

Tendinopathy from head to toe

Symposium and Workshops

Friday 30th August, 2019

3-3:30pm			REGISTRATION
			Session 1: Update on tendinopathy pathology and terminology <i>(Chair: Andrea Mosler)</i>
3:30	Andrea Mosler	Welcome to participants, housekeeping	
3:45	Jill Cook	10 th birthday of the continuum model- do we know more about tendon pathology?	
4:15	Ebonie Rio	Consensus on outcome measures, terminology and reporting standards for tendinopathy	
4:35	Anthony Schache	Patterns of tendinopathy in AFL football players	
4:55	PANEL QUESTIONS/DISCUSSION		
5:10-5:30			TEA/COFFEE
			Session 2: Tips and tricks for tendinopathy management <i>(Chair: Jill Cook)</i>
5:30	Tania Pizzari	Upper limb tendinopathy	
6:00	Adam Castricum	Medical management of tendinopathy- latest trends and evidence	
6:30	Ebonie Rio	Why do tendons hurt?	
7pm	PANEL QUESTIONS/DISCUSSION with live patients		
7:30-8:30pm			REFRESHMENTS AND NETWORKING

Saturday 31st August, 2019

8:30-9am			REGISTRATION
			Session 3: Tendinopathy pain from head to toe! <i>(Chair: Kay Crossley)</i>
9:00	Jill Cook	Current concepts in tendon management	
9:20	Myles Murphy	Achilles tendinopathy: the prognosis of rehabilitation, and how to monitor progress	
9:35	Matthew Cotchett	Psychological factors in plantar heel pain	
9:50	Charlotte Ganderton	GTPS or gluteal tendinopathy?	
10:05	Tony Nasser	Current state of play for management of proximal hamstring tendinopathy	
10:20-10:30	PANEL QUESTIONS/DISCUSSION		
10:30-11am			MORNING TEA

MORNING WORKSHOPS

All Saturday participants can attend all workshops, with two workshops being run simultaneously each session. Half the participants start in one workshop, and the other half in the other, then groups swap at half-time. Moderators stay in their workshop allocation room.

WORKSHOPS A, B (60 mins each) [Run in Physio Prac rooms]		
Session 4: 11:00am-12:00pm		Session 5: 12:10pm-1:10pm
Workshop A	Ebonie Rio: Differential diagnosis of LL tendinopathy	
Change Over (10 mins)		
Workshop B	Anthony Schache: Practical tips on managing tendons in season	
1:15-2:00pm		
LUNCH		

AFTERNOON WORKSHOPS

WORKSHOPS C, D (60 mins each) [Run in Physio Prac rooms]		
Session 6: 2:00-3:00pm		Session 7: 3:15-4:15pm
Workshop C	Tania Pizzari: Upper limb tendon management	
Change Over (10 mins)		
Workshop D	Jill Cook: Lower limb tendon management	
Change Over (10 mins)		
4:25-4:45pm Close (West Lecture Room) Kay Crossley - summary of symposium and presentation of gifts		