

2026 UPPER EXTREMITY CONFERENCE

October 8 – 11, 2026

REGENERATIVE
PROCEDURES INSTITUTE

Agenda

Thursday, October 8 – Upper Extremity Integration (Paid Conference Upgrade)

Must be registered for either the Upper Extremity Integration or the Ultimate Upper Extremity Mastery bundles to attend.

Time	Topic and Details
12:00–4:30pm	Scapular Tendon Aponeurotic Enthesopathies: Tension Headache, Neck & Shoulder Pain <i>M. Joshua Haber, MD – Learn the underlying etiology and biomechanical factors that contribute to headaches, along with how to perform a comprehensive physical exam, utilize ultrasound-guided interventions, and incorporate biomechanical rehabilitation strategies for long-term prevention & improved patient outcomes.</i>
5:00–7:00pm	Shockwave Integration for Upper Extremities <i>Terrence Keller, PA-C – A practical, evidence-aligned framework to integrate shockwave as a first-line or adjunct modality for shoulder, elbow, and wrist care. Identify candidates, apply specific protocols, and combine with ultrasound-guided procedures, rehab, and regenerative treatments to improve mobility, function, and outcomes.</i>

Friday, October 9 – Day One: Upper Extremity Essentials – Shoulder

Included in every conference bundle.

Time	Topic and Details
7:30–8:00am	Check-In / Welcome Message: <i>Joel Baumgartner, MD – Quick conference orientation and guidance for gaining practical skills that can be implemented immediately in clinical practice.</i>
8:00–8:30am	Clinic Operations and Growth <i>Business Track: Garrett Ewers, CEO of MedFit – Tactical scaling without chaos: team structure, KPIs, patient journey design, offer positioning, and the operational rhythms that keep quality high with rapid growth.</i>
8:30–9:45am	The Biotensegrity Shoulder: Understanding the Integrated System Behind Pain, Dysfunction, & Treatment <i>Joel Baumgartner, MD – Explore the shoulder as an interconnected system involving the sternum, clavicle, scapula, glenohumeral joint, capsuloligamentous structures, rotator cuff, fascia, and neuromuscular control. Learn how dysfunction in one region alters movement and load distribution throughout the system, contributing to instability, impingement, tendon pathology, arthritis, and persistent pain.</i> <i>Level 1 and Level 2 attendees will establish a shared clinical framework, followed by skill-specific training during the afternoon breakout sessions.</i>
9:45–10:15am	Rehabilitation of the Biotensegrity Shoulder: Restoring the System, Not Just Treating the Structure <i>Brittany Bragelman, DPT – A practical approach to restoring scapular control, thoracic and clavicular mechanics, rotator-cuff integration, proprioception, and kinetic-chain loading. Learn how targeted rehabilitation can improve procedural outcomes and restore durable, adaptable shoulder function.</i>
10:15–10:45am	BREAK+ Vendor Expo + Practice Accelerator Consult Window <i>Fuel up, explore vendors, and take advantage of free practice/marketing acceleration consults (limited slots).</i>
10:45am–12:15pm	Live Patient Demo: Palpation & Ultrasound Scanning for Shoulder Injections <i>Joel Baumgartner, MD – The full workflow in real time: diagnostic ultrasound scanning, pattern confirmation, target prioritization, and ultrasound-guided injection execution—built around efficient, repeatable clinic system.</i>
12:15–1:45pm	LUNCH + Vendor Expo + Practice Accelerator Consult Window
1:45–5:00pm	Hands-On: Marking, Palpation, & Ultrasound Cadaver & Model Lab <i>Level 1 & Level 2 – Hands-on scanning and injection execution with cadaver and model stations—probe mechanics, landmarking, safety, and the clinic-ready workflows.</i>
2:00–5:00pm	Business Track Roundtables <i>Marketing, Sales, & Operations discussions</i>
5:00–5:30pm	Expert Panel / Q&A <i>Joel Baumgartner, MD Eric Phillippi, MD David Wang, DO Rahul Desai, MD Garrett Ewers, CEO of MedFit</i>
6:00–8:00pm	Networking Social & Reception <i>Connect with faculty, peers, and sponsors in a relaxed setting—collaboration, case talk, and relationships that last..</i>

October 8-11, 2026

REGENERATIVE
PROCEDURES INSTITUTE

Sunday, Oct 11 – Upper Extremity Intensive (Paid Conference Upgrade)

Time	Topic and Details
8:00am-1pm	BMAC Harvest & Advanced MFAT Injections <i>Eric Phillipi, MD - Develop practical skills in ultrasound-guided bone marrow aspiration through a combination of anatomical review, procedural instruction, and hands-on training. This course emphasizes proper patient positioning, sterile technique, optimal ultrasound probe placement, and real-world application to help practitioners perform bone marrow aspirations safely and effectively.</i>