

# THE UNRIVALLED CONFERENCE PROGRAMME

## - WEDNESDAY 22ND NOVEMBER



### Theatre 1

Time	Topic
09:30 - 10:15	<b>Combined movement treatment for back and neck pain: a rational approach to treating severe spinal pain</b> <i>Chris McCarthy, Consultant Physiotherapist, Manchester Metropolitan University</i>
10:45 - 11:45	<b>Hand &amp; wrist injuries in sport</b> <i>Mike Hayton, Consultant Orthopaedic Surgeon, Wrightington Hospital</i>
12:00 - 12:45	<b>Topical pain relief - when to use heat, cold or NSAIDs</b> <i>Colin Brown, Director of Research &amp; Quality Development, The Mentholatum Co Ltd</i>
13:45 - 14:30	<b>Shoulder instability</b> <i>Jo Gibson, Shoulder Rehabilitation Specialist, Liverpool Upper Limb Unit</i>
15:00 - 15:45	<b>The importance and effects of Movement Re-Education after injury</b> <i>Mike Antoniadis, Performance &amp; Rehabilitation Director, The Running School</i>
16:00 - 16:45	<b>Session delivered by</b> <i>Tor Davies, Founder, Co-Kinetic</i>
16:50 - 17:30	<b>Anterior knee pain</b> <i>John Rogers, Consultant Orthopaedic Surgeon, OrthTeam</i>

### Theatre 2

Time	Topic
09:45 - 10:30	<b>Is there a role for taping in neurological conditions?</b> <i>Becky Duncan, Practice Principal Neurological Physiotherapy Practice</i>
11:00 - 11:45	<b>Embodying mindfulness in physical therapy practice</b> <i>Dr Hilary Abbey, Head of Research, British School of Osteopathy</i>
12:00 - 12:45	<b>Social media for therapists</b> <i>Celia Champion, Director, Painless Practice</i>
13:45 - 14:30	<b>Infrapatellar fat pad of the knee - the source of all evil?</b> <i>Sanjay Anand, Consultant Orthopaedic Surgeon, BMI Hospitals &amp; OrthTeam</i>
14:55 - 15:40	<b>Patellofemoral Pain where are we up to on subgrouping?</b> <i>Dr James Selfe, Professor of Physiotherapy Department of Health Professions, Manchester Metropolitan University</i>
15:50 - 16:35	<b>Exercise in Parkinson's: indications, implications and intensity</b> <i>Julie Jones, Senior Lecturer, Physiotherapy, Robert Gordon University</i>
16:45 - 17:30	<b>Giving them wings: global integration for sustainable shoulders</b> <i>Joanne Elphinston, Physiotherapist, Performance Consultant &amp; International Lecturer, JEMS Movement</i>

### Theatre 3

Time	Topic
10:00 - 10:45	<b>Mind your language - words matter in manual therapy</b> <i>Dr Oliver Thomson, Senior Lecturer &amp; Research Unit Leader, British School of Osteopathy</i>
11:00 - 11:45	<b>Neuroplasticity - how it differs in a variety of neurological rehab settings</b>
12:00 - 12:45	<b>A new anatomy</b> <i>Julian Baker, Owner, Functional Fascia</i>
13:45 - 14:30	<b>How to assess &amp; manage patients within a Biopsychosocial context</b> <i>Dr Jerry Draper-Rodi, Research lecturer and clinician, The British School of Osteopathy</i>
15:00 - 15:45	<b>Session delivered by Jonathan Bloomfield, Chief Scientific Officer</b>
16:30 - 17:15	<b>Increase your referrals painlessly</b> <i>Celia Champion, Director Painless Practice</i>

### Therapy Update Theatre

Time	Topic
09:45 - 10:15	<b>Session delivered by Ergolet</b>
10:30 - 11:00	<b>Spinal injury management in sport</b> <i>Paul Lubas, Managing Director, Lubas Medical</i>
11:15 - 11:45	<b>Session delivered by Imaging First</b>
12:00 - 12:30	<b>Session delivered by Venn Healthcare</b>
12:45 - 13:15	<b>Magnesium massage therapy</b>
14:30 - 15:00	<b>The STA moving forwards</b> <i>Gary Benson</i>
15:30 - 16:00	<b>"Dealing with the Stinger" Rugby injury workshop</b> <i>Keith Burnett</i>
16:15 - 16:45	<b>The role of Strength and Conditioning in the injury rehab continuum</b> <i>Brendan Chaplin</i>
17:00 - 17:30	<b>Don't underestimate the power of the mind in Rehab</b> <i>Nicola Elwood</i>

### Neuro Demo Zone

Time	Topic
10:45 - 11:15	<b>Session delivered by Ottobock</b>
11:30 - 12:00	<b>The role of virtual reality technologies in neurorehabilitation</b> <i>Tia Nott, Clinical Specialist Neuro Physiotherapist, MindMaze SA</i>
12:15 - 12:45	<b>Demonstration of the new L300 GO drop foot device - wireless and potentially foot switch free</b> <i>Matt Dale, Bioness</i>
13:00 - 13:30	<b>Virtual rehabilitation in the neurological setting - a practical demonstration</b>
14:00 - 14:30	<b>Session sponsored by Medimotion</b>
14:45 - 15:15	<b>Neurofit boot camp demonstration</b> <i>Jon Graham, Medical Director, PhysioFunction</i>
15:30 - 16:00	<b>Session sponsored by Mobility Research</b>

### Demo Zone

Time	Topic
09:45 - 10:15	<b>Session sponsored by Myofascial Release</b>
10:30 - 11:00	<b>An introduction to biomechanical taping for the management of load, movement and function</b> <i>Melanie Betts, Musculoskeletal &amp; Sports Physiotherapist, Dynamic Tape &amp; PosturePals</i>
11:30 - 12:00	<b>Movement re-patterning for rehabilitation &amp; performance</b> <i>Mike Antoniadis, Performance &amp; Rehabilitation Director, The Running School</i>
12:15 - 12:45	<b>Session sponsored by Pontemed</b>
13:00 - 13:30	<b>Shockwave therapy: the facts</b> <i>Jonathan Wride, Physiotherapist, ElectroMedicalSystems</i>
14:00 - 14:30	<b>Session delivered by BTL Industries</b>
14:45 - 15:15	<b>Spinal injury management demonstration</b> <i>Matthew Smale, Senior Training Manager, Lubas Medical</i>
16:00 - 16:30	<b>The use of pneumatic resistance technology for patients with patellofemoral pain</b> <i>Rob Swire, Physiotherapist, Professional Jockeys Association Pat Viroux, Sports Rehab Specialist, Consulting sport physical therapist for the Chinese Olympic Committee</i>

# THE UNRIVALLED CONFERENCE PROGRAMME

## - THURSDAY 23RD NOVEMBER



### Theatre 1

Time	Topic
09:30 - 10:15	<b>Giving them wings: global integration for sustainable shoulders</b> <i>Joanne Elphinston, Physiotherapist, Performance Consultant &amp; International Lecturer, JEMS Movement</i>
10:45 - 11:45	<b>ITB friction syndrome - asses then treat or treat then assess. The journey to understanding the severity of the problem and how to keep runners running</b> <i>Paul Horbrough, Owner, Physio &amp; Therapy Columinst Runners World UK</i>
12:00 - 12:45	<b>The cross education effect; a novel approach to rehabilitating the immobilised limb</b> <i>Dr Claire Minshull, Director, Get Back to Sport</i>
13:45 - 14:30	<b>Topical pain relief - when to use heat, cold or NSAIDs</b>
15:45 - 16:30	<b>Session sponsored by Capita</b>

### Neuro Demo Zone

Time	Topic
10:00 - 10:30	<b>The role of virtual reality technologies in neurorehabilitation</b> <i>Tia Nott, Clinical Specialist Neuro Physiotherapist, MindMaze SA</i>
10:45 - 11:15	<b>Neurological taping demonstration</b> <i>Becky Duncan, Practice Principal, Neurological Physiotherapy Practice</i>
11:30 - 12:00	<b>Session delivered by Ottobock</b>
13:15 - 13:45	<b>Therapeutic foot drop assessment and intervention in stroke patients</b> <i>Becky Duncan, Practice Principal, Neurological Physiotherapy Practice</i>
14:00 - 14:30	<b>Session sponsored by Mobility Research</b>
14:45 - 15:15	<b>The stroke shoulder - assessment and intervention</b> <i>Becky Duncan, Practice Principal, Neurological Physiotherapy Practice</i>
15:30 - 16:00	<b>High intensity rehab</b> <i>Sarah Daniel, Clinical Director &amp; Consultant Neurological Physiotherapist, MOTIONrehab</i>

### Theatre 2

Time	Topic
09:45 - 10:30	<b>Stop plodding &amp; start rocking</b> <i>Celia Champion, Director, Painless Practice</i>
11:00 - 11:45	<b>Patellofemoral pain where are we up to on subgrouping?</b> <i>James Selfe, Professor of Physiotherapy, Department of Health Professions, Manchester Metropolitan University</i>
12:00 - 12:45	<b>Biomechanics and the sports injury profile - what are we looking for?</b> <i>John Gibbons, Osteopath, Author &amp; International Lecturer, Oxford University Sport</i>
13:45 - 14:25	<b>Unified pathway for foot drop and complex gait correction</b> <i>Jon Graham, Medical Director, PhysioFunction</i>
14:35 - 15:15	<b>Extracorporeal shock wave therapy on the musculoskeletal system in sports medicine and evidence-based medicine</b> <i>Dr Christoph Schmitz, MD Full Professor and Head Extracorporeal Shock Wave Research Unit, Department of Neuroanatomy Ludwig-Maximilians-University of Munich, Germany</i>

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11:15 - 11:45	<b>Session delivered by Imaging First</b>
12:00 - 12:30	<b>Session delivered by Venn Healthcare</b>
12:45 - 13:15	<b>Session delivered by Ergolet</b>
14:00 - 14:30	<b>The STA moving forwards</b> <i>Gary Benson</i>
14:45 - 15:15	<b>Sports Science and its influence on Rehabilitation</b> <i>Ryan Spencer</i>
15:30 - 16:00	<b>Primal Movement Solutions; The way we move</b>

Sports Injuries & Biomechanics
 Neuro Rehab  
 MSK
 Business

### Theatre 3

Time	Topic
10:00 - 10:45	<b>Comparative review of available Exoskeleton devices and update on current Exoskeleton research</b> <i>Jon Graham, Medical Director, PhysioFunction</i>
11:00 - 11:45	<b>Fatigue: the enemy of human performance</b> <i>Dr Jonathan Bloomfield, Chief Scientific Officer, Mammoth</i>
12:00 - 12:45	<b>High intensity rehab</b> <i>Sarah Daniel, Clinical Director &amp; Consultant Neurological Physiotherapist, MOTIONrehab</i>
13:45 - 14:30	<b>Returning to work, a taboo topic we should get to grips with in fully rehabilitating our patients?</b> <i>Heather Watson, Clinical Director &amp; Consultant Physiotherapist, Designed2Move</i>
14:45 - 15:30	<b>Chronic back pain - options &amp; interventions</b> <i>David McDowall, Consultant in Pain Management</i>
15:45 - 16:25	<b>Improving patient buy-in &amp; retention ethically</b> <i>Celia Champion, Director, Painless Practice</i>

### Demo Zone

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10:00 - 10:30	<b>An introduction to biomechanical taping for the management of load, movement and function</b> <i>Melanie Betts, Musculoskeletal &amp; Sports Physiotherapist, Dynamic Tape &amp; PosturePals</i>
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14:00 - 14:30	<b>Movement re-patterning for rehabilitation &amp; performance</b> <i>Mike Antoniadis, Performance &amp; Rehabilitation Director, The Running School</i>
14:45 - 15:15	<b>Session delivered by EMS</b>
15:30 - 16:00	<b>Biomechanics in action - a demonstration</b> <i>John Gibbons, Osteopath, Author &amp; International Lecturer, Oxford University Sport</i>