

Conference Chairman

Conor O'Neill, MD

Dr. O'Neill obtained his MD from Washington University in St. Louis in 1985, which was followed by a residency in Internal Medicine at the same institution, a second residency in Anesthesiology at the Massachusetts General Hospital, and further training in Pain Management at the Mayo Clinic in Rochester, MN. For the past 20 years he has focused his practice on diagnosis and non-surgical treatment of spinal disorders, with a focus on spinal injection procedures. Early in his career he completed Parts A and B of the MDT certification programme, which has greatly influenced his approach to patient care. Another important influence was a close collaboration with Vert Mooney, MD.



Throughout his career Dr. O'Neill has had an active interest in research, in addition to his busy clinical practice. He has conducted both basic science and clinical studies on intra-discal treatments for discogenic pain, as well as clinical studies on the roles of imaging and injections in diagnosing spinal pain. He is a member of the International Society for Study of the Lumbar Spine as well as the North American Spine Society, where he has been involved in guideline development. He is an Assistant Adjunct Professor in the Department of Orthopedics at the University of California, San Francisco, and is a Deputy Editor of The Spine Journal.

Key Note Speakers

Prof. Michael Adams

Michael Adams graduated in 1975 from Edinburgh University with a BSc in Natural Philosophy. This was followed by a PhD in Spinal Mechanics, awarded by the University of Westminster (London) in 1980. Since then he has worked continuously in the broad field of spinal biomechanics, specialising in posture, mechanisms of spinal injury, and the nature of intervertebral disc degeneration. With his wife and colleague Trish Dolan, he has developed an interest in human performance, including quantifying loading of the human spine in-vivo. Currently he is Professor of Biomechanics, and a Senior Research Fellow of the Institute of Advanced Studies, at the University of Bristol, United Kingdom. He is also Visiting Professor at the Sir Run Run Shaw Hospital, Zhejiang University, Hangzhou, PR China.



Professor Adams' underlying philosophy is that back pain can (and should) be explained rigorously in terms of tissue mechanics and biology. Abnormal psychosocial characteristics follow the pain, often in response to ineffective treatment, or as a reaction to the waste-basket diagnosis "non-specific back pain".

Dr Hanne Albert

Hanne Albert has worked as a full time researcher since 2000, first as an associate professor at The Back Research Center at The Institute of Regional Health Services Research, University of Southern Denmark, Denmark. She is now in the process of moving to a research position at Bartholomew's Hospital in London.

Dr Albert's main interest is clinical research – first in pelvic girdle pain, and she is one of the authors of the European Guidelines of Pelvic Girdle Pain. Later her interest turned to lumbar disc herniation and Modic changes. She has undertaken new and groundbreaking research with pathogenesis of Modic changes and the treatment of Modic changes with antibiotics.



Hanne Albert has published more than 45 peer-reviewed research publications on Pubmed. She is an assistant editor of European Spine and reviewer of several International Journals, amongst these 'The Lancet'. She travels the world extensively teaching and is a highly respected keynote speaker at international conferences.

Dr Jeremy Lewis

Dr Jeremy Lewis PhD, MSc (Manipulative Physiotherapy) is a Consultant Physiotherapist, Sonographer and Visiting Professor and musculoskeletal shoulder specialist. Dr Lewis was awarded a Fellowship of the Chartered Society of Physiotherapy and has been invited to join the UK's Department of Health, National AHP Clinical Expert Database. The database is a group of the most eminent individuals in their fields who carry a clinical caseload.

Dr Lewis treats patients with complex shoulder problems and also performs ultrasound guided shoulder injections and ultrasound guided hydro-distension procedures for frozen shoulder. This programme has become internationally recognised for innovation, patient satisfaction, significant health economic benefits and clinical outcomes.

Dr Lewis has been involved in clinical, biomechanical and cadaver research investigations of the shoulder. He has Postgraduate Diplomas in Sports Physiotherapy, Biomechanics and Diagnostic Ultrasound and performs diagnostic US scans of the shoulder.

Dr Lewis has presented keynote lectures and taught shoulder workshops internationally in Australia, South Africa, New Zealand, Cayman Islands, The Azores, Scandinavia, USA, Middle East, South America, India, extensively throughout Europe and the UK.

His main areas of research interest are rotator cuff tendinopathy and shoulder pain syndromes. He is currently supervising PhD and MSc students. Dr Lewis is an associate editor for the journal *Shoulder & Elbow*.



Prof. Birgitta Öberg

Professor Öberg has held the position as Head of Department of Medical and Health Sciences for over 10 years at Linköping University, and since 2001 has been a Professor in Physiotherapy, Faculty of Health Sciences, Linköping University, Sweden. Since 2009, Professor Öberg has been a member of the Board of Swedish Research Council and since 2013, the Chair.

Professor Öberg has been working within clinical research for the past 20 years. The research has been mostly on neck, shoulder and low back problems, including studies on mechanism, classification prognosis and interventions. The aim of the research programme is to further develop knowledge on how factors such as clinical symptoms, patients resources for movement, function, as well as behavioural and personal factors such as attitudes, motivation, and work ability can be included in clinical reasoning, decision-making and development of Evidence Based Practice. Professor Öberg has tutored over 20 doctorate students with different backgrounds.



Dr Tom Petersen

Dr Petersen was educated as a Physical Therapist in 1982 in Copenhagen, Denmark. After having worked as a clinician for ten years he received his BSc in 1993 and in 2003 his PhD in Physiotherapy from the Faculty of Medicine, University of Lund, Sweden.

He is currently working as senior researcher at Back Center Copenhagen. He has been involved in research on musculoskeletal disorders, mainly within the field of low back pain. He has published widely in international journals, presented a number of papers at scientific congresses, and given lectures at university level.

Dr Petersen's main research interests are clinical diagnostics and efficacy of physical therapy methods for patients with persistent low back pain in primary care.



Prof. Tamar Pincus

Professor Pincus holds a PhD (University College London), as well as Masters degrees in experimental research methods in psychology (UCL), and epidemiology (Cambridge University). Her research has embraced a variety of methodologies, including experimental, epidemiological and qualitative. The research has included investigation of attention and recall in pain patients; the psychological predictors for poor outcome in low back pain, and the study of clinicians' beliefs and attitudes in low back pain. Recently the focus of her research has moved to investigating the effectiveness of interventions through randomised controlled trials, and throughout, she has collaborated closely with researchers from many disciplines, including doctors, physiotherapists, osteopaths, chiropractors and clinical psychologists, from a multitude of institutions, including Warwick, Keele, QMW, Leeds, Manchester, The British School of Osteopathy, and many others. She also convened the international consensus group to establish what factors and measures should be included in prospective cohorts investigation, and the transition from early to persistent back pain. Most recently her research has focused on delivering effective reassurance to patients in primary care.



Speakers and Moderators

Adri Apeldoorn PhD

Medisch Centrum Alkmaar, Alkmaar, The Netherlands

Helen Clare PhD (USyd), FACP, Dip MDT

Specialist Musculoskeletal Physiotherapist, Sydney, Australia

Alfons de Kort MD

Sports Physician, The Hague, The Netherlands

Annelie Gutke PhD, RPT

Department of Neuroscience and Physiology/
Physiotherapy, University of Gothenburg, Sweden

Jonathan Hill PhD, PT

Senior Physiotherapy Lecturer, Arthritis Research UK
Primary Care Centre, Keele University, Staffordshire,
United Kingdom

Theresa Holmgren PhD, PT

Department of Physiotherapy, Division of Medical and
Health Sciences, Linköping University, Sweden

Per Hölmich DMSc

Arthroscopic Center, Copenhagen University Hospital,
Copenhagen, Denmark

Jaro Karppinen MD, PhD

Professor of Physical & Rehabilitation Medicine
University of Oulu, Oulu, Finland

Charlotte Krog PT, Dip MDT

Fysisk Form, Copenhagen, Denmark

Uffe Brunø Lindstrøm PT, Dip MDT

Healthcare Director, Falck Healthcare, Denmark

Chris Littlewood BHSc (Hons), MSc, Dip MDT, FHEA

NIHR Research Fellow, School of Health and Related
Research, University of Sheffield, United Kingdom

Greg Lynch PT, Dip Phty, Dip MDT, Dip MT,

MNZCP (Manip Therapy)

Company Director, InForm Physiotherapy & Wellington
Sports Medicine, Wellington, New Zealand

Sionnadh McLean PhD, PT

Reader in Physiotherapy, Faculty of Health and Wellbeing,
Sheffield Hallam University, United Kingdom

Ole Meyer Specialist Musculoskeletal

Physiotherapist, Dip MDT, MPK

Fysioterapeutisk Specialist Team, Århus, Denmark

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Assistant Adjunct Professor, Department of Orthopedics,
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Senior Consultant, Golden Bay Physiotherapy,
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Conference Scientific Committee

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