

7-Feb-26

Topic

Speaker

6:45-7:15am

Yoga

7:30-8:15am

Sponsored Breakfast

New Tech in Pain

8:15-8:40am

Peripheral Nervous System

Dr. Reese

8:40-9:05am

Spinal Tumors

Dr. Rogers

9:05-9:30am

Regen

Dr. Hyrvniak

9:30-9:55am

Panel Discussion

9:55-10:10am

Break with Vendors

10:10-10:35am

Prevalence of Discogenic LBP, Clinical Features, and MRI Characteristics

Michael DePalma, MD

10:35-11:00am

Rheumatology for Idiots and Pain Doctors

Dr. Khurana

11:00-11:25am

Rx of Neuropathy Pain

Dr. Zhu

11:25-11:50am

COVID-19 Spike Protein & Pain

Dr. Sullivan

11:50-12:10pm

Q&A Panel Discussion

12:10-1:00pm

Sponsored Lunch



**Virginia
Pain Society**

7-Feb-26

Topic

Speaker

Physical Medicine & Rehabilitation

| | | |
|-------------|------------------------------|---------------------|
| 1:00-1:25pm | Osteocool | Dr. Guyer |
| 1:25-1:50pm | Sacroplasty | Dr. Shanbhag |
| 1:50-2:15pm | Basivertebral Nerve Ablation | Dr. Smirniotopoulos |
| 2:15-2:40pm | Q&A Panel Discussion | |

2:40-3:00pm

Break with Vendors

Developments

| | | |
|--------------------|--|------------------------------|
| 3:00-3:25pm | AI in Pain Medicine/Generative AI | Sean Podvent |
| 3:25-3:50pm | Pain in a Social Context: A Medical Humanities View | John T. Casteen |
| 3:50-4:45pm | Monitoring Adherence to Pain Management; Tracking Opioids and Beyond | Steve Passik, PhD Keynote |
| 4:45-5:00pm | Q&A Panel Discussion | |
| 5:00-7:00pm | Happy Hour Networking | Near Passerines Band |



**Virginia
Pain Society**

8-Feb-26

Topic

Speaker

Wellness

| | | |
|----------------------|----------------------------------|--|
| 7:45-8:30am | Sponsored Breakfast | |
| 8:30-9:05am | Medical Weightloss | Catherine Varney, DO |
| 9:05-9:40am | Surgical Weightloss | Tom Shin, MD |
| 9:40-10:15am | Physical Therapy for Pelvic Pain | Michelle Little DPT |
| 10:15-10:30am | UVA Integrative Pain Program | Donowitz, Katherine W., MD |
| 10:30-11:00am | Q&A Panel Discussion | |
| 11:00-11:35am | Hospice | Tim Short, MD, HMDC, FAAFP, FAAHPM |
| 11:35-12:10pm | End-of-Life Care | Alina Fomovska, MD |
| 12:10-12:20pm | Closing Remarks | |



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