

## La Trobe Sport and Exercise Medicine Research Centre

### HEEL PAIN SYMPOSIUM PROGRAM

<b>Friday 9<sup>th</sup> November 2018</b>		
Nick Hoogenraad Theatre, La Trobe University, Bundoora campus		
<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
3.00 pm	<b>Registration</b>	
3.30 pm	Introduction and epidemiology	Karl Landorf
3.40 pm	Anatomical considerations	Dean Samaras
4.00 pm	Risk factors for plantar heel pain	Hylton Menz
4.20 pm	Biomechanics and plantar heel pain	Luke Kelly
5.00 pm	<b>Tea Break</b>	
5.30 pm	Spondyloarthropathies and plantar heel pain	Debbie Turner
6.00 pm	Injection therapies for plantar heel pain	George Koulouris
6.30 pm	Rehabilitation and strengthening	Melinda Smith
7.10 pm	<b>Refreshments and Networking</b>	

## HEEL PAIN SYMPOSIUM PROGRAM

<b>Saturday 10<sup>th</sup> November 2018</b>		
Nick Hoogenraad Theatre, La Trobe University, Bundoora campus		
Time	Topic	Speaker
8.30 am	<b>Registration</b>	
9.00 am	Introduction to treatment	Andrew Buldt
9.10 am	Measuring patient progress	Kade Paterson
9.40 am	Patient education and psychological factors associated with heel pain	Matthew Cotchett
10.20 am	Medical imaging	Karl Landorf
10.50 am	<b>Tea Break</b>	
11.10 am	Management of elite athletes – footwear, orthoses and strapping	Dan Bonnano
11.40 am	Support or inject? The comparison of foot orthoses to corticosteroid injection for plantar heel pain	Glen Whittaker
12.10 pm	Shock-wave therapy – the current evidence and integration into a treatment plan	Peter Malliaris
12.40 pm	Panel discussion	
1.00 pm	<b>Lunch and Networking</b>	