

# CONTEMPORARY ACUPUNCTURE INTEGRATION IN TODAY'S HEALTH CARE

## OBJECTIVES

To apply the most effective strategies to integrate contemporary acupuncture in clinical practice, based on up-to-date research and personal clinical experience from a group of world leaders in neurofunctional acupuncture.

FEATURING  
A VARIETY OF  
INTERNATIONAL  
SPEAKERS:

**Thomas Lundeberg, MD, PhD**  
Department of Physiology II, Karolinska Institute  
Stockholm, Sweden

**Mike Cummings, MD**  
Medical Director  
British Medical Acupuncture Society  
Honorary Clinical Specialist  
University College London Hospitals, London, UK

**Jay P. Shah, MD, FAAPMR**  
Senior Staff Physiatrist and Clinical Investigator  
Bethesda, Maryland, USA

**Barbara Shay, PhD, MPT, BMR.P.T.**  
Associate Professor, Department of Physical Therapy  
Faculty of Medicine, University of Manitoba, Manitoba

... and many more International Leaders  
in Acupuncture from a cross section of  
professions.

FOR MORE INFORMATION OR TO REGISTER ONLINE VISIT:  
[www.fhs.mcmaster.ca/conted](http://www.fhs.mcmaster.ca/conted)

## TARGET AUDIENCE

Physicians, Physiotherapists, Chiropractors,  
Registered Massage Therapists, Osteopaths,  
Naturopathic Doctors, Licensed Acupuncturists  
and Doctors of Oriental Medicine, Dentists,  
Naprpaths, Athletic Therapists, Podiatrists,  
Nurses, Midwives, and Occupational Therapists.

For more information  
please contact

Download the  
brochure



**ANGELA SILLA, Event Coordinator**

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# CONTEMPORARY ACUPUNCTURE INTEGRATION IN TODAY'S HEALTH CARE

## PLANNING COMMITTEE

### **Ravinder Ohson, MD, CCFP - Chair**

Senior Lecturer and Clinical Instructor  
McMaster Contemporary Medical Acupuncture Program  
Department of Family Medicine  
McMaster University, Hamilton, ON

### **Alejandro Elorriaga Claraco, MD, Sports Medicine**

#### **Specialist (Spain)**

Program Director and Senior Lecturer  
McMaster Contemporary Medical Acupuncture Program  
Assistant Clinical Professor  
Department of Anesthesia  
McMaster University, Hamilton, ON

### **Angelica Fargas-Babjak, MD, FRCPC (Anaesthesia)**

Program Chair and Senior Lecturer  
McMaster Contemporary Medical Acupuncture Program  
Professor Emeritus  
McMaster University, Hamilton, ON

### **Heather MacKay, RPT**

Clinical Instructor and Clinical Coordinator  
McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON

### **Michael Prebeg, DC**

Lecturer and Clinical Instructor  
McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON  
Consulting Chiropractor Toronto Blue Jays  
Consulting Chiropractor NHLPA

### **David G. Salanki, DC**

Chief Instructor and Senior Lecturer  
McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON

### **Sheilah Laffan**

Program Administrator  
Continuing Health Sciences Education  
McMaster University, Hamilton, ON

### **Angela Silla**

Event Coordinator  
Continuing Health Sciences Education  
McMaster University, Hamilton, ON

## DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, McMaster University, Continuing Health Sciences Education requires all speakers and planning committee members participating in this event to disclose any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered. Disclosure may be done verbally or using a slide prior to the speaker's presentation.

## CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent prior to the event should you provide CHSE with your email address. Receipts will be provided in your registrant package.

## CANCELLATION POLICY

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **APRIL 19, 2012** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date.

## Thursday, May 3, 2012 (Afternoon-Evening Session)

- 13:00 – 13:45      **REGISTRATION**
- 13:45 – 14:10      Welcome and Orientation (overview of the symposium, transitional activities, time management, breaks, meals, checking coats, etc.)  
**Alejandro Elorriaga Claraco (Spain/Canada)**
- 14:10 – 14:20      Official Opening and Introduction to Master Session #1  
**Angelica Fargas-Babjak (Canada)**

### MASTER SESSION #1

#### Neurofunctional, Anatomical, and Clinical Bases of Contemporary Acupuncture: Defining International Standards

- 14:20 – 15:00      Mechanism of Acupuncture from a Physiological Perspective  
**Thomas Lundeberg (Sweden)**
- 15:00 – 15:40      Anatomical Bases for the Safe and Accurate Insertion of Acupuncture Needles for Stimulation of the Peripheral Nervous System: What Do Practitioners Really Need to Know?  
**Mike Cummings (England)**
- 15:40 – 16:00      **AFTERNOON BREAK & VISIT EXHIBITORS**
- 16:00 – 16:40      Clinical and Pedagogical Framework for the Teaching of the Integration of Contemporary Acupuncture Interventions: A Neurobiological Problem Based Model  
**Claudio Couto (Brazil)**
- 16:40 – 17:20      International Curriculum in Contemporary Acupuncture Education for Health Professionals: the ICAA (International CA Association) Proposal  
**Alejandro Elorriaga Claraco (Spain/Canada)**
- 17:20 – 17:45      Panel Discussion (with all speakers)  
**Angelica Fargas-Babjak (Canada)**
- 18:00 – 18:45      **WINE & CHEESE**

\*\* Program subject to change.

# Friday, May 4, 2012

## Morning Session

07:00 – 07:50            **REGISTRATION & CONTINENTAL BREAKFAST**

07:50 – 08:00            [Introduction to Master Session #2](#)  
**David Salanki (Canada)**

## MASTER SESSION #2

### Contemporary Acupuncture in Musculoskeletal Pain, Movement Disorders, and Sports Injuries

08:00 – 08:40            Pharmacological and Acupuncture Interactions: Effects on the Treatment of Musculoskeletal Pain  
**Barbara Shay (Canada)**

08:40 – 09:20            Is it all about Sex? Gender Perspectives on the Effects of Acupuncture  
**Thomas Lundeberg (Sweden)**

09:20 – 10:00            Does Acupuncture Relieve Pain in General and Musculoskeletal Pain in Particular? The Perspective of the Systematic Reviewer  
**Mike Cummings (England)**

10:00 – 10:30            **MORNING BREAK & VISIT EXHIBITORS**

10:30 – 11:10            Functional Outcomes in the Treatment of Pain Problems with Neurofunctional Acupuncture  
**Claudio Couto, Brazil**

11:10 – 11:50            Neurofunctional Acupuncture on the Treatment of Sports Injuries and the Protection of Athletic Performance: An Integrated Neuromechanical Model  
**Alejandro Elorriaga Claraco (Spain/Canada)**

11:50 – 12:15            Panel Discussion  
**David Salanki (Canada)**

12:15 – 13:35            **LUNCH & VISIT EXHIBITORS**

# Friday, May 4, 2012

## Afternoon Session

13:35 – 13:45      **Introduction to Blueprint Session #1**  
**Alejandro Elorriaga Claraco (Spain/Canada)**

### **BLUEPRINT SESSION #1**

#### **Contemporary Acupuncture Blueprint Treatments in the Integrated Manual Treatment of Sports Related Injuries and Common Movement Disorders**

13:45 – 14:15      Neurofunctional Acupuncture Blueprint on the Integrated Treatment of Hip Injuries in Athletes: From Amateurs to Professionals (NHL, MLB, etc.)  
**Mike Prebeg (Canada)**

14:15 – 14:45      Acupuncture Blueprint on the Integrated Treatment of Hamstring Injuries in Professional Soccer Players (German Soccer Bundesliga)  
**Florian Pfab (Germany)**

14:45 – 15:15      Neurofunctional Acupuncture Blueprint on the Integrated Physiotherapy Treatment of Elite Fencers (Olympic Medal Level): A Multiyear Experience  
**Lorenzo Gonzalez (USA)**

15:15 – 15:30      Panel Discussion  
**Alejandro Elorriaga Claraco (Spain/Canada)**

#### **AFTERNOON BREAK & VISIT EXHIBITORS**

16:00 – 16:30      Neurofunctional Acupuncture Blueprint on the Integrated Manual Treatment of Upper Extremity Problems on Elite Baseball Players (MLB) and Racquet Sports Athletes (ATP Tennis, Professional Squash Circuit)  
**Gil Chimes (USA)**

16:30 – 17:00      Neurofunctional Acupuncture Blueprint on the Integrated Treatment of Lower Extremity Injuries on Elite Track & Field Athletes (World Championships and Olympic Levels) and Elite Fighters (Boxing, MMA)  
**Jim Mylonas (Canada)**

17:00 – 17:30      Neurofunctional Acupuncture Blueprint on the Integrated Multidimensional Treatment of Back Pain Related Problems on Community Athletes and Non-Athletes  
**David Salanki (Canada)**

17:30 – 17:45      Panel Discussion  
**Alejandro Elorriaga Claraco (Spain/Canada)**

# Saturday, May 5, 2012

## Morning Session

07:00 – 07:50 **REGISTRATION & CONTINENTAL BREAKFAST**

07:50 – 08:00 **Introduction to Master Session #3**  
**Brenda Donaldson (USA)**

## MASTER SESSION #3

### Professional Integration of Contemporary Acupuncture in Clinical Practice

08:00 – 08:40 Contemporary Acupuncture Integration in the Physical Medicine and Rehabilitation Integrated Treatment of Neurological Conditions: Strategies for the Modulation of Autonomic Nervous System Activity  
**Joseph Wong (Canada)**

08:40 – 09:20 Contemporary Acupuncture Integration in Anesthesia and Chronic Pain Management  
**Angelica Fargas-Babjak (Canada)**

09:20 – 10:00 Integration of Acupuncture in a Functional Medicine Practice  
**Frank Lipman (USA)**

## MORNING BREAK & VISIT EXHIBITORS

10:30 – 11:10 Contemporary Acupuncture Integration in Primary Care, in a Public Health Care Environment: A Canadian Experience  
**Ravinder Ohson (Canada)**

11:10 – 11:50 Integrating Acupuncture and Mind-Body Medicine in the Management of Stress Related Disorder  
**Pradeep Kumar (Canada)**

11:50 – 12:15 Panel Discussion  
**Brenda Donaldson (USA)**

12:15 – 13:35 **LUNCH & VISIT EXHIBITORS**

# Saturday, May 5, 2012

## Afternoon Session

13:35 – 13:45      **Introduction to Blueprint Session #2**  
**Claudio Couto (Brazil)**

## BLUEPRINT SESSION #2

### Contemporary Acupuncture Blueprint Treatments in Internal Medical Problems

13:45 – 14:15      Neurofunctional Acupuncture Blueprints for the Treatment of Complex Visceral Disorder: A Twelve Year Physician Experience in Primary Care  
**Ravinder Ohson (Canada)**

14:15 – 14:45      Contemporary Acupuncture Blueprint on the Integrated Treatment of Medically Underserved Communities in Remote Villages, in a Medical Mission Environment  
**Dan Wunderlich (USA)**

14:45 – 15:15      Neurofunctional Acupuncture Blueprint on the Integrated Treatment of Cancer Patients  
**Brenda Donaldson (USA)**

15:15 – 15:30      Panel Discussion  
**Claudio Couto (Brazil)**

## 15:30 – 16:00      AFTERNOON BREAK & VISIT EXHIBITORS

16:00 – 16:30      Neurofunctional Acupuncture Blueprint on the Integrated Treatment of Pelvic Pain  
**Meena Nandagopal (Canada)**

16:30 – 17:00      Neurofunctional Acupuncture Blueprint on the Integrated Treatment of Bone Pathology Research Results  
**Juan Antonio Vecino (Spain)**

17:00 – 17:15      Panel Discussion  
**Claudio Couto (Brazil)**

## Sunday, May 6, 2012 (Morning Session)

07:00 – 07:50      **REGISTRATION & CONTINENTAL BREAKFAST**

07:50 – 08:00      **Introduction to Master Session #4**  
**Panel Chair: Angelica Fargas-Babjak (Canada)**

### **MASTER SESSION #4**

**Critical Evaluation of Clinical and Basic Research in Contemporary Acupuncture:  
the Experts View**

08:00 – 08:40      **Placebo Comparisons in Acupuncture Clinical Studies: Is this the Best Model?**  
**Thomas Lundeberg (Sweden)**

08:40 – 09:20      **Testing Protocols or Practitioners? The Difficulties of Controlled Research  
on Operator Dependent Procedures such as Acupuncture**  
**Barbara Shay (Canada)**

09:20 – 10:00      **Practical Practice Models versus Impractical Research Practices: Is it Still  
Practical to Practice EBM Regarding Acupuncture?**  
**Claudio Couto (Brazil)**

### **MORNING BREAK & VISIT EXHIBITORS**

10:30 – 11:10      **Microanalytical and Ultrasound Imaging Techniques Reveal Objective  
Abnormalities of Active Myofascial Trigger Points at Classical Insertion Region  
GB-21 (Part I)**  
**Jay Shah (USA)**

11:10 – 11:50      **Microanalytical and Ultrasound Imaging Techniques Reveal Objective  
Abnormalities of Active Myofascial Trigger Points at Classical Insertion Region  
GB-21 (Part II)**  
**Jay Shah (USA)**

11:50 – 12:05      **Panel Discussion Introduction (Comments to Master Session #4)**  
**Alejandro Elorriaga Claraco (Spain/Canada)**

12:05 – 12:25      **Panel Discussion**  
**Alejandro Elorriaga Claraco (Spain/Canada)**

12:25 – 12:30      **Official Symposium Closing Remarks**  
**Alejandro Elorriaga Claraco (Spain/Canada)**  
**Angelica Fargas-Babjak (Canada)**

\*\* Program subject to change.

# MCMASTER FACULTY / GUEST FACULTY

## **Gil Chimes, DC**

Clinical Instructor, McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON  
Clinic Director Greenwich Sports Medicine Connecticut, USA

## **Cláudio Couto, MD, MSc**

Percutaneous Peripheral Neuromodulation in Rehabilitation Coordinator of the Pain Clinic of the City of Porto Alegre RS, Brazil  
Director of the Research Group in Neurofunctional Acupuncture of Porto Alegre (GEANF)  
Member of the Research Group in Pain and Neuromodulation, HCPA/UFRGS

## **Mike Cummings, MD**

Medical Director  
British Medical Acupuncture Society  
Honorary Clinical Specialist  
University College London Hospitals, London, UK

## **Brenda Donaldson, MD, FAAFP, DABEM, FAAMA**

Clinical Instructor, McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON  
Director of Medical Acupuncture  
Department of Integrated Medicine  
William Beaumont Hospital  
Royal Oak, MI, USA

## **Alejandro Elorriaga Claraco, MD, Sports Medicine Specialist (Spain)**

## **Angelica Fargas-Babjak, MD, FRCP (Anesthesia)**

## **Lorenzo Gonzalez, PT, DPT, OCS**

Clinical Instructor, McMaster Contemporary Medical Acupuncture Program  
McMaster University, Hamilton, ON  
Director, Institute for Integrative Physical Therapy and Rehabilitation

## **Pradeep Kumar, MD (India), DAc (Sri Lanka)**

Clinical Instructor and Senior Lecturer  
McMaster Contemporary Medical Acupuncture Program, McMaster University  
Hamilton, ON

## **Frank Lipman, MD**

Founder and Director of the Eleven Eleven Wellness Center  
New York City, USA

## **Thomas Lundeberg, MD, PhD**

Department of Physiology II, Karolinska Institute  
Stockholm, Sweden

## **Jim Mylonas, DC**

Clinical Instructor and Lecturer, McMaster Contemporary Acupuncture Program, McMaster University, Hamilton, ON

## **Meena Nandagopal, BS, MB, FFARCS**

Associate Professor  
Department of Anesthesia  
McMaster University, Hamilton, ON

## **Ravinder Ohson, MD, CCFP**

## **Florian Pfab, MD, PhD**

Head Team Physician, FC Ingolstadt 04 (German Soccer Bundesliga)  
Consulting Physician Bayer Munich Soccer and Basketball teams  
Visiting Associate Professor Harvard University  
Department of Prevention and Sports Medicine  
Technische Universität München  
Munich, Germany

## **Michael Prebeg, BSc, DC**

## **David G. Salanki, DC**

## **Jay P. Shah, MD, FAAPMR**

Senior Staff Psychiatrist and Clinical Investigator  
Bethesda, Maryland, USA

## **Barbara Shay, PhD, MPT, BMR.P.T.**

Associate Professor, Department of Physical Therapy  
Faculty of Medicine, University of Manitoba, Manitoba

## **Juan Antonio Vecino, MD, PhD**

Associate Professor and Researcher, University of Zaragoza  
Director of Acupuncture Master of Zaragoza University  
Chair of Pain Management Clinical Service  
Red Cross Hospital, Acupuncture Private Clinic  
Zaragoza, Spain

## **Joseph Wong, MD, Specialist in Physical Medicine and Rehabilitation**

Medical Director, The Toronto Pain & Stress Clinic Inc.  
Former Chief Lecturer and Examiner, Acupuncture Foundation of Canada Institute (25 years)  
Former Head Rehabilitation Medicine Department, St. Joseph Hospital, Toronto  
Former Head Rehabilitation Medicine Department, Laurentian Hospital, Sudbury

## **Daniel V. Wunderlich, DIPL OM, LAc**

Clinical Instructor and Lecturer, McMaster Contemporary Medical Acupuncture Program, McMaster University, Hamilton, ON  
Clinical Director of Integrative Acupuncture & Bodywork, New York, USA

## STUDY CREDITS

As an organization accredited to sponsor Continuing Medical Education for Physicians, by both the Committee on Accreditation of Canadian Medical Schools and the Accreditation Council for Continuing Medical Education of the United States, Continuing Health Sciences Education, McMaster University designates this educational program as meeting the criteria for:

### The College of Family Physicians of Canada Mainpro-M1

This educational program meets the accreditation criteria of The College of Family Physicians of Canada, and has been accredited for **23.5 Mainpro-M1 credits**.

### The Royal College of Physicians and Surgeons of Canada

This educational event is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada for a maximum of **23.5 credits per participant**.

### American Medical Association PRA Category 1

This educational activity is approved for a maximum of **23.5 hours in Category 1 credit** towards the AMA Physician's Recognition Award.

**Each physician should claim only those hours of credit that he/she actually spent in the educational activity.**

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## DIRECTIONS

### Sheraton Centre Toronto 123 Queen St. West, Toronto, ON

#### From the West

##### (London, Sarnia, Toronto International Airport)

Follow Hwy. 401 East to Hwy. 427 South. Take Hwy. 427 South and follow signs for Hwy. QEW (Queen Elizabeth Way). The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp (stay on the left hand side of the ramp) and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

#### From the North (North Bay, Barrie)

Follow Hwy 400 South to Hwy. 401 West. Follow Hwy. 401 West to Hwy. 427 South. Take Hwy. 427 South and follow signs for Hwy. QEW (Queen Elizabeth Way). The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

#### From the Niagara Region

Follow Hwy. QEW (Queen Elizabeth Way) into Metro. The QEW turns into the Gardiner Expressway. Once on the Gardiner Expressway watch for York St. exit. Take York St. exit ramp (stay on left hand side of the ramp) and follow York St. until it ends at Queen St. Turn right on to Queen and you will see our Motor Court entrance immediately on the right hand side.

#### From the East (Montreal, Ottawa)

Follow Hwy. 401 West to the Don Valley Parkway (DVP). Take the Don Valley Parkway South all the way to Richmond St. exit. Take Richmond St. (along past Sherbourne, Jarvis, Church, Yonge & Bay streets). Get into the right lane after Bay St. the Hotel is at the next intersection (corner of Richmond St. & York St.), however the Motor Court entrance is on your right-hand side just before this intersection.





**Thursday, May 3 - Sunday, May 6, 2012**

Sheraton Centre Toronto  
123 Queen Street West, Toronto, ON

# **CONTEMPORARY ACUPUNCTURE INTEGRATION IN TODAY'S HEALTH CARE**

## **FOR MORE INFORMATION:**

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