

CPD FOR PHYSIOTHERAPISTS

EVIDENCE BASED PHYSICAL THERAPY 2016

Suitable for physios, osteopaths, chiropractors & sports rehab professionals

Attend the conference:

LONDON

Saturday, Oct 15th

(10am to 4.30pm)

Kings College London, Waterloo campus

OR

Watch anywhere:

**RECORDED
& STREAMED**

From Oct 19th



Health Education Seminars

www.heseminars.com

Tel: 01202 568898 Email: info@heseminars.com Twitter: [@heseminars](https://twitter.com/heseminars)

Evidence Based Physical Therapy 2016

Mick Thacker PhD. MSc. Grad Dip Phys. Grad Dip MNMSD. HPC. FCSP.

Pain - Sensation or Perception ? Implications for clinical practice.

Mark Young MCSP, Specialist Performance Physiotherapist

Tricky tendons & practical solutions: Applying the evidence to clinical practice

Assoc Prof Roger Kerry MSc FMACP MCSP

Cervical Arterial Dysfunction implications for clinical practice

Dr Claire Minshull PhD Rehabilitation & Conditioning Specialist

How to really rehabilitate strength; the glaring omission of basic principles in rehabilitation research

Jo Gibson MCSP MSc (Adv. Practice)

Searching for the magic bullet in shoulder rehabilitation – are we getting nearer?

Chris Mcleod MSc ASCC Senior Strength and Conditioning Coach - English Institute of Sport

Identify, Inspire, Insight: Decision making in uncertainty

Mick Thacker qualified as a physiotherapist in 1987. He undertook and passed with distinction advanced training in manual therapy before completing a Master's degree at University College London. Mick completed his PhD at King's College London (KCL) researching the molecular neuroimmunology of neuropathic pain. He has held lecturing posts at Brunel University, St Georges Medical School and KCL. Mick wrote and led the Award winning MSc Pain; Science and Society at KCL and was a member of curriculum development team of the International Association for the Study of Pain. Mick has published many original peer reviewed papers and several book chapters and has spoken at many conferences across the globe. More laterly, Mick has focused on the investigation of supraspinal pain mechanisms using neuroimaging and is now working with Prof Andy Clark at Edinburgh to investigate the role of Predictive Processing in Pain.

Mark Young is an accomplished physiotherapist with a unique mix of research and clinical skills. He was awarded the post graduate scholarship at the Australian Institute of Sport in 2003, where he worked with several elite sports at the AIS headquarters. He is passionate about the need for research, and has had his own research published in the BJSM. He has previously worked as a consultant to Nike Athletics, working with some of the world's leading athletes on the World Athletics Tour, and with the English Institute of Sport, in association with UK Athletics, at their North London High Performance Centre in Lee Valley. Mark was the National Lead Physiotherapist for the England & Wales Cricket Board, prior to returning home to Melbourne, Australia where he is now Head of Performance at **Geelong Cats**, Australian Rules Football Club.

Roger Kerry is an Associate Professor in the Division of Physiotherapy and Rehabilitation Sciences at the University of Nottingham, UK, and an Honorary Fellow of the UK's Musculoskeletal Association of Chartered Physiotherapists. He has been involved in clinical and academic education for the past 15 years with focused interests in clinical reasoning, assessment and management of cranio-cervical dysfunction, haemodynamics, and chronic pain. Roger has published extensively in peer-reviewed journals and academic texts on the areas of haemodynamics, cervical arterial dysfunction, education, as well as the philosophy of science. He is an accomplished international speaker. He is member of the IFOMPT working party for examination of the cervical spine, and a co-author of the IFOMPT framework for examination of the cervical region. His doctoral studies are concerned with the nature of causation in evidence-based medicine.

Claire Minshull has worked in the field of sports medicine for over 15 years as a Senior Lecturer, Researcher, Consultant and as a Practitioner. She has designed, led and managed major clinical and non-clinical research trials, supervised several PhD students, and has published over 30 research papers in leading peer-reviewed sports medicine journals. She is regularly invited to speak at national and international academic and professional symposia, writes for sports magazines and, serves as expert reviewer for several scientific sports medicine and physiology peer-reviewed journals.

Claire's research and teaching interests include the influences of exercise, training and rehabilitation on dynamic joint stability, neuromuscular, musculoskeletal and psychobiological performance. Her work also focuses on assessing neuromuscular function optimally and developing specialised rehabilitation protocols for enhancing functional and performance. Claire's area of expertise means that she uniquely spans the gap between the physiology of conditioning and physiotherapeutic rehabilitation.

Jo Gibson is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Partner in private practice. She has worked as a Shoulder Specialist since 1995 and lectures nationally and internationally about assessment and rehabilitation of the shoulder complex.

She provides a consultancy service to several elite sports teams regarding shoulder rehabilitation. Jo is also an Associate Lecturer at Liverpool University and has developed Masters modules for the diagnosis and treatment of upper limb pathology.

Jo has published in peer-reviewed journals and has written several book chapters. She is a member of the British Elbow & Shoulder Society Research Committee, Co-Editor of the Educational section of the British Shoulder & Elbow Journal and Chair of the EUSSER Education Committee.

Chris Mcleod is a Senior Strength & Conditioning coach for the English Institute of Sport, where he oversees the S&C delivery and technical development of staff in Bisham Abbey, Lee Valley and Milton Keynes. Through his career Chris has worked as Strength and Conditioning coach for a wide range of sports including GB Sailing, RFUW, Gymnastics, Badminton, GB Swimming and Rugby 7's. Chris was the National Strength and Conditioning lead for England Netball and Modern Pentathlon GB, within these roles Chris has been involved in Olympic Games, Commonwealth Games and World Championship preparations.