



GLOBAL PROFESSIONAL DEVELOPMENT TOPICS 2023

Dr. Kieran Richardson, FACP

- Treatment planning principles
- Advanced Treatment planning principles
- Rebooking patients
- Reducing cancellations post COVID
- Patient experience and satisfaction
- Lumbar spine radiculopathy assessment and management
- Lumbar spine motor control
- Acute low back pain management
- Thoracic spine motor control
- Headache management
- Cervical spine/Thoracic spine/Lumbar spine manipulation
- Cervical spine radiculopathy assessment and management
- Cervical spine manual therapy techniques
- Sacroiliac assessment and management
- Shoulder assessment and management
- Elbow assessment and management
- Hip joint lecture, assessment and management
- Knee pathology assessment and management
- ACL tear non-surgical management
- Leg, ankle and foot assessment and management
- Tendinopathies
- GP lecture/education training
- Management of Dizziness
- Clinical reasoning/advanced case discussions
- Specialist Physiotherapist Assessments in front of a group
- Manual therapy tutorials cervical, thoracic, lumbar, shoulder, elbow, hip, SIJ, knee, foot/ankle

Mr. Simon Pratt

- Chronic low back pain and body representation

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- Stiff and painful shoulder
- Weak and painful shoulder
- Loose and painful shoulder
- Elbow and forearm
- Wrist and hand, part 1
- Wrist and hand, part 2

Mr. Evan Coopes

- Assessment and management of athletic foot and ankle disorders (with particular emphasis upon the Ax of "spring function")
- Clinical examination of the hip joint (including the "layer concept" as an assessment framework)
- Update on femoroacetabular impingement syndrome - aetiology and evidence-based management
- Update on load management for physiotherapists
- Assessment and management of WAD
- Understanding Red flags in Physiotherapy
- Common instabilities of the elbow and wrist regions
- High-grade ankle sprain – Ax and Mx
- Knee joint instability: Understanding injury mechanisms with a view to prevention and rehabilitation – this session includes consideration of less common patterns of knee joint instability (rotatory instabilities particularly)
- Diagnosis and management of common musculoskeletal disorders in the adolescent athlete

Dr. Jay-Shian Tan (PhD)

- Knee OA update
- Framework for neural tissue disorders of the upper limb
- Communication - BAMS - Beliefs, Attitudes, Meaning, Stories
- Graduated exposure - how to maximise functional outcomes in patients with fear avoidance
- Foosh injuries (radius #, tfcc, scaphoid #, SL lig)
- Lateral elbow pain what are you missing? (Lig and rad nerve)
- Lat epi - dx, mx

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- Finger injuries 1 - mallet, tuft fractures, central slip, collateral lig, volar plate
- Finger injuries 2 - trigger finger, flexor tendon, prox/middle phalanx #, mc #
- Frozen shoulder assessment and management
- A pragmatic approach to shoulder pain (classification-based assessment)

Mr. Ben Bowtell

- Return to sport
- Running assessment and management
- Understanding and communicating to patients with complex pain presentations
- Contemporary management of Tendon pain
- Concussion assessment and management
- Management of the Paralympic athlete
- Upper and lower limb nerve pain assessment and management
- Lower limb post-op/fracture management
- Ergonomics – Literature and practical review
- Sleep and general health
- Acute pain management

Ms. Karina Chillman

- Foot and ankle pain in dancers (or more broadly common presentations)
- REDs and how to pick these up (EDs, Stress # etc)
- Management of anterior knee pain and differential diagnosis
- Blood flow restriction training
- Touring/traveling with teams/companies
- How to provide pain education to patients
- Clinical reasoning - in particular the concept of developing index of suspicion.
- Anterior knee pain
- Balancing biomechanics with pain science
- Tendinopathy update

Mrs. Julia Allen-Goodwin

- Assessment and Treatment of Achilles Tendinopathy.



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- Assessment and Treatment of Patella Tendon Pain in the jumping athlete.
- ACL/Knee Management in Agility based sports (Netball, Basketball, Football) from Plyometrics to Sports based Drills - How to fill the gap from return to running to sports specific sessions before returning straight to training/competition.
- Load Management with recreational athletes - How to educate your patients and why it's important for so many different injuries.
- Gluteus Medius & Minimus Tendinopathy Management
- Calf Strains - Assessment Treatment & Functional Rehab Progressions
- Anterior Knee pain in the Running Population
- Key Considerations when working with Office based workers - Common Contributing factors we shouldn't forget to consider.
- Communication Tips and Tricks - Motivating your client to engage in their Treatment Plan and Rehabilitation.
- Manual therapy and taping – tips and techniques
- Ankle Sprains - Acute Management and Rehabilitation

Ms. Sinead Hornby

- Screening for continence and sexual health issues and knowing when to refer on.
- Pelvic girdle pain/pregnancy-related pelvic girdle pain.
- Diastasis Rectus Abdominis Muscle (DRAM) - an update on assessment and management.
- Exercise in the antenatal and postnatal period.
- Musculoskeletal issues in the antenatal and postnatal period.
- Assessing and managing pelvic floor muscle dysfunction with real-time ultrasound.
- Osteoporosis - exercise/lifestyle interventions to optimise management.
- Upper limb rehabilitation post breast cancer treatment/management.

Mr. Jian Soares

- Acute traumatic care and associated sub-acute management

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- Concussion assessment and rehab
- Return to sport progression.for high-level athletes

Ms. Sonham Jethwa

- Acute and chronic musculoskeletal conditions
- Acute and chronic sporting injuries
- Complex, recalcitrant musculoskeletal and sports presentations
- The various stages of womanhood, and it's influence on the management of various musculoskeletal conditions and sporting injuries for female patients.

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Ms. Rachael Tomic

- Neurological Complex disability
- Cerebral Palsy assessment and management
- Cerebral Vascular Incident assessment and management
- How to successfully work within the NDIS
- Assistive technology

Mr. Luke Tozer

- Chronic low back pain



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- Chronic whiplash associated disorder
- Chronic regional pain syndrome in private practice - pragmatic assessment and management solutions
- Hamstring and gluteal tendinopathies
- Gym based rehabilitation for the chronic pain patient

Mr. Aaron Peden

- How to get the best outcomes for all stakeholders in Workers' Compensation claims
- Chronic low back pain – assessment and management
- Cervical Pain – assessment and management
- Neural screening/assessment
- Shoulder assessment and management

Ms. Jodie Pike

- Pain medications: What an Allied Health Practitioner dealing with pain should know
- Chronic lower back pain rehabilitation
- Chronic neck pain/headaches rehabilitation
- High value care in chronic pain
- Developing a good subjective and empathy in chronic pain
- Classifying nerve disorders
- Clinically relevant anatomy and pathology
- Advanced Pilates programming
- Running assessment
- ACL injury prevention in sport

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