

# TIMETABLE

## FRIDAY 19<sup>th</sup> JUNE

08:00 | Registration

08:15 | Welcome

08:30 **Mr Craig Payne**  
Getting the foot orthotic dose right in research and clinical practice

09:15 **Mr Andy Horwood**  
Compliance & stiffness mechanisms of the foot during human gait

10:00 **Dr Jill Halstead**  
Midfoot, the complex role of ligaments and tendons in pain and an osteoarthritis process

10:45 | Break

11:15 **Prof Jill Cook**  
How and where do tendons adapt to load when normal and with pathology?

12:00 **Dr Simon Spooner**  
Foot orthoses: thinking beyond their direct mechanical effects

13:00 | Lunch

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

**Prof Jill Cook:**  
Loading pathological tendons to restore function

**Mr Andy Horwood/ Dr Jill Halstead**  
Clinically isolating the midfoot and examining the functional integrity; implications for diagnosis & practice

**Mr Craig Payne**  
"Its all about me"

**Mr Simon Spooner:**  
Foot orthoses data pre and post tibial nerve block

17:45 | Close

## SATURDAY 20<sup>th</sup> JUNE

08:00 | Registration

08:15 | Welcome

08:30 **Mr Marc Retali**  
Interest of plantar orthotics correction in the cyclist bearing morphological and functional asymmetries: between therapeutic and performance optimization

09:15 **Panel Discussion**  
What role do orthoses play in modifying load on tendons? How do we target specific tendons?

10:00 **Prof. Jill Cook**  
Where does the tendon fit in musculoskeletal dysfunction?

10:45 | Break

11:15 **Mr Andy Horwood**  
The anterior muscle group of the leg: anatomy, variation and biomechanics

11:30 **Panel Discussion**  
Why do we move how we do? How can we influence that motion?

12:15 **Mr Craig Payne**  
Strengthening and loading for plantar fasciitis or drinking the kool-aid

13:00 | Lunch

14:00 **ASK THE STARS**

14:45 | Break

15:00 **Top tips form 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.