



All information and online registration at:

<https://www.curso-ortobiomsk.com/>

SCIENTIFIC PROGRAM

Thursday, February 4, 2027

IV Cadaver Lab Hands-on Workshops on Ultrasound-Guided Interventional Procedures on Cadavers

Instituto Anatómico de la Facultad de Medicina, Universidad de Sevilla

First group: 9:00 AM – 1:15 PM / Second group: 3:00 PM – 7:15 PM

Limited places; allocated in strict order of registration

- 1. Shoulder**
- 2. Knee**
- 3. Hand and Wrist**
- 4. Foot and Ankle**
- 5. Elbow**
- 6. Hip and Thigh**
- 7. Spine**

WORKSHOPS:

- Liposuction and micro-fat (15 min)
- Bone marrow aspiration (15 min)
- Prolotherapy for instability (15 min)

Friday, February 5, 2027

VI International Ortopiowski Course

08:30 - 08:45 AM **WELCOME TO ORTOPIOWSKI 2027**
Why are we doing a VI Edition?
What has changed and what must change now?
Dr. Pedro Bernáldez Domínguez
Course Director

08:45 – 10:15 AM

TABLE 1: FROM PATIENT TO OUTCOME **Essential principles to improve Orthobiologic results**

Moderator: Dr. Pedro Bernáldez Domínguez
Specialist in Orthopedic Surgery and Sports Traumatology
Spain

08:45 - 09:00 AM **A systems approach to orthobiologic medicine: from clinical assessment to outcomes**
Dr. Mary A. Ambach
Specialist in Physical Medicine, Rehabilitation and Pain Medicine
USA

09:00 - 09:15 AM **From anatomical diagnosis to biological phenotype. Orthopedics 3.0**
Dr. José Miguel Catalán Larracochea
Specialist in Orthopaedic Surgery and Sports Traumatology
Spain

09:15 - 09:30 AM **The personalized orthobiologic patient journey**
How I assess, indicate, treat and follow my regenerative medicine patients
Dr. Iván Ardines Caicoya
Specialist in Orthopedic Surgery and Sports Traumatology
Spain

09:30 – 09:45 AM **What makes a high-quality therapeutic biologic?**
Preparation · Standardization · Characterization · Quality Control
Dr. Alicia Rinaldi
Specialist in Regenerative Medicine
Argentina

09:45 – 10:00 AM **Exercise as a biological adjuvant**
What to prescribe, measure and progress in muscle, tendon and osteoarthritis
Dr. Gustavo Santángelo Magrini
Specialist in Sports Medicine, Musculoskeletal Ultrasound
Spain

10:00 – 10:15 AM **FIRE-CROSS DEBATE**

10:15 – 12:00 AM

TABLE 2: PRP 2027: BEYOND “JUST PRP”
Dose · Composition · Tissue · Technique · Indication

Moderator: Dr. Almudena Fernández-Bravo Rueda
Specialist in Physical and Rehabilitation Medicine
Spain

10:15 - 10:30 AM	Beyond PRP: The potential role of PRF in orthobiologics <i>From liquid formulation to an autologous scaffold</i> Dr. Alicia Rinaldi Specialist in Regenerative Medicine Argentina
10:30 - 10:45 AM	Does dose really matter? Is hyperconcentrated PRP better? <i>Concentration vs total platelet dose. Leukocytes, erythrocytes and the one-shot concept</i> Dr. José Miguel Catalán Larracoechea Specialist in Orthopaedic Surgery and Sports Traumatology Spain
10:45 – 11:00 AM	Ligaments, muscle & fascia: from ultrasound diagnosis to targeted biologic treatment Dr. Pedro Bernáldez Domínguez Specialist in Orthopedic Surgery and Sports Traumatology Spain
11:00 – 11:15 AM	Chronic tendinopathy: What comes next when first-line treatment fails? <i>A practical step-by-step algorithm</i> Mr. Suresh Sudula Consultant Physiotherapist; Musculoskeletal Ultrasound and Ultrasound-Guided Interventions United Kingdom
11:15 – 11:30 AM	Orthobiologic augmentation in rotator cuff repair: clinical outcomes from a randomized controlled trial Dr. Karun Jain Specialist in Orthopaedic Surgery India
11:30 – 11:45 AM	Orthobiologics + Ozone: Why and when do I combine them? Dr. José Fabio Lana Specialist in Orthopedic Surgery and Sports Traumatology Brazil
11:45 – 12:00 AM	PRP CONTROVERSIES – FIRE-CROSS One injection or three? · LP or LR-PRP? · Higher dose = better outcome? · Local anaesthetic? · Exercise before or after PRP? · When should we NOT use PRP?
12:00 – 12:30 PM	COFFEE BREAK Exhibition Area · Industry · Technology · Networking

12:30 – 14:15 PM

TABLE 3: ADVANCED REGENERATIVE MEDICINE

Bone Marrow · BMAC · Adipose Tissue · MSCs

Moderator: Dr. Iván Ardines Caicoya

Specialist in Orthopedic Surgery and Sports Traumatology
Spain

- 12:30 - 12:45 PM** **From bone marrow aspirate to clinical outcomes: what 40 years have taught**
Aspiration technique, dilution, cellular populations and clinical indications
Dr. Philippe Hernigou
Specialist in Orthopedic Surgery and Traumatology
France
- 12:45 – 01:00 PM** **Bone marrow aspirate & BMAC: what are we really injecting?**
Aspiration technique, dilution, cellular populations and clinical indications
Dr. Pedro Bernáldez Domínguez
Specialist in Orthopedic Surgery and Sports Traumatology
Spain
- 01:00 – 01:15 PM** **BMAC for partial rotator cuff tears: eight-year clinical follow-up (On-line)**
Dr. Don Buford
Specialist in Orthopedic Surgery and Sports Traumatology
Expert in Musculoskeletal Ultrasound and Orthobiologics
USA
- 01:15 - 01:30 PM** **Microfragmented adipose tissue in osteoarthritis**
Stromal vascular niche, pericytes, scaffold effect and clinical applications
Dr. Manuel Martínez Castillo
Orthobiologic Interventions. Expert in Regenerative Medicine
Honduras
- 01:30 - 01:45 PM** **MFAT for knee OA: procedural essentials**
Dr. Mary A. Ambach
Specialist in Physical Medicine, Rehabilitation and Pain Medicine
USA
- 01:45 - 02:00 PM** **MSCs or medicinal signaling cells?**
Nomenclature, paracrine activity, immunomodulation and clinical protocols
Dr. Matías Fernández Viña
Expert in Regenerative Medicine and Advanced Therapies
Argentina
- 02:00 – 02:30 PM** **FIRE-CROSS: PRP vs BMAC vs MFAT: Which patient for which biologic?**

02:30 – 02:45 PM

OrtobioMSK Awards 2027

Photo session (Participants and Speakers)

02:45 – 04:00 PM WORKING LUNCH & NETWORKING

04:00 – 05:45 PM

TABLE 4: WHAT REALLY ADDS VALUE AFTER ORTHOBIOLOGICS?

Moderator: José Miguel Catalán Larracochea

Specialist in Orthopedic Surgery and Sports Traumatology
Spain

04:00 – 04:15 PM	Shockwave therapy + Orthobiologics <i>Mechanotransduction, protocols and future research</i> Dr. Karin Freitag Specialist in Rheumatology Spain
04:15 – 04:30 PM	HILT and other physical therapies after orthobiologics <i>Beyond pain relief: can we modulate the biological response?</i> Dr. Luis Gallego Burguillo Specialist in Orthopaedic Surgery and Sports Traumatology Spain
04:30 – 04:45 PM	Polyacrylamide hydrogel for knee OA: a new player in the injectable treatment algorithm? Mr. Suresh Sudula Consultant Physiotherapist; Musculoskeletal Ultrasound and Ultrasound-Guided Interventions United Kingdom
04:45 – 05:00 PM	Advances in prolotherapy <i>Patient selection, ultrasound-guided technique and decision-making in chronic tendon and ligament pathology</i> Dr. Gonzalo Mora Gasque Specialist in Orthopedic Surgery and Sports Traumatology Spain
05:00 – 05:15 PM	After the injection: rehabilitation is part of the treatment <i>Loading, neuromodulation, mechanobiology, home protocols and return-to-activity timelines</i> Dr. Miriam Girón Mariñas Specialist in Physical and Rehabilitation Medicine Spain
05:15 – 05:30 PM	FIRE-CROSS: Are we enhancing biology... or simply doing too much?
05:30 – 06:00 PM	COFFEE BREAK Exhibition Area · Industry · Technology · Networking

06:00 – 07:00 PM

TABLE 5: PAIN, SPINE & NERVES. BEYOND THE JOINT

Moderator: Dr. Almudena Fernández-Bravo Rueda

Specialist in Physical and Rehabilitation Medicine
Spain

06:00 – 06:15 PM	Orthobiologics for spine pain: what works, what might work and what we still don't know Dr. Mary A. Ambach Specialist in Physical Medicine, Rehabilitation and Pain Medicine USA
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- 06:15 – 06:30 PM** **Ultrasound-Guided spine procedures I perform in my office**
Dr. David Smith
Expert in Interventional Regenerative and Cellular Medicine
USA
- 06:30 – 06:45 PM** **Integrative medicine for chronic pain conditions**
From modern interventions to traditional medicine, lifestyle and whole-person care (On-line)
Dr. Kiran Shete
Specialist in Orthopedic Surgery
India
- 06:45 – 07:00 PM** **Entrapment neuropathies: my practical ultrasound-guided hydrodissection pearls**
Dr. Philippe Mouly
Specialist in Sports Medicine
France
- 07:00 – 07:15 PM** **FIRE-CROSS: Where does evidence end and innovation begin?**

07:15 – 07:45 PM
ORTOBIOMSK & AEMR CEREMONY
AEMR → FROM EDUCATION TO CLINICAL PRACTICE

- 07:15 – 07:25 PM** Clinical Case #1 – III AEMR Promotion
- 07:25 – 07:35 PM** Clinical Case #2 – III AEMR Promotion
- 07:35 – 07:45 PM** Clinical Case #3 – III AEMR Promotion

AEMR Awards & III Promotion Certificates
Official presentation: DEBA Protocol – Dr. Pedro Bernáldez

08:30 PM OrthoDinner

Saturday, February 6, 2027

08:30 – 09:00 AM
INDUSTRY NETWORKING

09:00 – 10:20 AM
TABLE 6: ULTRASOUND-GUIDED INTERVENTIONS
“Show Me How You Do It”
Moderator: Dr. Gustavo Santángelo Magrini
Specialist in Sports Medicine, Musculoskeletal Ultrasound
Spain

- 09:00 – 09:15 AM** **Ultrasound-guided blocks that allow me to perform orthobiologic procedures without pain**
Dr. Almudena Fernández-Bravo Rueda
Specialist in Physical and Rehabilitation Medicine
Spain

09:15 – 09:30 AM	Upper limb: my ultrasound-guided techniques – Video Session Dr. Pedro Bernáldez Domínguez Specialist in Orthopedic Surgery and Sports Traumatology Spain
09:30 – 09:45 AM	Lower limb: my ultrasound-guided techniques – Video Session Dr. Francisco José Lara Pulido Specialist in Orthopedic Surgery and Sports Traumatology Spain
09:45 – 10:00 AM	High-dose intraosseous PRP under ultrasound guidance and local anaesthesia Dr. José Fabio Lana Specialist in Orthopedic Surgery and Sports Traumatology Brazil
10:00 - 10:20 AM	Beyond the image: three pathologies that change clinical decision-making (Online) Mr. Ryan Martin Physiotherapist, Musculoskeletal Ultrasound Specialist USA
10:20 – 10:30 AM	FIRE-CROSS

10:30 – 11:30 AM

TABLE 7: THE ORTHOBIOLOGIC BATTLE
Same Patient. Different Experts. What Would You do?

Moderator: Dr. Pedro Bernáldez Domínguez
Specialist in Orthopedic Surgery and Sports Traumatology
Spain

Panel: Ambach · Lana · Smith · Bernáldez · Catalán · Jain · Sheck · Sudula

4 real cases - 10 minutes + 5 min discussion

10:30 - 10:45 AM	Knee OA PRP vs BMAC vs MFAT vs hydrogel vs exercise Dr. Alberto Schek Specialist in Orthopedic Surgery and Sports Medicine Germany
10:45 – 11:00 AM	Chronic tendinopathy Exercise vs ESWT vs PRP vs prolotherapy Mr. Suresh Sudula Consultant Physiotherapist; Musculoskeletal Ultrasound and Ultrasound-Guided Interventions United Kingdom
11:00 – 11:15 AM	Hip preservation in avascular necrosis: current concepts and emerging regenerative strategies Dr. Karun Jain India
11:15 – 11:30 AM	Bone marrow lesion / Subchondral disease IA treatment vs intraosseous biologics vs surgery Dr. Pedro Bernáldez Domínguez Specialist in Orthopedic Surgery and Sports Traumatology Spain
11:30 – 12:00 AM	COFFEE BREAK Exhibition Area · Industry · Technology · Networking

12:00 – 12:30 PM

KEYNOTE / INTERNATIONAL MASTERCLASS

Beyond the Joint: My Most Advanced Ultrasound-Guided Techniques for Treating Pain
Nerve hydrodissection · advanced interventions · intradiscal orthobiologics (On-line)

Dr. Stanley Lam

Korea

12:30 – 01:30 PM

TABLE 8: CONTROVERSIES IN REGENERATIVE MEDICINE
Evidence vs Experience

Topics:

- *PRP works for every tendinopathy: YES or NO?*
- *Leukocytes: friend or enemy?*
- *Higher platelet concentration = better PRP?*
- *One injection or three?*
- *Shockwave before or after PRP?*
- *BMAC/MFAT: are we selecting the right patients?*
- *Are we sometimes doing TOO MUCH?*
- *When is exercise alone enough?*

01:30 – 02:30 PM

TABLE 9: THE MONDAY AFTER
From Listening to Knowledge to Changing Clinical Practice
Less information. More transformation

01:30 – 01:45 PM	Another medical congress... or an experience that actually changes practice?
01:45 – 02:00 PM	Don't show me a product. Teach me how to make a decision
02:00 – 02:15 PM	Being an expert is not enough: the art of teaching medicine
02:15 – 02:30 PM	The Monday after: What will you actually change in your practice? "What will you change in your clinical practice next Monday?"
02:30 PM	CLOSING SESSION Dr. Pedro Bernáldez & Scientific Committee

TAKE-HOME MESSAGE

If everything remains the same on Monday, it probably wasn't education. It was only information