

# 2026 Lower Extremity Mastermind


February 26 – March 1, 2026

## Agenda

### Thursday, February 26 – Pre-Conference Opportunity (Optional)

Time	Topic and Details
4:00–8:00pm <i>*optional add-on</i>	<p><b>Advanced ACL Protocols &amp; Knee/Hip Intraosseous Techniques</b> Rahul Desai, MD – Master two advanced procedural tracks designed to optimize outcomes in complex knee and hip cases.</p> <ol style="list-style-type: none"> <li><i>Intraosseous Techniques: Learn fluoroscopic- and ultrasound-guided intraosseous delivery methods for the knee and hip, aimed at enhancing outcomes in advanced degenerative arthritis and subchondral bone insufficiency.</i></li> <li><i>ACL Regenerative Protocol: Review evidence-based techniques for anterior cruciate ligament (ACL) repair and augmentation, integrating the latest research on biologic and mechanical stabilization for ligamentous healing and return-to-sport optimization.</i></li> </ol>
5:30–7:30pm	<p><b>L2Bio Lecture and Live Training:</b> <i>All are welcome to attend a pre-conference lecture and live patient demo of the L2Bio stem cell harvest. Additionally we will have opportunities for attendees to have their own harvest done at Rejuv for a special price. More information to come.</i></p>

### Friday, February 27 – Day One (Hip Focus)

Time	Topic and Details
7:30–8:00am	<p><b>Check-in / Welcome Message:</b> <i>Welcome and orientation by Joel Baumgartner, MD and the Rejuv MedFit team.</i></p>
8:00–8:45am	<p><b>Anatomy Review &amp; Regenerative Pearls: Hip Region</b> <i>Joel Baumgartner, MD – Dynamic anatomy, fascial layering, and regenerative relevance of the hip region.</i></p>
8:45–9:30am	<p><b>Ultrasound Scanning of the 9 Zones of the Posterior Pelvis</b> <i>Joel Baumgartner, MD – Comprehensive fascial and nerve mapping protocol with clinical applications.</i></p>
9:30–10:00am	<p><b>PT Integration: Lower Extremity Rehab Following Hip &amp; Pelvic Interventions</b> <i>Brittney Braegelmann, PT, DPT – Strength progression, fascial retraining, proprioceptive reloading.</i></p>
10:00–10:15am	<b>BREAK</b>
10:15–10:45am	<p><b>Photobiomodulation to Optimize Regenerative Outcome</b> <i>Rahul Desai, MD</i></p>
10:45am–12:00pm	<p><b>Live Patient Demo – Ultrasound Scanning and Injection Techniques (Hip)</b> <i>Joel Baumgartner, MD – Real-time demonstration of diagnostic scanning and ultrasound-guided hip injections.</i></p>
12:00–1:30pm	<b>LUNCH</b> Sponsored by:  Legally Mine
1:45–5:45pm	<p><b>Hands-On Ultrasound Cadaver &amp; Model Lab – Hip</b> <i>Level 1: Eric Phillippi, MD   Level 2: Joel Baumgartner, MD</i></p>
3:00–4:15pm	<p><b>Business Roundtable: Marketing Systems &amp; Campaigns</b> <i>Business Track: Tim Reihm</i></p>
4:15–5:45pm	<p><b>Business Roundtable: Clinical Operations Optimization</b> <i>Business Track: Jennifer Eull – Streamlining clinical efficiency and scaling regenerative programs.</i></p>
5:45–6:15pm	<p><b>Expert Panel Discussion: Regenerative Techniques &amp; Clinical Decision-Making</b> <i>Panel: Joel Baumgartner, MD, Rahul Desai, MD, Eric Phillippi, MD, David C. Wang, DO</i></p>
6:15–8:00pm	<p><b>Networking Social &amp; Reception</b> <i>Sponsored talk by L2Bio from 6:30–7:00pm</i></p>



# 2026 Lower Extremity Mastermind

February 26 – March 1, 2026

## Agenda

### Friday, February 27 – Day One (Optional)

6:30–7:30pm  
\*optional add-on

**Bone Marrow Course**  
Eric Phillippi, MD – Lecture

### Saturday, February 28 – Day Two (Knee & Ankle Focus)

Time	Topic and Details
7:45–8:00am	<b>Morning Welcome / Overview</b>
8:00–8:45am	<b>Anatomy Review &amp; Regenerative Pearls: Knee and Ankle</b> Joel Baumgartner, MD – Layered fascial anatomy, ligamentous integration, and injection relevance.
8:45–9:30pm	<b>Ultrasound Scanning of the Knee</b> Joel Baumgartner, MD – Comprehensive dynamic scanning protocol with pathology recognition.
9:30–10:00am	<b>The Role of Being an Owner</b> How to structure your life for business and personal time – JR Burgess
10:00–10:15am	<b>BREAK</b>
10:15–10:45am	<b>Billing &amp; Coding for Regenerative and Ultrasound-Guided Procedures</b> Eric Phillippi, MD – 2025 updates, modifiers, and documentation pearls.
10:45am–12:30pm	<b>Live Patient Demo – Ultrasound-Guided Knee and Ankle Injections</b> Joel Baumgartner, MD – Real-time diagnostic ultrasound and guided injection technique demonstration.
12:30–2:00pm	<b>LUNCH</b>
2:00–5:45pm	<b>Hands-On Ultrasound Cadaver &amp; Model Lab – Knee</b> Level 1: Eric Phillippi, MD   Level 2: Joel Baumgartner, MD
3:00–4:15pm	<b>Business Roundtable: Business Planning and Goal Setting</b> Business Track: J.R. Burgess & Garrett Ewers
4:15–5:45pm	<b>Business Roundtable: Marketing &amp; Operations Deep Dive</b> Business Track: Garrett Ewers
5:45–6:15pm	<b>Daily Recap / Closing Comments</b>
6:15–8:00pm	<b>Dinner &amp; Networking Social</b>
6:30–8:00pm *optional add-on	<b>Bone Marrow Course</b> Eric Phillippi, MD – Cadaver Training

### Sunday, March 1 – Optional Add-On Course

Time	Topic and Details
8:00am–12:00pm *optional add-ons	<b>Lower Extremity Nerve Blocks &amp; Scanning</b> Eric Phillippi, MD & David C. Wang, DO – Comprehensive ultrasound-guided nerve scanning and hydrodissection training. Covers pelvic plexus, femoral/saphenous, tibial, peroneal, sural, and plantar nerves with live model scanning.

