

# TIMETABLE

## FRIDAY 13<sup>th</sup> MAY

**08:00** | Registration

**08:15** | Welcome

**08:30** | **Mr PAUL HARRADINE:**  
Everyday MSK and gait analysis

**09:15** | **Dr SIMON SPOONER:**  
Psychosocial impact of foot orthoses

**10:00** | **Mr JAMES MOORE:**  
It's a Squid's Game - "Red Light, Green Light"  
Making sense of the assessment, knowing when to go and when to stand still

**10:45** | Break

**11:15** | **Prof CATHY BOWEN:** How to work with evidence: exploring what tools and methods can be useful in implementation of current evidence into musculoskeletal practice and taking a look at what the levels of evidence mean to practice

**12:00** | **Dr Stuart Miller:**  
Does research treat your patient: exploring individualised gait and responses to orthoses

**13:00** | Lunch

**14:00** | **WORKSHOPS**  
(45min Workshop rotation / 15min breaks in between)

**Dr Simon Spooner:** A biopsychosocial approach to foot orthoses prescription

**Prof Cathy Bowen:** Research sandpit: exploring and defining the MSK research issues that require addressing to enable the field to progress

**Mr James Moore:** A framework for exercise prescription - Key markers for improved function

**Mr Lawrence Bevan:**  
MSK Ultrasound – Hands on skills

**17:45** | Close

## SATURDAY 14<sup>th</sup> MAY

**08:00** | Registration

**08:15** | Welcome

**08:30** | **Mr LAURENCE BEVAN**  
Using imaging to benefit everyday MSK practice

**09:15** | **Mr JAMES MOORE:** Bioeconomics - Matching the supply to the demand, how to improve function for everyone in everyday life

**10:00** | **PANEL DISCUSSION**  
Charismatic Authority and evidence based practice in MSK podiatry. How do we decide on the best practice approach for our patients?

**10:45** | Break

**11:15** | **Mr PAUL HARRADINE:**  
The best practice approach to gait analysis... what would that look like?

**12:00** | **Dr SIMON SPOONER:**  
Neuromotor effect of foot orthoses

**13:00** | Lunch

**14:00** | **ASK THE STARS**

**14:45** | Break

**15:00** | **TOP TIPS FROM THE EXPERTS**  
5-10 minutes from each speaker to summarise how to apply their lectures into practice

**16:00** | Close

## FREE 3 COURSE GALA DINNER

**19:30** | **MEET & GREET**

**20:00** | **SIT DOWN**  
Black Tie event, DJ, Casino & Bar

Back by popular demand, this year's Gala Dinner will once again be a Black Tie event with wine and entertainment. The Gala Dinner has always been a popular element of the event, giving delegates the opportunity to unwind and network with their fellow professionals. The evening will include enjoyable casino entertainment that will go on until late, with music and a busy dance floor.