



# BIO- LLUMINATE 4

INTERNATIONAL CME REGENERATIVE MEDICINE CONFERENCE AND TRAINING COURSE

**PROVIDED BY:** ALBERT EINSTEIN COLLEGE OF MEDICINE -  
MONTEFIORE MEDICAL CENTER,  
IN JOINT PROVIDERSHIP WITH GULF COAST BIOLOGICS

# BIO-LLUMINATE

# 4

INTERNATIONAL CME REGENERATIVE MEDICINE CONFERENCE AND TRAINING COURSE

*Welcome!*

Welcome to the 4th annual International Bio-Illuminate Orthobiological & Regenerative Medicine Conference from the GCB Team.

Our conference has always been about bringing together innovative techniques and methods, and this year is no different. We will focus on the latest patient outcomes and published data, working with you to bridge the gap between clinical research and practice.

Our focus is on personalized, precision-guided, non-surgical orthobiological procedures on upper and lower extremity pathologies. Join us for a comprehensive and engaging event.

To meet our goals, we proudly designed a new conference agenda.

We are excited to announce a new conference agenda that will help us achieve our goals. Attend "Battle Discussions," "Meet the Expert at the Breakfast Table," and "Round Table Discussions" to learn from passionate lecturers who will address current topics and novelties, and share your experiences with them.

Most importantly, you will have the unique opportunity to participate in practical training on cadavers and live models, while interacting and learning from dedicated leaders in the field. You can also choose to observe live patient treatments in the procedure room.

We are honored to have both new and returning guests in our facility and are grateful for the support of Veterans in Pain, a non-profit organization.

Join us for an engaging and informative learning experience. We look forward to working with you!

Sincerely,

*Patrick Pennie*

**Patrick Pennie**  
President & CEO | GCB



*Peter Everts*

**Peter Everts, PhD, FRSM**  
Chief Scientific Officer | GCB



# LEARNING Objectives



- Enhance the knowledge of orthobiology and regenerative medicine using a detailed course agenda.
- Review the latest technology in advanced autologous biologics, including clinical platelet-rich plasma, bone marrow aspirate and concentrate, and adipose tissue concentrate.
- Outline differences in autologous biological preparation validation results, emphasizing platelet dosing and bioformulations.
- Identify sonoanatomy of upper and lower extremities in live and cadaver models.
- Demonstrate proper ultrasound scanning techniques in upper and lower extremities.
- Demonstrate and practice static and dynamic ultrasound techniques in the upper & lower extremities.
- Explore supportive regenerative methods; photobiomodulation, shockwave therapy, and extracorporeal magnetotransduction therapy.
- Demonstrate treatment plan development via diagnostic imaging for ultrasound-guided biological injections and nerve blocks in the upper and lower extremities on cadaver specimens.
- Discover ultrasound imaging in bone marrow aspiration procedure from PSIS.

# PROFICIENCY Objectives

- Classify and perform safe orthobiological procedures in MSK sports medicine and non-surgical orthopedic lesions.
- Review the benefits of autologous clinical platelet concentrates and leukocytes in the PRP milieu.
- Identify differences between BMA vs. BMC injectates regarding MSC yields, RBC's contamination, hemolysis, TNCs, and the relevance of dosing.
- Review the advantages of dual-spin vs. single-spin devices and the differences in bioformulations regarding the classical and angiogenetic healing cascades.
- Identify the relevance of platelet dosing, immunomodulation, and pain management in pathoanatomic tissue repair.
- Examine upper and lower extremities in a live model with ultrasound imaging.
- Assess the differences and potential of bone marrow aspiration methods as orthobiological injectates.
- Recognize the proper indications and relative contraindications for the use of orthobiological preparations.
- Evaluate the potential of viable available and deliverable platelets towards clinical PRP definition and platelet dosing.
- Evaluate joint and tendon disorders and treatment options with autologous biological injections.
- Present the inseparable relationship of ultrasound guidance in orthobiological injection procedures in the upper and lower extremities.
- Examine the difference in protocols and biological activities of BMC components vs BMA as injectates.
- Review evidence-based outcomes in biological cell therapeutics and understand failing outcomes.
- Assess the advantages of patient outcome tracking technology and clinical protocol implementation.

## ACCREDITATION STATEMENT

In support of improving patient care, this activity has been planned and implemented by Albert Einstein College of Medicine-Montefiore Medical Center and Gulf Coast Biologics.

Albert Einstein College of Medicine-Montefiore Medical Center is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## CREDIT DESIGNATION STATEMENT

Albert Einstein College of Medicine – Montefiore Medical Center designates this live activity for a maximum

**20.0 AMA PRA Category 1 Credits™.**

Physicians should claim only credit commensurate with the extent of their participation in this activity.

# BIO-LLUMINATE



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## FRIDAY 11/10

Time	Session/Activity	Location
11:00AM-11:30PM	Registration	Lobby
11:30AM-12:00PM	Lunch to go	Vendor Hall
12:00PM-12:15PM	<b>Welcome Address &amp; Opening</b> Patrick Pennie, President GCB	Auditorium

## 12:15PM-5:45PM *Workshops, Rotation Times: 1:30PM - 2:30PM - 3:30PM-4:30PM*

	<b>Real World Data &amp; Evidence-Based Treatment Protocol Development</b> Nick Tierney	Auditorium
	<b>Biological Preparations &amp; Lab</b> Ewa Profiruk, MSc, Heidi Colombo, RN, Peter Everts, PhD	Clinic
	<b>US Live Models</b> Glenn Flanagan, MD, Randy E. Moore, DC, RMSK, Luga Podesta, MD, Leslie Aja, RMSKS	Boca Grande
	<b>Shockwave Live Models</b> Perry Camissa, DC, John Knab, MD	Captiva
	<b>Photobiomodulation</b> Chris Perry, David Bradley, DVM, FASLMS	Siesta Key
	Closing	

## SATURDAY 11/11

Time	Session/Activity	Location
7:00AM	Registration	Lobby
7:30AM-7:45AM	Breakfast To Go	Vendor Hall
8:00AM-8:15AM	<b>Welcome Address</b> Peter Everts, PhD, FRSM	Auditorium

## 8:15AM - 10:45AM **A Patient Journey in Orthobiology** Auditorium

**Biomechanical Assessment Before Orthobiological Treatments**  
Perry Camissa, DC

**Nerve Blocks and Orthobiological Procedures**  
Randy E. Moore, DC, RMSK

**Is Ultrasound Imaging Essential in Delivering Orthobiological Preparations?**  
Glenn Flanagan, MD

**Rehabilitation Protocol**  
Walter Sussman, DO

**Interactive Q&A on Podium Stools**  
Peter Everts, PhD, FRSM & Luga Podesta, MD

**SATURDAY (continued)**

**10:45AM- Break**

**11:00AM**

**11:00AM- Clinical Applications of Orthobiological Preparations**

Auditorium

**12:45pm**

**One Size PRP Does Not Fit All, PRP Dosing and Bioformulation Considerations**

Peter Everts, PhD, FRSM

**Adipose and Bone Marrow Mesenchymal Stem Cells in Orthobiology**

Gayan Poovendran, MD

**How to Choose the Right Orthobiological Treatment Plan**

Rowan Paul, MD

**10 Year Follow-Up After UCL Injections with Neutrophil-Rich PRP in Athletes**

Luga Podesta, MD

**Interactive Q&A on Podium Stools**

Glenn Flanagan, MD & Walter Sussman, DO

**1:15PM- Lunch Break**

Vendor Hall

**2:00PM**

**Introducing the Veterans in Pain Organization**

Dennis Charles Marcello

Auditorium

**2:00PM- Observe and Hands-on, Rotation Time 3:00PM**

**6:00PM**

**DO IT YOURSELF, SUPERVISED & EDUCATED BY AN EXPERT**

*Get a feel for static and dynamic ultrasound scanning/imaging of pathologies on a live model*

*When you feel comfortable in scanning, and after confirmation by an expert, the next step is to implement that training session in a combined hands-on (needle and imaging) controlled injection procedure.*

<u>Instructor</u>	<u>Cadaver   Live Practice</u>	<u>Location</u>
Moises Irizarry, MD	Upper Extremity   US   Injections	BOCA
Rowan Paul, MD	Upper Extremity   US   Injections	BOCA
Walter Sussman, DO	Lower Extremity   US   Injections	CAPTIVA
Luga Podesta, MD	Lower Extremity   US   Injections   BMA Harvesting	CAPTIVA
Gayan Poovendran, MD	Live Patient Treatment 4PM (Clinic)	AUD
Glenn Flanagan, MD	Live Patient Treatment 5PM (Siesta Key)	AUD

**SUNDAY 11/12**

Time	Session/Activity	Location
7:00AM-7:30AM	Registration	Lobby

7:30AM-8:00AM	<b>Meet the Experts at Breakfast: "Open Table &amp; ASK Sessions"</b>	Auditorium
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Table 1 Nerve Blocks in Orthopedic Procedures	Randy Moore, DC, RDMS, RMSK
Table 2 Sports Medicine & Bioformulation	Peter Everts, PhD, FRSM, Luga Podesta, MD
Table 3 Shoulder & Elbow Pathologies & Treatment Options	Moises Irizarry, MD
Table 4 Knee, Ankle Pathologies & Photobiomodulation	Dr. David Bradley, DVM, FASLM Walter Sussman, DO
Table 5 Adipose Tissue & BMC in MSK Pathologies	Rowan Paul, MD Gayan Poovendran, MD
Table 6 Shockwave & EMMT Treatment Protocols	John Knab, MD Perry Camissa, DC

8:45AM-12:15PM	<b>Clinical Orthobiology Battles</b>	Auditorium
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**Experiences and Results following Shockwave and EMMT in MSK Pathologies**

John Knab, MD

**The BMA & BMC Do's and Don'ts**

Peter Everts, PhD, FRSM

**Intra-Osseous Injections**

Luga Podesta, MD

**Treating Calcific Tendinopathy: A Role for Biologics?**

Walter Sussman, DO

**Interactive Q&A on Podium Stools**

Glen Flanagan, MD &amp; Rowan Paul, MD

**Tag-Team Mini-Battle: LR-PRP vs. Micro Fragmented Adipose in Tendon Pathologies**

Rowan Paul, MD, Moises Irizarry, MD vs. Walter Sussman, DO &amp; Gayan Poovendran, MD

**Tag-Team Mini-Battle: LR-PRP vs. LP-PRP in OA**

Luga Podesta, MD &amp; Peter Everts, PhD, FRSM vs. Glenn Flanagan, MD &amp; John Knab, MD

**Where Is My Money?**

Moises Irizarry, MD

12:30PM-1:30PM	<b>Lunch Break</b>	Vendor Hall
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1:30PM-2:00PM	<b>Square Table Discussions, Q&amp;A with Experts, Open Forum</b>	Auditorium
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Moderator: Peter Everts, PhD, FRSM

Panelists: All Faculty

**SUNDAY(continued)**

**2:00PM- 6:00PM Hands-on and Observe, Rotation Time: 3:00 PM**

**ORTHOBIOLOGICAL EXPERTS DEMONSTRATE WITH A REAL PATIENT**

**PARTICIPATE IN THE FOLLOWING:**

- Preparation
- Scanning
- Procedure
- Communication on optimal biological product preparation
- Harvesting of autologous materials, either whole blood or bone marrow aspirate.

*During preparation of PRP or BMC treatment specimen, the patient will be prepared for the procedure, including local anesthesia policies or nerve blocks.*

*A detailed and meticulous precision–personalized injection procedure will be executed in the pathoanatomic tissue structures, and learners can observe the patient and ask questions during the entire procedure.*

<u>Instructor</u>	<u>Cadaver  Live Practice</u>	<u>Location</u>
Glenn Flanagan, MD	Upper Extremity   US   Injections	BOCA
Walter Sussman, DO	Upper Extremity   US   Injections	BOCA
John Knab, MD	US   Lower   Live Practice	CAPTIVA
Gayan Poovendran, MD	Lower Extremity   US   Injections   BMA Harvesting	CAPTIVA
Glenn Flanagan, MD	Live Patient Treatment 4PM (Clinic)	AUD
Luga Podesta, MD	Live Patient Treatment 5PM (Siesta Key)	AUD

**6:00 PM Closing Remarks & Adjourn**

Course Faculty

# COURSE Faculty

## Course Director

Peter Everts, PhD, FRSM  
Program Director, Gulf Coast Biologics,  
Fort Myers, FL  
Professor, Max-Planck University-Ortho Regen  
Indaiatuba, Sao Paulo, Brazil

**Leslie Aja, RDMS, RVT, RMSKS**  
Gulf Coast Biologics  
Fort Myers, FL

**Perry Camissa, DC**  
Ultimate Medical Group, LLC  
North America  
Woodridge, IL

**Heidi Colombo, RN**  
Clinical Instructor  
Gulf Coast Biologics  
Fort Myers, FL

**Glenn Flanagan, MD**  
Medical Director and Owner  
Naples Regenerative Institute  
Naples, FL

**Dr. David Bradley, DVM, FASLMS**  
Veterinary Medical Director  
Summus Medical Laser  
Franklin, TN

**Moises Irrizary, MD**  
Medical Director and Owner  
No Mercy Sports Medicine  
Miami, FL

**Gayan Poovendran, MD**  
Sports Medicine Specialist  
USA Sports Medicine  
Miami Beach, FL

**John Knab, MD**  
Medical Director  
Center for Pain Management  
Wilmington, NC

**Dennis Charles Marcello**  
Sergeant First Class, Retired US Army  
VIP Veteran Ambassador  
Bronze Star Recipient  
10th MNT Division  
Bramwell, WV

**Dr. Randy E. Moore, DC, CMA, RDMS, RMSK**  
Founder  
MSK Masters  
Harrison, Ohio

**Rowan Paul, MD**  
Sports & Non-Operative  
Interventional Orthobiologist  
RegenCore  
San Francisco, CA  
Assistant Clinical Professor, Dartmouth College  
Hanover, NH

**Patrick Pennie**  
President  
Gulf Coast Biologics  
Fort Myers, FL

**Luga Podesta, MD**  
Medical Director and Owner  
Regenerative Orthopedics and Sports Medicine  
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**Ewa Profiruk, MSc**  
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**Walter Sussman, DO**  
Boston Sports & Biologics  
Tufts University  
Wellesley Hills, MS

**Nick Tierney**  
Chief Operating Officer  
RegenMed  
Greenwich, CT







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