

# MUSCULOSKELETAL CONFERENCE PROGRAMME



From clinical assessment and interpretation of findings to specific testing and clinical reasoning, the MSK stream will look at professional development of your knowledge and skills. Areas covered will consider specific joint assessments, spinal testing, manipulative therapies, exercise therapies and the evidence behind the use of these strategies in the therapy clinic.

## Wednesday 22nd November

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> <b>Theatre 1</b>	
09:45 - 10:15	<b>Fascial Dysfunction Master Class</b> <i>Ruth Duncan, Director, MFR UK</i> <b>Demo Zone</b>	
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> <b>Theatre 3</b>	
11:00 - 11:45	<b>Embodying mindfulness in physical therapy practice</b> <i>Dr Hilary Abbey, Head of Research, British School of Osteopathy</i> <b>Theatre 2</b>	
11:15 - 11:45	<b>Session delivered by Imaging First</b> <b>Therapy Update Theatre</b>	
12:00 - 12:30	<b>Session delivered by Venn Healthcare</b> <b>Therapy Update Theatre</b>	
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> <b>Theatre 1</b>	
12:00 - 12:45	<b>A new anatomy</b> <i>Julian Baker, Owner, Functional Fascia</i> <b>Theatre 3</b>	
13:45 - 14:30	<b>Accelerated rehabilitation after shoulder stabilisation surgery: A case of the tortoise and the hare?</b> <i>Jo Gibson, Shoulder Rehabilitation Specialist, Liverpool Upper Limb Unit</i> <b>Theatre 1</b>	
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> <b>Theatre 2</b>	
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> <b>Theatre 3</b>	
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> <b>Theatre 2</b>	
15:00 - 15:45	<b>Fatigue: the enemy of human performance</b> <i>Jonathan Bloomfield, Chief Scientific Officer</i> <b>Theatre 3</b>	
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> <b>Demo Zone</b>	
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> <b>Theatre 2</b>	

## Thursday 23rd November

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> <b>Theatre 1</b>	
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> <b>Theatre 2</b>	
11:15 - 11:45	<b>Session delivered by Imaging First</b> <b>Therapy Update Theatre</b>	
11:30 - 12:00	<b>Myofascial Shoulder Master Class</b> <i>Ruth Duncan, Director, MFR UK</i> <b>Demo Zone</b>	
12:00 - 12:30	<b>Session delivered by Venn Healthcare</b> <b>Therapy Update Theatre</b>	
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> <b>Theatre 1</b>	
12:15 - 12:45	<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> <b>Demo Zone</b>	
13:45 - 14:30	<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> <b>Theatre 1</b>	
14:45 - 15:15	<b>Shockwave Therapy: The Facts</b> <b>Demo Zone</b>	
14:45 - 15:30	<b>Chronic back pain - options &amp; interventions</b> <i>David McDowall, Consultant in Pain Management</i> <b>Theatre 3</b>	
15:40 - 16:20	<b>Clinical evaluation of the 'problem ankle'</b> <i>Benoy Matthew, ESP Physiotherapist and Lower Limb MSK Specialist</i> <b>Theatre 2</b>	
15:45 - 16:30	<b>Session sponsored by Capita</b> <b>Theatre 1</b>	

### Theatre 1, 13:45 - 14:30

#### Accelerated rehabilitation after shoulder stabilisation surgery: A case of the tortoise and the hare?



**Jo Gibson, Shoulder Rehabilitation Specialist, Liverpool Upper Limb Unit**

This lecture will consider the challenges and issues that influence the successful return to sport and function after shoulder stabilisation surgery. It will discuss developments in the current literature and how they offer opportunities to improve outcomes and potentially accelerate return to play. Jo will share tips and tricks to enhance clinical outcomes that are immediately applicable in your practice.