

# Conference Programme

## Friday 4th September 2015

<b>1.00 pm</b>	Welcoming Remarks	<b>Lawrence Dott</b>
	Official Opening by Danish Physiotherapy Association Chair	<b>Tina Lambrecht</b>
	Welcoming Remarks by Conference Chair	<b>Conor O'Neill</b>

### **Theme: Screening to Subgroup Within the Biopsychosocial Model**

**Moderator:**  
**Tom Petersen**

<b>1.20 pm</b>	Identifying the Psychological Barriers to Recovery	<b>Tamar Pincus</b>
----------------	--	---------------------

<b>1.50 pm</b>	Evidence update on STaRT Back Tool and Clinical Management of the High Risk Group	<b>Jonathan Hill</b>
----------------	---	----------------------

<b>2.10 pm</b>	Factors Associated with Return to Work in Patients with Musculoskeletal Disorders	<b>Birgitta Öberg</b>
----------------	---	-----------------------

<b>2.40 pm</b>	Mechanical Assessment and Screening for Psychological Issues	<b>Adri Apeldoorn</b>
----------------	--	-----------------------

<b>3.00 pm</b>	Panel Discussion on Psychosocial Screening <b>Panel:</b> Pincus, Hill, Öberg, Apeldoorn	<b>Moderator:</b> <b>Tom Petersen</b>
----------------	--	--

**3.20 pm Break**

<b>3.50 pm</b>	Modic Changes: Why Are They Important? Screening and Evidence for Treatment	<b>Hanne Albert</b>
----------------	--	---------------------

<b>4.20 pm</b>	MDT Screening in the Pregnant Population	<b>Annelie Gutke</b>
----------------	--	----------------------

<b>4.40 pm</b>	Can We Use the McKenzie Evaluation as a Screening Tool?	<b>Helen Clare</b>
----------------	---	--------------------

<b>5.00 pm</b>	Panel Discussion on Bio/Mechanical Screening <b>Panel:</b> Albert, Gutke, Clare	<b>Moderator:</b> <b>Tom Petersen</b>
----------------	--	--

<b>5.20 pm</b>	Clinical Problem Solving: Spinal Patient - Assessment and Management	<b>Grant Watson / Georg Supp</b>
----------------	---	----------------------------------

**6.00 pm Day 1 Concludes**

**6.30 pm - 8.00 pm Welcoming Reception**

# Saturday 5 September 2015

	<b>Theme: Cervical Pain and Radiculopathy</b>	<b>Moderator: Georg Supp</b>
8.30 am	Cervical Spine Biomechanics and Neck Pain	Michael Adams
8.50 am	Outcomes of Physiotherapy With or Without Surgery for Patients with Radiculopathy	Birgitta Öberg
9.20 am	Diagnostic Injections for Cervical Pain	Conor O'Neill
9.50 am	New Research	Ron Schenk
10.00 am	Panel Discussion on the Cervical Spine <b>Panel: Adams, Öberg, O'Neill, Schenk</b>	<b>Moderator:</b> Georg Supp
10.20 am	New Research	Hans van Helvoirt
10.30 am	<b>Break</b>	
	<b>Theme: Self Treatment: Barriers and Strategies</b>	<b>Moderator: Uffe Lindstrøm</b>
11.00 am	What Creates Effect in Physiotherapy MDT Practice?	Charlotte Krog
11.20 am	What are the Barriers to Self Management?	Tamar Pincus
11.50 am	Enhancing Patient Adherence with Exercise: Challenges and Solutions	Sionnadh McLean
12.10 pm	Panel Discussion: Is Self Treatment for Musculoskeletal Problems the Way of the Future? <b>Panel:</b> Krog, Pincus, McLean	<b>Moderator:</b> Uffe Lindstrøm
12.30 pm	<b>Lunch</b>	
	<b>Theme: The Shoulder: Insight and Developments</b>	<b>Moderator: Grant Watson</b>
1.50 pm	Fish Oils, Acupuncture and Exercise: What Works for Shoulder Pain?	Jeremy Lewis
2.20 pm	Advances in Rotator Cuff Tendinopathy	Chris Littlewood
2.40 pm	Effect of Specific Exercise Strategy on need for Surgery in Subacromial Pain Patients	Theresa Holmgren
3.00 pm	Shoulder Diagnostic Issues and Dilemmas	Richard Rosedale
3.20 pm	New Research	Afshin Heidar Abady
3.30 pm	<b>Break</b>	
4.00 pm	Clinical Problem Solving: Shoulder Patient - Assessment and Management	Grant Watson / Georg Supp
4.30 pm	Panel Discussion on the Shoulder <b>Panel: Lewis, Littlewood, Holmgren, Rosedale, Supp</b>	<b>Moderator:</b> Grant Watson
4.50 pm	New Research	Matsatsugu Hirokado
5.00 pm	New Research	Mark Miller
5.10 pm	Clinical Problem Solving: Spinal Patient - Re-assessment and Management	Grant Watson / Georg Supp
5.30 pm	<b>Day 2 Concludes</b>	
6.30 pm	<b>Depart Tivoli Hotel for Gala Dinner</b>	

## Sunday 6 September 2015

### Theme: Lumbar Pain and Radiculopathy

Moderator: Conor O'Neill

- 8.30 am** The Disc as the Pain Source. What are the Mechanisms? **Michael Adams**
- 9.10 am** Efficacy of Combining MDT & Stabilisation for Radiculopathy **Hanne Albert**
- 9.40 am** A Short Introduction of Clinical Relevance of Degenerative MRI Findings for Therapists **Jaro Karppinen**

### 10.10 am Break

- 10.40 am** Update and Expansion of a Clinical Classification System Comprising Patho-anatomical Sources **Tom Petersen**
- 11.10 am** Transforaminal Epidural Steroid Injections Followed by MDT to Prevent Surgery for Lumbar Disc Herniation **Hans van Helvoirt**
- 11.30 am** Panel Discussion: Uses and Abuses of the Term 'Non-specific Back Pain' **Moderator: Conor O'Neill**  
**Panel:** Adams, Albert, Karppinen, Petersen, van Helvoirt

- 11.50 am** Questions for the Panel

- 12.00 pm** New Research **Gunilla Limbäck Svensson**

- 12.10 pm** New IMDTRF Research **Mark Halliday**

### 12.20 pm Lunch

### Theme: Sports Medicine and Recovery of Function

Moderator: Ole Meyer

- 1.45 pm** Diagnosis and Treatment of Groin Injuries in Athletes **Per Hölmich**
- 2.15 pm** Managing Upper Limb Tendinopathies in Athletic and Non-athletic Populations **Jeremy Lewis**
- 2.45 pm** Has MDT Anything to Offer Sports Medicine? **Alfons de Kort**
- 3.05 pm** MDT and the Athlete **Greg Lynch**
- 3.25 pm** Panel Discussion: Current Issues and Dilemmas in Sports Medicine **Moderator: Ole Meyer**  
**Panel:** Hölmich, Lewis, de Kort, Lynch
- 3.45 pm** Clinical Problem Solving: Shoulder Patient - Re-assessment and Management **Grant Watson / Georg Supp**

### Concluding Events

- 4.10 pm** Presentation of the Extension Award **Lawrence Dott**
- 4.15 pm** Announcement of next International MDT Conference **Lawrence Dott**
- 4.20 pm** Official Closing of Conference **Conor O'Neill**

### 4.30 pm Conference Concludes