

Conference Programme

Friday 4th September 2015

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

Theme: Screening to Subgroup Within the Biopsychosocial Model

Moderator:
Tom Petersen

1.20 pm	Identifying the Psychological Barriers to Recovery	Tamar Pincus
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1.50 pm	Evidence update on STaRT Back Tool and Clinical Management of the High Risk Group	Jonathan Hill
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2.10 pm	Factors Associated with Return to Work in Patients with Musculoskeletal Disorders	Birgitta Öberg
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2.40 pm	Mechanical Assessment and Screening for Psychological Issues	Adri Apeldoorn
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3.00 pm	Panel Discussion on Psychosocial Screening Panel: Pincus, Hill, Öberg, Apeldoorn	Moderator: Tom Petersen
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3.20 pm Break

3.50 pm	Modic Changes: Why Are They Important? Screening and Evidence for Treatment	Hanne Albert
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4.20 pm	MDT Screening in the Pregnant Population	Annelie Gutke
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4.40 pm	Can We Use the McKenzie Evaluation as a Screening Tool?	Helen Clare
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5.00 pm	Panel Discussion on Bio/Mechanical Screening Panel: Albert, Gutke, Clare	Moderator: Tom Petersen
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5.20 pm	Clinical Problem Solving: Spinal Patient - Assessment and Management	Grant Watson / Georg Supp
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6.00 pm Day 1 Concludes

6.30 pm - 8.00 pm Welcoming Reception

Saturday 5 September 2015

	Theme: Cervical Pain and Radiculopathy	Moderator: Georg Supp
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 Panel: Adams, Öberg, O'Neill, Schenk	Moderator: Georg Supp
10.20 am	New Research	Hans van Helvoirt
10.30 am	Break	
	Theme: Self Treatment: Barriers and Strategies	Moderator: Uffe Lindstrøm
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? Panel: Krog, Pincus, McLean	Moderator: Uffe Lindstrøm
12.30 pm	Lunch	
	Theme: The Shoulder: Insight and Developments	Moderator: Grant Watson
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	Break	
4.00 pm	Clinical Problem Solving: Shoulder Patient - Assessment and Management	Grant Watson / Georg Supp
4.30 pm	Panel Discussion on the Shoulder Panel: Lewis, Littlewood, Holmgren, Rosedale, Supp	Moderator: 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	Day 2 Concludes	
6.30 pm	Depart Tivoli Hotel for Gala Dinner	

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