

La Trobe Sport and Exercise Medicine Research Centre

HEEL PAIN SYMPOSIUM PROGRAM

| Friday 9th November 2018 | | |
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| Nick Hoogenraad Theatre, La Trobe University, Bundoora campus | | |
| Time | Topic | Speaker |
| 3.00 pm | Registration | |
| 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 |
| 4.50 pm | Tea break (30 mins) | |
| 5.20 pm | Spondyloarthropathies and plantar heel pain | Debbie Turner |
| 5.50 pm | Injection therapies for plantar heel pain | George Koulouris |
| 6.20 pm | Rehabilitation and strengthening | Melinda Smith |
| 6.50 pm | Panel discussion (20 mins) | |

HEEL PAIN SYMPOSIUM PROGRAM

| Saturday 10th November 2018 | | |
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| Nick Hoogenraad Theatre, La Trobe University, Bundoora campus | | |
| Time | Topic | Speaker |
| 8.30 am | Registration | |
| 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 |
| 10.10 am | Medical imaging | Karl Landorf |
| 10.40 am | Tea break (30 mins) | |
| 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 (20 mins) | |
| 1.00 pm | Lunch and networking | |