



## University Centre for Rural Health

### North Coast

Excellence in Education and Research

A collaboration between the University of Sydney, Southern Cross University, University of Western Sydney, University of Wollongong with the Northern NSW Local Health District

# Physiotherapy Symposium 2015

Tuesday 15<sup>th</sup> September, 8.30am - 4.30 pm

University House, 61 Uralba Street, Lismore (opposite Lismore Base Hospital Emergency Department)

8.30am	<b>Registrations &amp; Welcome</b>
8.45am	<b>Women's Health Matters</b> – Ms Amanda Tutty, Senior Physiotherapist, Grafton Base Hospital <ul style="list-style-type: none"><li>- Women's health concerns including pelvic floor dysfunction, urinary and faecal incontinence, pelvic pain, post natal pelvic floor and obstetric injuries.</li><li>- Identifying patients who may benefit from a pelvic floor assessment.</li></ul>
9.25am	<b>ACL reconstruction- the crucial role of Physiotherapy</b> – Ms Danni Morley, Physiotherapist, currently undertaking a Masters in Sports Physiotherapy, La Trobe University <ul style="list-style-type: none"><li>- Why is rehabilitation important for post-operative outcomes?</li><li>- What outcomes should we focus on to reduce future risk of re-rupture?</li><li>- What new evidence is available in order to get the best results for your patient?</li></ul>
10.10am	Morning Tea
10.35am	<b>EPA - Update for Musculoskeletal Pain and Tissue Healing</b> – Assoc Prof Liisa Laakso, Griffith University. <ul style="list-style-type: none"><li>- Current evidence-base for a range of electrophysical agents for musculoskeletal pain and injury.</li></ul>
11.15am	<b>The principles and application of strength and conditioning training in the clinical setting</b> – Ms Andrea Miller, Physiotherapist, Griffith University <ul style="list-style-type: none"><li>- The primary principles of resistance training progressive overload, specificity and variation</li><li>- Application in a clinical setting; consideration of exercise selection, order and rest</li></ul>
12.00pm	lunch
12.40pm	<b>Stop the Spinning: Assessing and Managing Dizziness</b> – Ms Natalie Rando, Assistant Professor of Physiotherapy (Neurology & Geriatrics), Bond University. <ul style="list-style-type: none"><li>- Core aspects of the physiotherapy assessment of a patient presenting with dizziness</li><li>- Differentiating between vestibular and non-vestibular causes of dizziness.</li></ul>
2.00pm	Afternoon tea
2.20pm	<b>Load Carriage: Reconditioning for the Return to Work of tactical athletes (and others)</b> – Dr Rob Orr, Assistant Professor of Physiotherapy, Bond University. <ul style="list-style-type: none"><li>- Current load carriage contexts and requirements for tactical athletes (e.g. police officers, fire-fighters and soldiers)</li><li>- Common injuries associated with load carriage</li><li>- Optimal reconditioning guidelines for return to work.</li><li>- Application of these concepts to other occupations (e.g. mine rescue), recreational load carriage (e.g. hiking, regaining, and mountaineering) and to children and teen populations carrying school bags.</li></ul>
3.00pm	<b>A Different Paradigm for Shoulder Pain</b> – Mr Tim Brown, Senior Musculoskeletal Physiotherapist, The Tweed Hospital <ul style="list-style-type: none"><li>- The role of tendinopathy in shoulder pain, our perception of pathology</li><li>- Possible management 'protocols'</li></ul>
3.50pm	Wrap up and thanks
4.00pm	Reception with drinks & refreshments

The Physiotherapy Symposium is an opportunity for local physiotherapists to network, discuss current treatments and to access professional development. Hosted by the UCRH with support from HETI.

**This event is FREE, and will be fully catered - with thanks for all you do 😊**

To register or for more information, please send the attached registration form to Larisa Barnes

Allied Health project officer [larisa.barnes@ucrhc.edu.au](mailto:larisa.barnes@ucrhc.edu.au) ph 6620 2145

or by **FAX on 02) 6620 7270**, by Tuesday September 1st, 2015

## About the presenters...

**Ms Amanda Tutty**, Senior Physiotherapist (Grafton Base Hospital) is the Physiotherapy Manager for Clarence Valley where she has worked for the last 6 years. Amanda recently attended some excellent training in Women's Health and wishes to share it with her fellow physiotherapists. Her presentation is aimed at physiotherapists with limited women's health experience and will aim to assist physiotherapists to identify patients who may benefit from a pelvic floor assessment. Amanda can be contacted on [Amanda.Tutty@ncahs.health.nsw.gov.au](mailto:Amanda.Tutty@ncahs.health.nsw.gov.au)

**Mr Tim Brown**, Senior Musculoskeletal Physiotherapist (The Tweed Hospital, Outpatients Dept) is an APA Titled Sports Physiotherapist. Tim has travelled internationally with national sports teams including the Australian Touch Football Team (1992-1999) attending two World Championships, and the Australian Swimming Team (2000-2006) attending the Athens Olympics with Swimming in 2004, as well as Commonwealth Games and World Championships. Tim has extensive knowledge and experience in the treatment of musculoskeletal injuries. Tim can be contacted on [Timothy.Brown@ncahs.health.nsw.gov.au](mailto:Timothy.Brown@ncahs.health.nsw.gov.au)

**A/Prof Liisa Laakso** (Griffith University) is the immediate Past-President of the World Association for Laser Therapy (WALT), Vice-President of the Australian Medical Laser Association and Vice-President of the International Society for Electrophysical Agents in Physical Therapy. A/Prof Laakso's clinical, teaching and research interests include using low level laser therapy (LLLT) for pain management, tissue healing, and inflammation in non-malignant and malignant models. She is also on the editorial board of the journal Lasers in Surgery and Medicine. Liisa can be contacted on [l.laakso@griffith.edu.au](mailto:l.laakso@griffith.edu.au)

**Ms Andrea Miller**, Physiotherapist (Griffith University) has been working as a registered physiotherapist since 2009 at Griffith University within the School Physiotherapy Clinic. From 2011-2014 she was the primary supervisor for student musculo-skeletal placements. Since April 2014 Andrea has been involved in clinical education working as the clinical coordinator for student placements for the gold coast and northern NSW region for Griffith University. Andrea recently commenced her PhD at the University of Canberra (UC-RISE) working with the women's water polo team at the Queensland Academy of Sport. Andrea's former sporting background is as a 100m hurdler, in 2010 she won a Bronze medal at the Commonwealth Games. Andrea can be contacted on [a.miller@griffith.edu.au](mailto:a.miller@griffith.edu.au)

**Ms Natalie Rando** (Bond University) holds a Bachelor of Physiotherapy (1997) and a Masters in Neurological Physiotherapy (2004) from the University of Queensland. From 2004-2012 Natalie was the Assistant Director of Physiotherapy (Rehabilitation) at the Gold Coast Hospital, where she instigated and managed the physiotherapy service for Vestibular Clients. She has extensive experience assessing and managing vestibular clients in both the acute setting and private practice and has 10 years' experience teaching Vestibular Assessment and Rehabilitation at the graduate level at Bond University, Griffith University and University of Queensland, as well as the post-graduate level throughout Queensland and Northern NSW. Natalie is currently Assistant Professor of Physiotherapy (Neurology & Geriatrics) at Bond University and is an APA Titled Neurological Physiotherapist. Natalie can be contacted on [nrando@bond.edu.au](mailto:nrando@bond.edu.au)

**Dr Rob Orr** (Bond University) served for over 20 years in the Australian Regular Army as an infantry soldier, physical training instructor, physiotherapist and human performance officer. Still serving in the Army Reserve, Rob took up an appointment at Bond University in 2012. The majority of his teaching focuses on maximising human potential while his research and consultancy focus on the tactical strength and conditioning of military personnel, police officers and firefighter / first responders, from initial trainees to elite specialists. Rob is the current editor of the National Strength and Conditioning Association's Tactical Strength and Conditioning Report and Co-Chair of Tactical Strength and Conditioning – Australia. Well published, Rob is regularly invited to present his research on tactical populations both nationally and internationally. Rob can be contacted on [rorr@bond.edu.au](mailto:rorr@bond.edu.au)

**Ms Danni Morley**, graduated as a Physiotherapist from Sydney University in 2006 and worked in Sydney for 7 years in a sports private practice. She also worked in New Zealand in 2013 within a Boys Sports College. Danni is currently undertaking her Masters in Sports Physiotherapy at La Trobe University. She works for Touch football Australia at international tournaments and has experience working with a variety of other sports such as netball, softball, rugby, swimming, surfing, running and dancing. Danni's other professional interests include, dry needling, chronic pain management and post-surgical rehabilitation. Danni can be contacted on [dannilisa@gmail.com](mailto:dannilisa@gmail.com)



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# Physiotherapy Symposium 2015

Tuesday 15<sup>th</sup> Sept 2015

Time 8:15am - 4:00pm

University House, 61 Uralba Street, Lismore (*opposite Lismore Base Hospital Emergency Department*)

Name			
Email address			
Daytime Phone		Your Health Profession	
Practice Location/ Department			
About you	<ul style="list-style-type: none"><li>In what year did you qualify for your profession? _____</li><li>How long have you worked in the North Coast region? (yrs): _____</li></ul>		
About the UCRH	<ul style="list-style-type: none"><li>Would you like to be on an email distribution list for information about other UCRH education events? Yes / No</li><li>How many students have you supervised on clinical placement in the last 12 months? _____</li><li>Would you like training in student supervision? Yes / No</li></ul>		
Dietary requirements?	<ul style="list-style-type: none"><li>I have special dietary requirements Yes / No</li><li>I require the following dietary requirements please (e.g. gluten-free, vegetarian, etc.) _____</li></ul>		

**Registration is free - numbers limited.**

The annual Physiotherapy Symposium is an opportunity for local Physiotherapists to network, discuss current treatments and to access professional development.

**This event is FREE, and will be fully catered - with thanks for all you do 😊**

*Hosted by the UCRH with support from HETI*

**Please return this registration form to:**

[larisa.barnes@ucrhc.edu.au](mailto:larisa.barnes@ucrhc.edu.au)

or by FAX on 02) 6620 7270

**By Tuesday September 1st, 2015**

**You will be notified of acceptance into the course as soon as possible, or by September 4<sup>th</sup> 2015**

For more information please contact Larisa Barnes Allied Health project officer, [Larisa.barnes@ucrhc.edu.au](mailto:Larisa.barnes@ucrhc.edu.au) or on telephone 02 6620 2145