



CAOM 2026 Preconference Workshop

STREAM 2

9:00 ARRIVAL & REGISTRATION

Coffee & Tea
Introductions & Ice Breaker

9:05 SPORTS MEDICINE SIMPLIFIED

Tenotomy
Cortisone
Hyaluronic Acid
Prolotherapy / PRP
BMAC & Adipose

9:20 SHOULDER

Subacromial Bursa
Supraspinatus Tendon Tears
Glenohumeral Joint
Infraspinatus Tendon

10:50 BREAK

11:00 ELBOW & HAND

Lateral Elbow (Common Extensor Tendon)
Medial Elbow (Common Flexor Tendon)
1st CMC Joint

12:30 LUNCH

1:30 HIP

Hip Joint
Greater Trochanteric Bursa
Gluteus Minimus & Medius Tendon

2:30 BREAK

2:40 KNEE

Knee Joint (Suprapatellar recess)
Medial Patellar Approach
Medial Joint Line

3:50 BREAK

4:00 ANKLE & FOOT

Tibiotalar Joint
Plantar Fascia

5:00 END OF DAY