



All information and online registration at:

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

SCIENTIFIC PROGRAM

Thursday, February 4th, 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 5th, 2027

VI Curso Internacional Ortopioma

08:30 - 08:45 h

WELCOME TO ORTOPIOMAS 2027

Why are we doing a VI Edition?

What has changed and needs to change now?

Dr. Pedro Bernáldez Domínguez

Course Director

08:45 – 10:00 h

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 h

A Systems Approach to Orthobiological Medicine: From Clinical Assessment to Outcomes

Dr. Mary A. Ambach

Specialist in Physical Medicine, Rehabilitation and Pain Medicine
USA

09:00 - 09:15 h

From anatomical diagnosis to biological phenotype. Orthopaedics 3.0

Dr. José Miguel Catalán Larracochea

Specialist in Orthopaedic Surgery and Sports Traumatology
Spain

09:15 - 09:30 h

The Personalized Patient Journey in Orthobiology

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 h

What makes a therapeutic biologic of high quality?

Preparation · Standardization · Characterization · Quality control

Dr. Alicia Rinaldi

Specialist in Regenerative Medicine
Argentina

09:45 – 10:00 h

FIRE-CROSS DEBATE

10:00 – 11:45 h

TABLE 2: PRP 2027: BEYOND "PRP ONLY".

Dosage · Composition · Tissue · Technique · Indication

Moderator: Dra. Almudena Fernández-Bravo Rueda

Specialist in Physical and Rehabilitation Medicine
Spain

- 10:00 - 10:15 h** **Beyond PRP: The Potential Role of PRF in Orthobiologics**
From liquid formulation to autologous scaffolding
Dra. Alicia Rinaldi
 Specialist in Regenerative Medicine
 Argentina
- 10:15 - 10:30 h** **Does dosage really matter? Is hyper-concentrated PRP better?**
Concentration vs. total dose of platelets. Leukocytes, erythrocytes, and the concept of a single dose
Dr. José Miguel Catalán Larracoechea
 Specialist in Orthopaedic Surgery and Sports Traumatology
 Spain
- 10:30 – 10:45 h** **Ligaments, Muscle and Fascia: From Ultrasound Diagnosis to Targeted Biological Treatment**
Dr. Pedro Bernáldez Domínguez
 Specialist in Orthopedic Surgery and Sports Traumatology
 Spain
- 10:45 – 11:00 h** **Chronic tendinopathy: What comes next when first-line treatment fails?**
A practical step-by-step algorithm
D. Suresh Sudula
 Consultant Physiotherapist; Musculoskeletal Ultrasound and Ultrasound-Guided Interventions
 United Kingdom
- 11:00 – 11:15 h** **Orthobiological Augmentation in Rotator Cuff Repair: Clinical Results from a Randomized Controlled Trial**
Dr. Karun Jain
 Specialist in Orthopaedic Surgery
 India
- 11:15 – 11:30 h** **Combination of Orthobiologicals + Ozone Therapy: Why and when do I combine them?**
Dr. José Fabio Lana
 Specialist in Orthopedic Surgery and Sports Traumatology
 Brazil
- 11:30 – 11:45 h** **PRP CONTROVERSIES – FIRE-CROSS**
- 11:45 – 12:15 h** **COFFEE BREAK**
Exhibition area · Industry · Technology · Networks

12:15 – 13:15 h

TABLE 3: ADVANCED REGENERATIVE MEDICINE
Bone marrow · BMAC · Adipose tissue · MSCs

Moderator: Dr. Iván Ardines Caicoya
 Specialist in Orthopedic Surgery and Sports Traumatology
 Spain

- 12:15 - 12:30 h** **From bone marrow aspiration to clinical outcomes: what 40 years have taught us**
Aspiration technique, dilution, cell populations and clinical indications
Dr. Philippe Hernigou
 Specialist in Orthopedic Surgery and Traumatology
 France

- 12:30 – 12:45 h** **Aspirated Bone Marrow and BMAC: What Are We Really Injecting?**
Aspiration technique, dilution, cell populations and clinical indications
Dr. Pedro Bernáldez Domínguez
 Specialist in Orthopedic Surgery and Sports Traumatology
 Spain
- 12:45 – 13:00 h** **BMAC for Partial Rotator Cuff Tears: Eight-Year Clinical Follow-Up**
Dr. Don Buford
 Specialist in Orthopedic Surgery and Sports Traumatology
 Expert in Musculoskeletal Ultrasound and Orthobiologics
 USA
- 13:00 - 13:15 h** **Microfragmented adipose tissue in osteoarthritis**
Stromal vascular niche, pericytes, scaffolding effect and clinical applications
Dr. Manuel Martínez Castillo
 Orthobiologic Interventions. Expert in Regenerative Medicine
 Honduras
- 13:15 - 13:30 h** **MFAT for Knee OA: Procedure Basics**
Dra. Mary Ambach
 Specialist in Physical Medicine, Rehabilitation and Pain Medicine
 USA
- 13:30 - 13:45 h** **MSCs or medicinal signalling cells?**
Nomenclature, paracrine activity, immunomodulation and clinical protocols
Dr. Matías Fernández Viña
 Expert in Regenerative Medicine and Advanced Therapies
 Argentina
- 13:45 – 14:00 h** **FIRE CROSS PRP vs BMAC vs MFAT: Which patient for which biological?**

14:00 – 14:30 h

ORTOBIOMSK & AEMR CEREMONY
From education to clinical practice

- 14:00 – 14:10 h** Award-Winning Clinical Case Presentation – III AEMR Promotion
- 14:10 – 14:20 h** Award Certificates & III Promotion of the AEMR
- 14:20 – 14:30 h** Official presentation: DEBA Protocol – Dr. Pedro Bernáldez

14:30 h

Photoshoot (Participants and Speakers)

- 14:30 – 16:00 h** **WORKING LUNCH AND NETWORKING**

16:00 – 17:00 h

TABLE 4: THE DURATION OF MUSCULOSKELETAL HEALTH
From biological age to integrative medicine, muscle, metabolism and regeneration

16:00 – 16:20 h	What is a medical longevity clinic? <i>How to measure biological age and turn data into a personalized Healthspan prescription</i> Dr. Vicente Mera Specialist in Regenerative Medicine Spain
16:20 – 16:40 h	Integrative Medicine, Metabolic Health and Integrative Health <i>Building the Biological Environment for Healthy Aging and Regeneration</i> Dr. Miguel Guillermo Garber Specialist in Cardiology, Hyperbaric Medicine, and Regenerative Medicine Spain
16:40 – 17:00 h	Exercise as a biological adjuvant <i>What to prescribe, measure and progress in muscle, tendons and osteoarthritis</i> Dr. Gustavo Santángelo Magrini Specialist in Sports Medicine and Musculoskeletal Ultrasound Spain

17:00 – 18:15 h

TABLE 5: 5 WHAT REALLY ADDS VALUE BEFORE OR AFTER ORTHOBIOLOGICALS?

Moderator: Dr. José Miguel Catalán Larracoechea
Specialist in Orthopedic Surgery and Sports Traumatology
Spain

17:00 – 17:15 h	Shockwave Therapy + Orthobiological <i>Mechanotransduction, protocols and future research</i> Dra. Karin Freitag Rheumatology Specialist Spain
17:15 – 17:30 h	HILT and other physiotherapies after orthobiology <i>Beyond Pain Relief: Can We Modulate the Biological Response?</i> Dr. Luis Gallego Burguillo Specialist in Orthopedic Surgery and Sports Traumatology Spain
17:30 – 17:45 h	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
17:45 – 18:00 h	After the injection: rehabilitation is part of the treatment <i>Load, neuromodulation, mechanobiology, domestic protocols and return-to-activity chronologies</i> Dra. Miriam Girón Mariñas Specialist in Physical Medicine and Rehabilitation Spain
18:00 – 18:15 h	FIRE-CROSS Are we improving biology... or just doing too much?

18:15 – 18:45 h

COFFEE AND INDUSTRIAL NETWORKING

18:45 – 19:45 h

MESA 6: PAIN, SPINE, AND NERVES. BEYOND THE JOINT

Moderator: Dra. Almudena Fernández-Bravo Rueda

Specialist in Physical Medicine and Rehabilitation
Spain

18:45 – 19:00 h

Orthobiologicals for Spinal Pain: What Works, What Might Work, and What We Don't Know Yet

Dra. Mary Ambach

Specialist in Physical Medicine, Rehabilitation, and Pain Medicine
USA

19:00 – 19:15 h

Ultrasound-guided spine procedures I perform in my practice

Dr. David Smith

Expert in Interventional Regenerative Medicine and Cellular Medicine
USA

19:15 – 19:30 h

Integrative Medicine for Chronic Pain Diseases

From Modern Interventions to Traditional Medicine, Lifestyle and Whole-Person Care

Dr. Kiran Shete

Orthopedic Surgery Specialist
India

19:30 – 19:45 h

Entrapment Neuropathies: My Pearls Ultrasound-Guided Hydrodissection Practices

Dr. Philippe Mouly

Sports Medicine Specialist
France

19:45 – 20:00 h

FIRE-CROSS Where does evidence end and innovation begin?

20:30 h

OrthoDinner

Saturday, February 6th, 2027

08:30 – 09:00 h

INDUSTRY NETWORKING

08:30 – 08:45 h

Polyacrylamide Hydrogel for Knee Osteoarthritis: A New Player in the Injectable Treatment Algorithm?

D. Suresh Sudula

Musculoskeletal Specialist and Consultant Physiotherapist
United Kingdom

08:45 – 09:00 h

Photobiomodulation Synergies to Enhance Biological Signals

09:00 – 10:45 h

TABLE 7: ULTRASOUND-GUIDED INTERVENTIONS

“Show me how it's done”

Moderator: Dr. Gustavo Santángelo Magrini

Specialist in Sports Medicine and Musculoskeletal Ultrasound
Spain

09:00 – 09:15 h	Ultrasound-guided blocks in the upper extremity for pain-free orthobiological procedures Dra. Almudena Fernández-Bravo Rueda Specialist in Physical Medicine and Rehabilitation Spain
09:15 – 09:30 h	Ultrasound-guided blocks in the lower extremities for pain-free orthobiological procedures Dr. David Smith Expert in Interventional Regenerative Medicine and Cellular Medicine USA
09:30 – 09:45 h	Upper Limb: My Ultrasound-Guided Techniques – Video Session Dr. Pedro Bernáldez Domínguez Specialist in Orthopedic Surgery and Sports Traumatology Spain
09:45 – 10:00 h	Lower limb: My ultrasound-guided techniques – Video session Dr. Francisco José Lara Pulido Specialist in Orthopedic Surgery and Sports Traumatology Spain
10:00 – 10:15 h	High-dose intraosseous PRP under ultrasound guidance and local anesthesia Dr. Fabio Lana Specialist in Orthopedic Surgery and Sports Traumatology Brazil
10:15 - 10:35 h	Beyond the Picture: 3 Pathologies That Change Clinical Decision-Making D. Ryan Martin Physiotherapist, Musculoskeletal Ultrasound Specialist USA
10:35 – 10:45 h	FIRE-CROSS Where does evidence end and innovation begin?

10:45 – 11:45 h

MESA 8: THE ORTHOBIOLOGICAL BATTLE

The same patient. Different experts. What would you do?

Moderator: Dr. Pedro Bernáldez Domínguez

Specialist in Orthopedic Surgery and Sports Traumatology
Spain

4 real cases, 10 minutes + 5 minutes Discussion

10:45 - 11:00 h

Knee OA joint

PRP vs BMAC vs MFAT vs hydrogel vs exercise

Dr. Alberto Schek

Specialist in Orthopedic Surgery and Sports Medicine
Germany

11:00 – 11:15 h

Chronic tendinopathy

Exercise vs ESWT vs PRP vs prolotherapy

D. Suresh Sudula

Musculoskeletal Specialist and Consultant Physiotherapist
United Kingdom

11:15 – 11:30 h

Hip Preservation in Avascular Necrosis: Current Concepts and Emerging Regenerative Strategies

Dr. Karun Jain

Orthopedic Surgery Specialist
India

11:30 – 11:45 h

Bone marrow injury / Subchondral

Disease Intra-articular treatment vs intraosseous biologics vs surgery

Dr. Pedro Bernáldez Domínguez

Specialist in Orthopedic Surgery and Sports Traumatology
Spain

11:45 – 12:15 h

COFFE BREAK

Exhibition Area · Industry · Technology · Networking

12:15 – 12:45 h

INTERNATIONAL KEYNOTE / MASTERCLASS

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

Dr. Stanley Lam

Specialist in Musculoskeletal Medicine, Sports Medicine and Pain
Korea

12:45 – 13:45 h

KEYNOTE / INTERNATIONAL MASTERCLASS

Applications of AI to optimize my consultations, my courses and congresses and satisfaction with my patients

In a simple and very practical way

Dr. David Smith

Expert in Interventional Regenerative Medicine and Cellular Medicine
USA

13:15 – 14:15 h

TABLE 9: INTERNATIONAL CONSENSUS ON ORTHOBIOLOGY

Moderator: Dr. Pedro Bernáldez Domínguez

Specialist in Orthopedic Surgery and Sports Traumatology
Spain

Panel: Ambach · Lana · Catalan · Jain · Sheck. Sudula. Fdez-Viña

Academies and Face-to-Face Study Groups: What Do We Agree on in Regenerative Medicine in 2027?

| 8 min

ROUND 1 — WHERE ARE WE IN 2027?

1. What has been the most important advance in regenerative musculoskeletal medicine in the last five years?
2. What is currently the main problem of our specialty: evidence, regulation, standardization, training or marketing?
3. Do we continue to use the term "Regenerative Medicine" correctly or do we promise more regeneration than we can demonstrate?
4. Which orthobiological treatment has the strongest clinical evidence today?

| 12 min

ROUND 2 — PRP: SEEKING A REAL CONSENSUS

1. Should we stop simply talking about "PRP" and start defining dose, concentration and cellular composition?
2. Should it be mandatory to know the basal platelet count and the final product?
3. Is there already enough evidence to talk about a minimum therapeutic dose of platelets?
4. LP-PRP vs. LR-PRP: Can we establish different indications depending on the joint, tendon, muscle, or ligament?
5. One infiltration versus three infiltrations: can we really establish a universal protocol?
6. Exosomes: Clinical Reality, Promising Research or Marketing Before Evidence?
6. Should we require ultrasound for most musculoskeletal orthobiological procedures?
7. Intraosseous PRP: Consolidated procedure, selected or still experimental indication?

| 12 min

ROUND 3 — BMAC, ADIPOSE & ADVANCED THERAPIES

1. BMAC: Do we really know what we're managing when we don't do cell characterization?
2. Which patient would you use BMAC on instead of PRP? A specific indication
3. BMAC vs. Microfragmented Adipose Tissue: Are They Competitors or Complementary Tools?

4. *Should we abandon the term "stem cell therapy" when using BMAC or minimally manipulated adipose tissue?*
5. *Expanded mesenchymal cells: which musculoskeletal indication do you currently consider the most promising?*
6. *Exosomes: Clinical Reality, Promising Research or Marketing Before Evidence?*
7. *Is there currently any scientific justification for using biologics whose exact composition is unknown to the doctor?*

| 10 min

ROUND 4 — THE PATIENT MATTERS AS MUCH AS THE PRODUCT

1. *Are we too focused on the product and too little on the patient who receives it?*
2. *Should we optimize exercise, strength, sleep, nutrition, and metabolic health before and after an orthobiological procedure?*
3. *Should obesity, insulin resistance, and sarcopenia modify our biological indication or protocol?*
4. *Exercise is medicine: should we consider exercise a true "biological adjuvant" to orthobiologicals?*
5. *What three physical or metabolic parameters would you measure before starting an advanced regenerative medicine program?*
6. *Does it make sense to start integrating longevity and musculoskeletal health concepts within our regenerative medicine units?*

| 10 min

ROUND 5 — CROSSFIRE: "YES / NO / DEPENDS"

The moderator asks the question and everyone has to raise a letter: YES — NO — DEPENDS

1. *PRP for knee osteoarthritis?*
2. *PRP for hip osteoarthritis?*
3. *Intraligamentous PRP in selected ACL injuries?*
4. *Orthobiological to complement a surgical repair?*
5. *BMAC for advanced osteoarthritis before indicating a prosthesis?*
6. *MFAT for osteoarthritis?*
7. *Expanded cells in musculoskeletal clinical practice?*
8. *Exosomes in 2027?*
9. *Intraosseous PRP?*
10. *Should an orthobiological procedure always be performed under images?*
11. *Should we measure the biological product we infiltrate?*
12. *Can a true regenerative medicine unit exist without a structured exercise and rehabilitation program?*

14:15 h

CLOSING SESSION

Dr. Pedro Bernáldez & Scientific Committee

TAKEAWAY MESSAGE:

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