

	THE LOWER LIMB POSIUM	SPINAL PAIN	THE UPPER LIMB POSIUM	CORE SKILLS	EXERCISE REHABILITATION	PELVIC HEALTH	PHYSICAL THERAPIES	THE BUSINESS OF THERAPY	MSK REFORM THINKING IN PUBLIC
8.30									
8.45	Seth O'Neil - How does a tendinopathy develop?	Ashley James - Spinal Sparing - Necessary?	Adam Meakins - Is it frozen, cold, or just chilly? A different take on stiff and painful shoulders!	Heather Watson - Functional Rehab Principles for Work, Life and Play	Ollie Coburn - What do you mean "functional"?	Elaine Miller - Why all therapists need to understand pelvic health.	Paul Coker - Manual therapy through a neurological lens.	Gabriel Flores & Phyllis SantaMaria - Confidence and clarity in uncertain times	
9.00									Rehabilitation Understanding, funding and delivering it
9.15									
9.30	Kate Williams - Recurring Hamstring Injuries: Rehabilitation & Prevention	Chris Worsfold - Mechanical Neck Pain - Beyond Rubs, Manips and ROM exs	Jack March - Upper Limb Rheumatology Reasoning	Maddy Nicholson - Motivational Interviewing	Martin Ong'wen - Exercise Rehabilitation without resources	Emma Brockwell - Returning to Running Postnatally	Leah Dwyer - Remedial Massage for Chronic Pain	Celia Champion - Leading to survive or thrive?	
9.45									
10.00	MORNING BREAK								
10.30									
10.45	Pete Malliaras - Exercise evidence for tendinopathy: Where is the evidence taking us?	Rob Tyer - Cauda Equina Syndrome In Primary Care: Navigating Muddy Waters	Annina Schmid - Carpal tunnel syndrome: Emerging evidence for Therapy management	Pete Moore - Is pain self-management your first choice, or last resort?	Claire Minshull - Without specificity you're shooting in the dark	Grainne Donnelly - Diastasis Rectus Abdominis Therapist low-down	Matthew Scarsbrook - Integrating Massage into Rehabilitation	Meg Lowry - Understanding your niche and innovating	
11.00									Is it time for competency-based MSK recruitment?
11.15	BREAK	BREAK		BREAK		BREAK			
11.30	BREAK	BREAK	Andrew Cuff - Rotator Cuff Related Shoulder Pain from a Community MSK perspective	BREAK	Andrew McCauley - Lower Limb S&C In Rehab; 'Coach the patient not the programme'	BREAK	Oliver Thomson - Shifting conversations - Language & Communication strategies for manual therapists	Andy Hosgood - Ethical Selling Andy Hosgood	
11.45	BREAK	BREAK		BREAK		BREAK			
12.00	LUNCH BREAK								
12.45						BREAK			
13.00	Bradley Neal - Current Best Practice for Managing Patellofemoral Pain	Roger Kerry - Cervical Arterial Dysfunction: Probably about time just to be sensible	Anju Jaggi - Unstable Shoulder - What to consider?	Mike Stewart - Exploring the challenges & potential solutions of expressing a pain experience	Mike James - Optimising rehabilitation with endurance athletes: An insiders guide	BREAK	Thomas Mitchell - Reasoned application of self-Mobilisation with Movement	Michael Schumacher - Marketing beyond word of mouth	
13.15						BREAK			What factors will affect MSK service design post-COVID?
13.30									
13.45	Ian Griffiths - Understanding Foot Orthoses	Derek Griffin - Exposure therapy for people with back pain: What does it look like in practice?	Val Jones - Anyone for tennis? Is it all tennis elbow?	Katie Knaption - Video Therapy is a wonderful thing	Uzo Ehiogu - Using data to make informed rehab decisions	Marlize De Vivo - Physical activity guidance during pregnancy and the postnatal period: The lowdown.	Benoy Matthews - Shockwave Therapy in Chronic Lower Limb Tendinopathy	Celia Champion - Proactively Managing Your Team	
14.00									
14.15	BREAK								
14.30	BREAK	Rob Beavan - The Contemporary Chiropractor	Debs Stanton - Moving Beyond Splinting For Hand Therapy	Matthew Wyatt - Clinical Reasoning within a BPS rather than Biomedical model	Matt Phillips - Putting The Evidence Back Into Running Injury & Performance	Melissa Farmer - Sex and Pain	Chris Norris - Manual therapy of the lower limb	Phil Badley - Who Needs Feedback?	What does the future hold for MSK clinical placements?
14.45	BREAK								
15.00	BREAK	BREAK	BREAK	BREAK	BREAK		BREAK		
15.15		BREAK	BREAK	BREAK	BREAK	Sandra Hilton - A Path Through Pelvic Pain	BREAK	Malcolm Sloan - Getting It Done: Systems and Projects	MSK Private Practice The post-COVID landscape
15.30	Joletha Belton - What I Got, What I Needed: My FAI Story	BREAK	BREAK	BREAK	BREAK		BREAK		
15.45		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK
16.00									
16.15	Erik Meira - How do we know if our patients have returned to 'normal' after lower extremity injury?	Tom Jesson - Sciatica, Aetiology, prognosis, management	Jo Gibson - Cognitively Rich Rehab of the Upper Limb	Rachel Brammer and Shane Lowe - The role of movement analysis and motion capture in contemporary MSK practice	Janet Thomas - Considerations for the rehabilitation of the older person	Anna Boniface - Periods The "RED-S" flag	Paula Clayton - Does Dynamic Tape Fit into rehabilitation and Performance	Andy Hosgood - Perfect customer experience	Insuring and commissioning MSK care post-COVID
16.30									
16.45			BREAK		BREAK		BREAK		
17.00	Greg Lehman - When you don't need to worry about knee valgus	Mary O'Keefe - Low back pain What should we call it and does it matter?	BREAK	Ben Cormack - The case for exercise in pain: Is it worth the effort?	BREAK	Sarah Haag - Sex! Lets talk about it	BREAK	Gabriel Flores & Phyllis SantaMaria - Measuring for success and making an impact	Did we lose the patient voice before it was even heard?
17.15			BREAK		BREAK		BREAK		
17.30	END OF DAY								