

Venue

Spokane Valley Event Center
10514 E Sprague Ave
Spokane Valley, WA 99206

Event will also be available streamed live on Zoom and recorded.

Accommodations

Comfort Inn and Suites - \$99 per night call 509.926.7432 and request the Pain Conference rate.

Accreditation



◆ 14 AMA PRA Category 1 Credits™

- ◆ 14 MOC points for the ABIM MOC Program
- ◆ Application for prescribed credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
- ◆ 14 CE contact hours for the Washington State Board of Nursing.
- ◆ Approved for a total of 2 NP Pharmacology hours. (Fri.-2)
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ 14 equivalent CE credits for ANCC recertification
- ◆ Washington DC's - DC can review course and if course is relevant to their practice credits will be accepted.
- ◆ Washington & Idaho PT's - PT can review course and if course is relevant to their practice, credits will be accepted.
- ◆ Idaho State DC's - Accepts 14 AMA Category 1 Credits as 14 CE credits
- ◆ Pharmacists - If you want ACPE credits, please contact me at least 3 weeks in advance to see if available

Questions

Questions/Registration

Melissa Neighbors 509-431-0718
russocme@gmail.com

RussoCME.com

Faculty Speakers

Daniel Blizzard, MD
Board Cert: Orthopaedic Surgery
—Board Eligible
Axis Spine Center
Post Falls, Idaho

David Glassman, MD
Board Cert: Orthopaedic Surgery
Axis Spine Center
Northwest Specialty Hospital
Post Falls & Couer D'Alene, ID

Howard Grattan, MD
Board Cert: Pain Management,
Physical Medicine and Rehabilitation
Northwest Spine and Pain Medicine
Spokane, WA

David Greeley, MD
Board Cert: Neurology
Northwest Neurological
Spokane, WA

Ivanka Kuran, DPT
Board Cert:: Orthopedics,
and Manual Therapy
Axis Spine Center
Post Falls, Idaho

Jamie Lewis, MD
Board Cert: Physical Medicine
and Rehab, Pain Medicine
Northwest Spine and Pain Medicine
Spokane, WA

Scott Magnuson, MD
Board Cert: Anesthesiology, and
Pain Medicine
Sub-specialty: Pain Management
Pain Management of North Idaho
Coeur D'Alene, ID

Gabriel Martinez Alvarez, MD
Board Cert: PM&R
Multi-Care
Spokane, WA

Christopher Meadows, MD
Board Cert: Physical Medicine
and Rehab, Electrodiagnostic Medicine
Clinic 5C
Spokane, WA

Alyna Ohanian, PhD
Pain Psychologist
Northwest Spine and Pain Medicine
Spokane, WA

Jonathan Pasma, DO
Board Cert: Physiatry
The Regenerative Institute
Spokane, WA

Nathan Sneddon MD
Board Cert: Anesthesia & Pain Medicine
Spokane, WA

Lynda Williamson, DO
Board Cert: - Family Medicine
Spokane, WA

Marian Wilson, PhD
Washington State University
Spokane, WA

*This live activity has been planned and implemented in accordance with the accreditation requirements and policies of the Colorado State Medical Society through the joint providership of Gritman Medical Center and RussoCME. Gritman Medical Center is accredited by the Colorado State Medical Society to provide continuing medical education for physicians. This educational activity is designated for a maximum of 14 hours of AMA PRA Category 1 Credit(s).

Fall/Winter Conferences

Updates in Medicine - Kennewick, WA
- Live & Virtual - September 19 & 20, 2025
Olympic Peninsula Medical Conference - Port Angeles
- Live & Virtual - November 7 & 8, 2025
NW Primary Care Conference - Online
- Virtual - December 5 & 6, 2025
Wenatchee Cardiac Symposium - Wenatchee, WA
-Live & Virtual - February 6 & 7, 2025
Registration at russocme.com

Non Profit
US Postage Paid
Spokane, WA
Permit 28



700 S Main St
Moscow, ID 83843

14 AMA PRA Category 1 Credits
Continuing Medical Education



In person, Streamed live and
Recording Option

Spokane Pain Conference

14 AMA PRA Category 1 Credits™
Continuing Medical Education

October 24 & 25, 2025

Early Registration: Sept. 26, 2025
Regular Registration: Oct. 15, 2025

www.RussoCME.com

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM AI and Pain Management | Jamie Lewis, MD**
 - Discuss emerging medication classes for pain.
 - Discuss newer interventional pain procedures.
 - Discuss newer Regenerative techniques.
- 9:00AM Chronic Daily Headache — Why It’s Probably Not a Migraine | David Greeley, MD**
 - To understand why migraine is rarely a cause for daily headache and to look for something else.
 - To understand why it’s important to ask about all medications used — including OTC and supplements.
 - To understand that “just because it’s near the brain, that doesn’t mean it’s neurological.
- 10:00 AM Break/Exhibits**
- 10:20AM Advances in Spinal Cord Stimulation Gabriel Martinez Alvarez, MD**
 - Explain how traditional and newer spinal cord stimulation systems, including high-frequency and closed-loop technologies, relieve chronic pain
 - Identify suitable patients for spinal cord stimulation based on chronic pain conditions and clinical criteria.
 - Review how AI enhances spinal cord stimulation therapy, including real-time adjustments to improve clinical outcomes for complex pain management.
- 11:20AM Clinical Diagnosis and Surgical Management of Cervical Myelopathy | Daniel Blizzard, MD**
 - Surveilling for symptoms in spine patients in general
 - Differential diagnosis
 - Surgical management
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Wounded Voices and Open Ears: Approaching the Help-Rejecting Patient | Alyna Ohanian, PhD**
 - Features and signs of a help-rejecting patient.
 - Understand the impact and frustrations for providers
 - Learn recommendations, techniques, and approaches
 - Review case studies for examples.
- 2:15 PM Overview of Newer Treatment Options Howard Grattan, MD**
 - Discuss emerging medication classes for pain
 - Discuss newer interventional pain procedures
 - Discuss newer Regenerative techniques
- 3:15 PM Afternoon Break/Exhibits**
- 3:30 PM Opioid Pain Management: The Whole Story Lynda Williamson, DO**
 - Review current Washington State guidelines for opioid prescribing
 - Describe 3 tools for managing chronic pain patients
 - Describe the distinction between the opioid dependant patient vs the chronic pain patient
- 4:30 PM Conference Adjourned**

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Lumbar Disc Herniation Scott Magnuson, MD**
 - Describe the epidemiology, pathophysiology, and risk factors associated with lumbar disc herniation.
 - Compare and contrast treatment modalities for lumbar disc herniation
 - Analyze the controversies and economic considerations surrounding the management of lumbar disc herniation.
- 9:00AM Ultrasound-Guided Injections & Hydrodissection Jonathan Pasma, DO**
 - Increase understanding of fascia, interstitium and neurovascular bundle, and how these relate to pain and function.
 - Enhance the understanding and utility of ultrasound-guided injections and hydrodissection.
- 10:00 AM Break/Exhibits**
- 10:20AM Common Spine Conditions: Knife or Needle David Glassman, MD**
 - Review cervical and lumbar degenerative conditions
 - Discuss the benefits of surgical and interventional treatment for these conditions.
 - Develop a general idea of who should undergo surgery versus non-operative treatment.
- 11:20AM Modalities: What Are They and Conditions Appropriate for Referral | Ivanka Kuran, DPT**
 - Name 3 different modalities
 - Do modalities have “red flags”
 - Name a modality that requires specialty licensure to perform
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM Vertebral Augmentation (Kyphoplasty) for Vertebral Compression Fractures. Nathan Sneddon, MD**
 - Indications and Contraindications
 - Does treatment increase risk of subsequent fracture?
 - Is vertebral augmentation effective for patients?
 - What the latest technological advances for treatment of vertebral compression fractures?
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Problematic Substance Use in the Context of Chronic Pain | Marian Wilson, PhD**
 - Recognize trends in substance use among adults with chronic pain • Understand how to access risk assessment and harm reduction resources • Apply harm reduction principles for a person using cannabis for pain management
- 3:30 PM Regenerative Approaches to the Management of Low Back Pain | Christopher Meadows, MD**
 - Understand the various pain generators associated with low back pain
 - Describe the role regenerative techniques can have in improving pain and function for lumbar disc herniation, lumbar radiculopathy and lumbar facet arthropathy.
- 4:30 PM Conference Ends**



Idaho Pain Clinic

Registration Information

- Complete and mail in the attached registration form or**
- Register online at www.russocme.com**

- **Early Registration** must be post marked by September 26.
- **Regular Registration** must be post marked by October 15.
- **Day of Registration Welcome.** Additional \$20 for registration day of or postmarked after Oct. 15.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before October 20.. There will be a \$50 administration fee withheld. Between October 21 and October 24, you can send someone in your place or sign up for the recording to watch later or transfer to another conference with no admin fee. No refunds once the conference begins.

Please print legibly. Receipts will be e-mailed.

Name: _____

Degree: _____ Specialty: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Clinic Name: _____

Clinic City: _____

- Attending in Person Attending Virtually
- Accredited Recording

Walk in or day of registration available. An Additional \$20 will be charged if post marked after Oct. 15.

Regular Registration Due: Oct. 15, 2025

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$430	\$405	\$280
Friday Only	\$285	\$255	\$185
Saturday Only	\$285	\$255	\$185

*PT, DC, OD, ND, residents

**Students \$75 a day

Early Registration Due: Sept. 26, 2025

Circle Selection	MD / DO	NP/PA	RN/Allied Health*
Complete Conference	\$415	\$390	\$265
Friday Only	\$270	\$240	\$170
Saturday Only	\$270	\$240	\$170

**Please make checks payable to RussoCME
Mail completed form with your check to:**

**Melissa Neighbors
935 SE High St
Pullman, WA 99163**