

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 3 NP Pharmacology hours. (Fri.-2 & Sat.-1)
- ◆ 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

Eliza McNelly
509-592-5506 | info@russocme.com
Melissa Neighbors
509-431-071russocme@gmail.com
RussoCME.com

Faculty Speakers

James Bates, DO Board Cert: Physical Medicine and Rehabilitation Providence St. Luke's Rehabilitation Medical Center Spokane, WA	Roland S. Kent, MD Board Cert: Orthopedic Surgery Axis Spine Center Post Falls, Idaho
Daniel Blizzard, MD Board Cert: Orthopaedic Surgery —Board Eligible Axis Spine Center Post Falls, Idaho	Matthew E. Layton, MD, PhD Board Cert: American Board of Psychiatry and Neurology Washington State University Spokane, WA
David Glassman, MD Board Cert: Orthopaedic Surgery Axis Spine Center Northwest Specialty Hospital Post Falls & Couer D'Alene, ID	Jamie Lewis, MD Board Cert: Physical Medicine and Rehab, Pain Medicine Northwest Spine and Pain Medicine Spokane, WA
Johanna Golke, PA-C, IHP Waves of Health Wellness Coeur d'Alene, ID	John Long, DO, FAAPMR Board Cert: PM & R Spokane Spine Center Spokane WA
Howard Grattan, MD Board Cert: Pain Management, Physical Medicine and Rehabilitation Northwest Spine and Pain Medicine Spokane, WA	Christopher Meadows, MD Board Cert: Physical Medicine and Rehab, Electrodiagnostic Medicine Clinic 5C Spokane, WA
Alan Greenwald, MD Board Cert: Orthopedic Surgery Great Falls Clinic Great Falls, MT	Vivian Moise, MD Board Cert: PM&R & Sub-specialty of Spinal Cord Injury Medicine St. Luke's Physiatry and Neuromuscular Clinic at the Providence St. Luke's Rehabilitation Medical Center Spokane, WA
Jessica Jameson, MD Interventional Pain Physician Axis Spine Center Post Falls, ID	Nathan Sneddon MD Board Cert: Anesthesia & Pain Medicine Dynamic Spine & Pain Institute 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 - Richland, WA
- Live & Virtual - September 18 & 19, 2026
Olympic Peninsula Medical Conference - Port Angeles, WA
- Live & Virtual - November 6 & 7, 2026
Spokane Cardiac Symposium - Spokane, WA
- Live & Virtual - November 20 & 21, 2026
NW Primary Care Conference - Online
- Virtual - December 4 & 5, 2026

Registration at russocme.com

Non Profit
US Postage Paid
Spokane, WA
Permit 28

Gritman
MEDICAL CENTER
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 16 & 17, 2026

Early Registration: Sept. 18, 2026
Regular Registration: Oct. 7, 2026
www.RussoCME.com

7:30AM Registration/Exhibits

7:50AM Introduction

8:00AM Regenerative Medicine | Jamie Lewis, MD

- Understand latest advances in stem cell use
- Understand latest evidence for PRp
- Current regulatory status and evidence for peptides

9:00AM Opioid Use Disorder | Matthew Layton, MD

- Review recent trends in the incidence and prevalence of OUD and drug overdose deaths
- Current research efforts and the impact of interventions on clinical outcomes by demographic region
- Evidence-based medication and psychosocial interventions used to treat OUD, including Medication-Assisted Treatment (MAT) and Contingency Management (CM).

10:00 AM Break/Exhibits

10:20AM The Current State of Personalized Spine Care Roland Kent, MD

- Define patient-specific spine care
- Explain what technologies are currently available.
- Review the most up to date data on outcomes from patient-specific spine care.

11:20AM Cervical Myelopathy | Daniel Blizzard, MD

- Clinical presentation and common causes
- Key diagnostic findings on physical examination/imaging
- Surgical and non-surgical management strategies

12:20PM Lunch Break/Exhibits

1:15 PM The Science Behind Stem Cell Therapy Christopher Meadows, MD

- Differentiate the major sources of therapeutic stem and stromal cells used in regenerative medicine.
- Describe the biologic mechanisms through which cell-based therapies influence tissue healing and repair.
- Evaluate the current evidence supporting stem cell therapies for common musculoskeletal conditions.

2:15 PM Afternoon Break/Exhibits

2:30 PM Demystifying CRPS: Early Detection and Multidisciplinary Management in Primary Care John F. Long, DO

- Identify clinical signs of Complex Regional Pain Syndrome
- Differentiate between CRPS Type 1 and Type 2 based on nerve injury verification
- Formulate a multimodal treatment plan combining physical therapy pharmacotherapy, and psychological support.

3:30 PM Medical Marijuana | Vivian Moise, MD

- Describe major pharmacological effects of cannabinoids on the endocannabinoid system
- Know how to register a patient for medicinal cannabis use
- Risks/benefits of cannabis use for medicinal purposes

4:30 PM Conference Adjourned

7:30AM Registration/Exhibits

7:50AM Introduction

8:00AM When Pain Won't Quit: Is Peripheral Nerve Stimulation the Missing Piece? | Jessica Jameson, MD

- Review the current evidence supporting peripheral nerve stimulation for select chronic pain conditions.
- Identify patients who are most likely to benefit from referral for peripheral nerve stimulation.
- Incorporate peripheral nerve stimulation into evidence-based, multimodal chronic pain management.

9:00AM Interventional Management of Back Pain David Glassman, MD

- Review the process of ESI's, SCS, and spinal fusion
- Patient criteria and expected outcomes
- Evidence based management of patients

10:00 AM Break/Exhibits

10:20AM Hydrodissection | Howard Grattan, MD

- Review current evidence
- Discuss most common locations
- Define common injection formulas

11:20AM When the Body Remembers: Trauma, the Nervous System, Chronic Pain, and Integrative Treatment Strategies | Johanna Golke, PA-C

- Differentiate trauma as a physiological and neurobiological process and recognize its role in chronic pain
- Describe the neurobiology of trauma and its contribution to persistent pain
- Evaluate evidence-based treatment strategies for chronic pain

12:20 PM Lunch Break/Exhibits

1:15 PM Recognition and Treatment of Osteoporosis with a Strategy for Bone Health Optimization Alan Greenwald, MD

- Define Osteoporosis and how to diagnose
- Review best treatments for Osteoporosis
- Discuss ways to better preoperative surgical decisions to avoid complications.

2:15 PM Afternoon Break/Exhibits

2:30 PM Lumbar Spinal Stenosis in 2026 | Nathan Sneddon, MD

- Review the diagnosis and pathology of lumbar spinal stenosis and degenerative lumbar instability.
- Compare the indications, benefits, and limitations of minimally invasive treatments for lumbar spinal stenosis.
- Recognize patients who may benefit from referral

3:30 PM Post Stroke Pain | James Bates, MD

- Identify and initiate treatment for common causes of post-stroke pain including complex regional pain syndrome, spasticity, and central pain syndrome
- Recognize when to refer to stroke rehabilitation vs pain management for post stroke pain syndromes

4:30 PM Conference Ends



NORTHWEST
SPINE & PAIN MEDICINE



AXIS SPINE
CENTER

A DIVISION OF NORTHWEST SPECIALTY HOSPITAL
PROUDLY OWNED AND OPERATED BY PHYSICIANS

Registration Information



Complete and mail in the attached registration form or



Register online at www.russocme.com

Conference is available in person and virtually streamed. If you can not make it the day of, we will be recording the conference and it will also be accredited with 14 AMA Category 1 Credits.

- Early Registration must be post marked by September 18.
- Regular Registration must be post marked by October 7.
- Day of Registration Welcome. Additional \$20 for registration day of or postmarked after Oct. 7.

Cancellations: All cancellations need to be emailed to Melissa at russocme@gmail.com on or before October 12. There will be a \$50 administration fee withheld. Between October 12 and October 16, 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.

Spokane Pain Conference 2026

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. 7.

Regular Registration Due: Oct. 7, 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, ND, residents

**Students \$75 a day

Early Registration Due: Sept. 18, 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 St
Pullman, WA 99163

Spokane 2026