

## Venue

Red Lion Columbia Center  
1101 N Columbia Center Blvd,  
Kennewick, WA 99336

Hotel rate: \$139 - mention the code TCPC2026  
509-783-0611

Conference will also be available streamed live on Zoom  
or a recording for those who can't make the date.

## Accreditation



- ◆ This live activity is accredited for 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.
- ◆ Approved for a total of 5 NP Pharmacology hours. (Fri.- 1.5 & Sat. - 3.5)
- ◆ Washington State accepts AMA PRA Category 1 Credits for NP's & PA's
- ◆ ANCC accepts these credits as equivalent credits for recertification.
- ◆ 14 CE contact hours for Washington State Nursing Commission.
- ◆ Physical Therapy- WA board of PT accepts these credits if the provider thinks the course is relevant to their practice
- ◆ Chiropractors- WA board of Chiropractics accepts these credits if the provider thinks the course is relevant to their practice

## Questions

Eliza McNelly | info@russocme.com | 509-592-5506

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

## Faculty Speakers

Silverio Arenas, PhD  
Doctorate in Clinical Psychology  
Injury Clinic Northwest/De Alta Clinic  
Mount Vernon, WA

Ross Bindler, PharmD  
Washington State University  
Spokane, WA

Ken Call, DPT  
Therapeutic Associates  
Physical Therapy  
Kennewick, WA

Amber Charoen, MD  
Board Cert: Internal Medicine and  
Gastroenterology  
Gastro Health - Tri-Cities  
Kennewick, WA

Juno Choe, MD, PhD  
Board Cert: Radiation Oncologist  
Northwest Cancer Clinic  
Kennewick, WA

Andrew Friedman, MD  
Board Cert: Pain Medicine,  
Neuromuscular & Electrodagnostic Medicine  
Virginia Mason Franciscan Health  
Seattle, WA

Michael Kolczynski, MD  
Board Cert: Anesthesiology,  
Pain Management Specialist  
Precision Interventional Pain Center  
Kennewick, WA.

Eric Kurtz, DC  
Certified Chiropractic Sports Practitioner  
Columbia Basin Chiropractic Center  
Richland, WA

Ralph Laraiso, MD  
Board Cert: PM&R  
Prosser Memorial Health  
Richland, WA

Grace Lee, MD  
Specialty: Internal Medicine,  
Endocrinology  
Virginia Mason Franciscan Health  
Seattle, WA

Neil Ponder, DO, FACOG  
Board Cert: Obstetrics & Gynecology  
Desert Sky Women's Healthcare  
Kennewick, WA

Keval Shah, MD  
Board Cert: Interventional Cardiology,  
Cardiovascular Disease  
Virginia Mason Franciscan Health  
Seattle, Washington

Russell Tagg, DC  
IBrain Body Connect  
Richland, WA

Jason Wright, DO  
Board Cert: Cosmetic Surgery  
Wright Surgical Arts  
Pasco, WA

\* This live activity has been planned and implemented in accordance with 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 Credits.

## Future Conferences:

**Updates in Medicine:** Sept 25 & 26 - Kennewick, WA  
**Spokane Pain Conference:** Oct 16 & 17 - Spokane, WA  
**Olympic Peninsula Medical Conference:** Nov 6 & 7 - Port Angeles, WA  
**NW Primary Care Conference:** Virtual - December 4 & 5

**RussoCME.com**

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Permit 28



700 S Main St  
Moscow, ID 83843

Tri Cities Pain Conference  
14 AMA Category 1 Credits

Available in person, streamed live  
and recording available

# Tri-Cities Pain Conference

**14 AMA PRA Category 1 Credits™**  
Continuing Medical Education



**April 24-25, 2026**  
**Kennewick, WA**

**Early Registration : March 27, 2026**  
**Regular Registration: April 15, 2026**

[www.RussoCME.com](http://www.RussoCME.com)

## Friday April 24, 2026

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Necessary Behavioral and Biomechanical Adaptations in Pain Management | Michael Kolczynski, MD**
  - Understanding Pathology
  - Application and Maintenance
- 9:00AM Chest Pain | Keval Shah, MD**
  - Components of a chest pain history and differential diagnosis
  - Urgent care vs ED vs Clinic work up per the 2021 ACC chest pain guidelines
  - Risk reduction prevention/when to start medication
- 10:00 AM Break/Exhibits**
- 10:20AM Navigating the Anatomical Crossroads: A GI-Led Approach to Chronic Pelvic Pain | Amber Charoen, MD**
  - The Diagnostic Challenge: Overlapping Etiologies
  - Clinical Assessment: Beyond the Pelvic Exam
  - Coordinate Multimodal Management
- 11:20AM Adipose-Based Cellular Therapy and HBOT Jason Wright, DO**
  - Biological rationale for Adipose-Derived Cellular Therapy
  - Why hyperbaric oxygen therapy fits chronic pain and tissue dysfunction
  - How stem cells and HBOT are effective in chronic pain patients
- 12:20PM Lunch Break/Exhibits**
- 1:15 PM Evaluating and Treating the Whole Person: Movement is Medicine | Ken Call, PT**
  - Be able to identify PNE appropriate patients
  - Understand the importance of sleep/sleep hygiene principles
  - Exercises can make significant improvements in activity tolerance and pain reduction
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Problematic Substance Use in Adults with Chronic Pain | Ross Bindler, PharmD**
  - Recognize current trends in substance use among adults with chronic pain
  - Understand how to access and utilize substance use risk assessment tools and harm reduction resources
  - Apply risk assessment and harm reduction principles during the pain management care process
- 3:30 PM Myofascial Pain and Autonomic Nervous System Modulation | Russell Tagg, DC**
  - Review current evidence on the anatomical and physiological relationships between the vagus nerve, connective tissue and myofascial structures
  - Examine mechanisms linking myofascial dysfunction with the Vagus nerve
  - Demonstrate practical myofascial techniques and their short term effects on autonomic markers associated with stress and anxiety.
- 4:30 PM Conference Adjourned**

## Saturday April 25, 2026

- 7:30AM Registration/Exhibits**
- 7:50AM Introduction**
- 8:00AM Cancer and Beyond: Radiation Therapy for Pain Relief | Juno Choe, MD**
  - Understand indications for palliative radiation therapy in cancer patients
  - Understand the benefits of low dose radiation therapy in treating benign disorders including arthritis, bursitis, tendonitis, plantar fasciitis, Dupuytren's contracture, and plantar fibromatosis
- 9:00AM Updates in PM&R and Pain | Andrew Friedman, MD**
  - Understand the most recent legislative efforts around opioid prescribing in WA State
  - Review the pharmacology and indications for new pain management drug suzetrigine
  - Recognize the presentation and learn about the management of Neuralgic Amyotrophy.
- 10:00 AM Break/Exhibits**
- 10:20AM Endometriosis: Acute and Chronic Pain in Women Neil Ponder, DO**
  - Identify the presentation and evaluation of endometriosis
  - Management of pain in the patient with endometriosis, both pharmacologic and non-pharmacologic strategies
- 11:20AM Clinical Insights from a Pain Psychologist in the Workers Compensation System | Silvero Arenas, PsyD**
  - Chronic pain from a physio/socio/psychological perspective
  - Somatic Symptom Disorder with predominant pain (DSM-5)
  - Physical, sociological/cultural, psychological, and bureaucratic/medicolegal factors in treating injured workers
- 12:20 PM Lunch Break/Exhibits**
- 1:15 PM Adjuvant Analgesics | Ralph Laraiso, MD**
  - Identify key adjuvant analgesics and their roles in pain
  - Explain pain pathways and improve outcomes
  - Apply strategies to safely prescribe in clinical practice
- 2:15 PM Afternoon Break/Exhibits**
- 2:30 PM Osteoporosis: Update for Primary Care Grace Lee, MD**
  - Differentiate high-risk populations beyond current guidelines
  - Evidence-based pharmacologic and non-pharmacologic treatment options
  - Implementation of strategies for long-term osteoporosis
- 3:30 PM Non-Surgical Interventions for Pain | Eric Kurtz, DC**
  - Identify current evidence-based non-surgical pain interventions
  - Compare the effectiveness and appropriate clinical application
  - Recognize emerging technologies and therapies
  - Apply patient-centered strategies
- 4:30 PM Conference Ends**

## Educational Support



### Registration Information



Complete and mail in the attached registration form or



Register online at [www.russocme.com](http://www.russocme.com)

- **Early Registration** must be post marked by March 27, 2026
- **Regular Registration** must be post marked by April 15, 2026
- **Day of Registration available.** Additional \$20 for registration day of or after April 15. Just walk in and register or you can register online and a link to the conference page will be at [russocme.com](http://russocme.com)
- **Recording** - Conference will be recorded and accredited with AMA Category 1 Credits. You can register for the recording and a copy will be sent to you 1 week later. We also send a copy out to all participants just for future reference.

**Cancellations:** All cancellations need to be emailed to Eliza at [info@russocme.com](mailto:info@russocme.com) on or before April 17. There will be a \$50 administration fee withheld. Cancellations between April 18 and April 24, you can send someone in your place or transfer to another conference within 12 months. Course is planned to be recorded and accredited, option to watch course after the live event for credits. No refunds once the conference begins.

## Registration Form

Tri-Cities Pain Conference

Please print legibly. Receipts will be e-mailed.

Name: \_\_\_\_\_

Degree: \_\_\_\_\_ Specialty: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Clinic City: \_\_\_\_\_

Please indicate what format you will be attending

- In person     Stream live     Recording

**Walk in registration available. An Additional \$20 will be charged if post marked after April 15, 2026.**

### Regular Registration Due: April 15, 2026

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, PharmD, ND, Other    \*\*Students \$75 a day

### Early Registration Due: March 27, 2026

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 Street  
Pullman, WA 99163**