

# Lyftogt Perineural Injection Treatment Introductory Workshop

*An intensive 3-day workshop*

## **PROGRAMME**

### **DAY ONE: (9am – 5pm) LOWER LIMB PAIN**

9am – 10.00: **GLUCOSE, NERVES AND NEUROPATHIC PAIN**

10.00 -10.45: **LIVE PATIENT TREATMENT DEMONSTRATION OR TREATMENT VIDEO**

*10.45 - 11am: morning break*

11am - 12.30pm: **INTRODUCTION INTO THE MACRO-ANATOMY OF LOWER LIMB PAIN –**

- Introduction to the relevant nerves and CCl's of Knee-lower leg-ankle-achilles-foot (Dr John Lyftogt). Includes drawing; includes treatment if time allows.

*12.30 - 1.30: lunch break*

1.30 – 2.00: **QUESTION AND ANSWER SESSION**

2pm – 3.15pm: **DEMONSTRATION and TREATMENT OF LOWER LIMB NEUROPATHIC PAIN by DR. JOHN LYFTOGT**

*3.15 - 3.30pm: Afternoon break*

3.30 - 5.00pm: **SMALL GROUP SESSIONS: TREATMENT OF LOWER LIMB NEUROPATHIC PAIN**

### **DAY TWO: (9am -5pm) LOW BACK- GROIN - HIP PAIN**

9am – 10.00am: **GLUCOSE, NERVES AND NEUROSCIENCE**

10.00 -10.45: **LIVE PATIENT TREATMENT DEMONSTRATION OR TREATMENT VIDEO**

*10.45 - 11am: Morning break*

11am - 12.30pm: **INTRODUCTION INTO THE MACRO-ANATOMY OF LOW BACK- GROIN - HIP PAIN**

- Demonstration of relevant nerves and CCl's of the low back, groin and hip (Dr John Lyftogt). Includes drawing; includes treatment if time allows.  
- Outline of Caudal Epidural with D5W

*12.30 - 1.30: lunch break*

1.30 – 2.00: **QUESTION AND ANSWER SESSION**

2pm – 3.15pm: **DEMONSTRATION and TREATMENT OF LOW BACK- GROIN - HIP NEUROPATHIC PAIN by DR. JOHN LYFTOGT**

*3.15 - 3.30pm: Afternoon break*

3.30pm - 5.00pm: **SMALL GROUP SESSIONS: TREATMENT OF LOW BACK- GROIN - HIP NEUROPATHIC PAIN**

**DAY THREE: 9am -5.00pm HEAD-NECK-SHOULDER-ARM-WRIST PAIN**

9am – 10.00am: **OVERVIEW NEUROPATHIC PAIN AND SCIENCE**

10.00 -10.45: **LIFE PATIENT TREATMENT DEMONSTRATION OR TREATMENT VIDEO**

10.45 - 11am: *Morning break*

11am - 12.30pm: **INTRODUCTION INTO THE MACRO-ANATOMY OF HEAD-NECK-SHOULDER-ARM-WRIST PAIN**

- Demonstration of relevant nerves and CCIs of the head-neck-shoulder-arm-wrist (Dr John Lyftogt). Includes drawing; includes treatment if time allows.

12.30 - 1.30: *lunch break*

1.30 – 2.00: **QUESTION AND ANSWER SESSION**

2pm – 3.15pm: **DEMONSTRATION and TREATMENT OF HEAD-NECK-SHOULDER-ARM-WRIST NEUROPATHIC PAIN by DR. JOHN LYFTOGT**

3.15 - 3.30pm: *Afternoon break*

3.30pm - 5.00pm: **SMALL GROUP SESSIONS: TREATMENT OF HEAD-NECK-SHOULDER-ARM-WRIST NEUROPATHIC PAIN**