# PhysioUK 2014 MSK programme – marketing #physio14

## Opening session

## Centenary Founders’ Lecture 1914-2014. Learning to lead – lessons for the next 100 years

Professor Karen Middleton, the CSP’s Chief Executive considers the lessons we can learn from the examples set by the founders of the CSP, she presents her ‘top tips’ on leadership and an overview of how she sees the future of the profession over the next 100 years.

## Session 2

## Louis Gifford ‘Head, heart and hands’

How will physiotherapy practice change in the future? Keynote speakers Professor Paul Watson and Dr Mick Thacker discuss pain management in the past, present and future and Louis Gifford’s contribution to the knowledge and practise of pain management.

There will be opportunity for questions and discussion and for members of the audience to reflect on Louis’ work and the future of pain management.

## Session 3

## Implementing NICE Osteoarthritis Guidelines – from research to clinical practice

Professor Krysia Dziedzic, Helen Duffy and a patient involved in implementing the OA guidelines

Find out how to overcome the challenges of implementing guidelines into clinical practice through research, clinical innovation and patient and public involvement.

Discover the benefits of involving patients in implementing guidelines.

Opportunity for questions and discussion with researchers and a patient involved in implementing the NICE OA Guidelines.

## Session 4

## Designing effective exercise programmes for older people – what works?

Professor Dawn Skelton, Sarah Mottram and Dr Nicola Walsh present their 3 perspectives on exercise for the older person -

Exercise to maintain muscle strength, power and bone density.

Moving well – retraining movement impairments in older people to optimise function

Using innovative motivational strategies for long-term engagement with physical activity

There will be opportunity to ask the expert panel questions and discuss ideas.

## Session 5

## Debate: Are physiotherapists the exercise specialists of choice for people with long-term conditions

Speakers Dr Karen Barker, Dr John Buckley, Gwyn Owen and Colin Peterson will each present an argument before the debate is opened to the audience for questions, discussion and a vote.

Don’t miss the opportunity to put forward your point of view in this important debate for the profession!

## Session 6

## Research presentations

Six presentations on the latest research for a wide range of musculoskeletal conditions including recurrent falls in older people with chronic musculoskeletal pain, rotator cuff problems, whiplash associated disorder, idiopathic scoliosis and pregnancy related low back pain.

## Session 7

## Assessment and treatment of the older person and behaviour change

Zara Hansen presents her research findings on treatment compliance and effectiveness of a cognitive behavioural intervention for low back pain.

Dr Neil Langridge evaluates the effect of spinal pain on function in the older person and examines the role of manual therapy in improving function, capacity and empowering self-management strategies. He will also give guidance on safe practice in the application of manual techniques in the older person.

Fitness for work in the older person is the focus of Nicola Hunter’s presentation. She will review the demographic problem of an ageing workforce and increase in long term conditions. Functional Capacity Evaluation (FCE) is a battery of objective tests of a person’s ability to undertake physical work tasks. Nicola will describe how a FCE can be used to measure and report on the capability of an older manual worker in relation to their work demands.

## Closing session

## Self management – who benefits?

Professor Ann Moore and Judi Rhys consider the evidence for self management and its benefits and disbenefits for patients and their careers and families, populations, health and social care providers and governments. The implications of employing patient self management approaches in physiotherapy are discussed.

## Plus!

Concurrent musculoskeletal research presentations alongside some of the sessions and posters will be on display throughout the two days.

Full details about the MSK programme at <http://www.physiotherapyuk.org.uk/programme?theme=3&=Apply>