please require when you make the reservation on the day of check-in.)

★ Taichung Howard Prince Hotel: +886-4-2463-2323

★ Howard Jade Garden Taichung (appended to Howard Prince Hotel, of which the room number is small): +886-4-2463-2323

★Windsor Hotel Taichung: +886-4-2465-6555

**Above 3 hotels are quite close to conference venue and workshop venue**

### **Tourist Attraction**

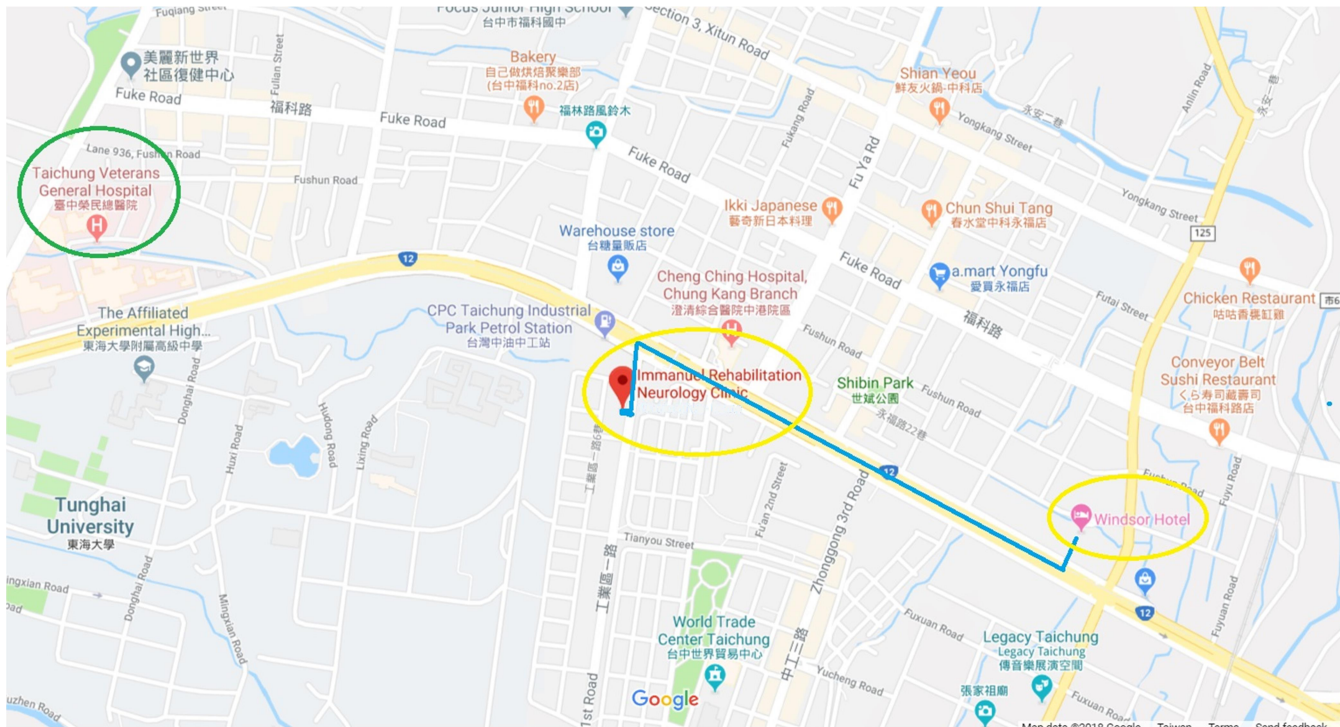
TOP 10 must go in Taichung: <https://ppt.cc/fX8fQx>

Night market / Sun Moon Lake

# Map from Winsor Hotel to Immanuel Regenerative Care Clinic

## ● **Vanue : Immanuel Regenerative Care Clinc**

No. 12, Gongyequ 1st Road, Xitun District, Taichung City, 407, **Taiwan (R.O.C.)**



## **Traffic:**

### **Taiwan Taoyuan International Airport :**

- ◆ Please search for flight to National Taoyuan International airport (TPE)
- ◆ From Taoyuan airport, taking taxi or MRT to Taoyuan high speed rail station, purchase the ticket to Taichung station
- ◆ MRT Taoyuan: <https://www.tymetro.com.tw/tymetro-new/en/index.php>
- ◆ Taiwan High Speed Railway:  
[https://www.thsrc.com.tw/index\\_en.html](https://www.thsrc.com.tw/index_en.html)

### **From Taiwan High Speed Railway(Taichung Station):**

- ◆ Take High-speed Rail Express Bus No.161 and get off at Cheng-Ching Hospital , Chung-Kang branch. Go straight ahead for 100 meters and turn left on Gongyequ 1st Road. Stay on Gongyequ 1st Road for about 50 meters, vanue is on the right.
- ◆ Take taxi (around 10 USD, 300 NTD)

### **Bus:**

- ◆ Regular Bus Lanes: No.300 to No.310
- ◆ Get off at Cheng-Ching Hospital, Chung-Kang branch

### **From Winsor Hotel:**

- ◆ Walk along the Taiwan Boulevard and turn left on Gongyequ 1st Road
- ◆ Take taxi or bus