



A Naturopathic Perspective in Getting Started in Prolotherapy Training

- Prolotherapy training is available from a few different organizations in the U.S.
- All of these organizations offer some sort of medical prolotherapy brigade to S. America for further training, alas these brigades are only open to MDs (NOT NDs).
- Trainings fall into a few different categories currently.
- There are annual conferences that are mainly didactic and offer a bit of hands-on training on cadaver/animal parts. You may end up injecting a piece of dead flesh a few times, which is definitely better than nothing at all.

Main Allopathic Organizations Offering Prolotherapy Training

- **AAOM** (American Association of Orthopedic Medicine). They offer an annual conference (with an optional add-on needling workshop on animal parts). They also offer an annual Workshop that is good training, but again, only about 3 chances to use a needle on cadaver parts. This organization, overall, is fairly ND friendly and does a good with their events. NDs are not welcome to attend their brigades.
- **AOAPRM** (American Osteopathic Association of Prolotherapy Regenerative Medicine). While I have not attended this group's trainings, I hear good things. Similarly, they are ND friendly and do a nice annual event. Needling practice is again on cadavers and is fairly sparse. NDs are not welcome to attend their brigades.
- **Hackett Hemwall**. All roads lead to HH "technique" as the favored technique of traditional prolotherapy. I was trained up in HH technique and have attended their annual conference. ND are no longer welcome at ANY HH events.