

# TIMETABLE

## WEDNESDAY 7TH FEBRUARY

08:30

SHOW OPENS

09:00-09:30

**EMILY HAWORTH & SEAN SAVAGE**

STAGE 1

### THE SHEER STRESS OF IT !

We are merging MSK and high risk and seeking an answer to the Holy grail of Diabetic foot ulceration prevention. Sheer stress !! .

09:00-09:30

**SARAH BRADSHAW**

STAGE 2

### AN INTRODUCTION TO DERMOSCOPY OF THE FOOT

This session explores dermatoscope use in podiatry practice and how it can help in the examination of acral skin lesions. We will cover the language of dermatology, benign and malignant dermatoglyphic patterns as well as how to document lesions and make a good referral.

09:00-09:30

**ABBAN QAYYUM**

STAGE 3

### THE IMPACT OF PHYSICAL ACTIVITY ON DIABETES

Truly understanding the pathophysiological effect of the different forms of exercise in both Type 1 and Type 2 Diabetes. Breaking through psychological barriers and underlying anxiety with enhanced understanding of the benefits and safety of exercise for improved health and quality of life.

09:30-10:00

**ZOE WILSON**

STAGE 1

### BUILDING CONFIDENCE AND CLINICAL EXCELLENCE IN PRIVATE PRACTICE

A session dedicated to Private Practice and how to build an effective mindset, team and delivery of services in your podiatry practice. We wish to deliver discussions around building a private practice, whether this be an idea, a project or an established clinic. I will discuss my journey in brief and how ZW Clinics has come to fruition in the innovative world of podiatry.

09:30-10:00

**EKTAA VADGAMA**

STAGE 2

### ACUTE SPORTS INJURY IN THE FOREFOOT: TURF TOE

Discussing the podiatry perspective in diagnosing, treating and rehabbing a turf toe

09:30-10:30

**MR RAJIV LIMAYE**

STAGE 3

### CURRENT CONCEPTS IN MANAGEMENT OF HALLUX LIMITUS/ RIGIDUS

We have many patients with arthritis of big toe joints. The traditional treatment of joint fusion is getting challenged by patients in the era of total joint replacements. Join me on a journey as we explore and discover the cutting-edge surgical and non-surgical treatment options available including toe joint replacements.

10:00-10:30

**STUART BROWN**

STAGE 1

### PRESENTATION/ PART 1 - SHOCKWAVE - BEYOND TENDONOPATHY - THE LOWER LIMB

Discover groundbreaking applications of shockwave therapy in conditions like Plantar Fasciitis, First Joint, Morton's Neuroma, and Achilles tendonopathy. Stuart Brown, drawing on his extensive experience, blends theory, evidence-based practices, and live demos in this workshop, providing a well-rounded approach to elevate standards in lower limb care.

10:00-10:30

**DR ALPESH MISTRY**

STAGE 2

### MIDFOOT ARTHROPATHIES

The imaging features and patterns of various conditions causing mid-foot arthritis will be described and discussed. Conditions include; osteoarthritis and post traumatic OA, inflammatory arthritis, gout and pseudogout, infection and neuropathic arthropathy.

10:30

BREAK

11:00-12:30

MIKE STEWART

STAGE 1

**"MY HAIRDRESSER IS A BETTER COMMUNICATOR THAN ANY PHYSIO!" IS IT TIME TO DEVELOP OUR COMMUNICATION SKILLS? \*(90 MINS)\***

This presentation aims to explore the challenges clinicians face when attempting to provide effective communication. The talk will provide you with practical tips and ideas to help you develop your communication skills. You will be able to use these ideas in your clinic to help you to better understand your patients problems, and to make it easier for your patients to express their experience and discover solutions towards their recovery.

11:00-11:30

CURACORN WORKSHOP

STAGE 2

**CURACORN® THE SCIENCE TO LONG TERM PAIN RELIEF**

Curacorn® is a unique & innovative treatment using a specialised Hyaluronic Acid Gel to cushion 'inside' the skin preventing painful pressure lesions such as corns & calluses. Join us to discover how you can offer this unique treatment in your clinic using safe techniques.

11:00-11:30

DR JULIAN PEACE

STAGE 3

**HOW TO TAKE A BETTER PHOTOGRAPH (...AND A VERY BRIEF INTRODUCTION TO DERMOSCOPY)**

The aims of Julian's session are:

- To improve photographic technique both clinically and dermoscopically
- Some special advice regarding skin of colour
- To introduce you to the wonderful world of dermoscopy

11:30-12:30

DR CATH SPENCER-SMITH

STAGE 2

**HOW TO MAKE AND USE VIDEO TO EFFECTIVELY (AND EASILY) MARKET YOUR PRIVATE PRACTICE \*(60 MINS)\***

Video is by far and best way to way to appeal to potential patients, so if you're not using it, make 2024 the year you start! In this practical workshop, you'll:

- \* learn how to easily record (and edit) video
- \* learn which types of video content you should be making
- \* plan video content for 3 months (that your patients are eager for)
- \* easy ways to repurpose your video content
- \* learn how to use video in social media to grow your practice
- \* learn how to be confident on camera

11:30-12:30

MR RAJIV LIMAYE

STAGE 3

**INJECTION TECHNIQUES IN THE FOOT AND ANKLE \*(60 MINS)\***

Step into the world of precision and expertise with our "Injection Techniques in Foot and Ankle" workshop. Learn the latest and most effective techniques for treating patients in clinic settings. Discover how to reproduce these landmark guided techniques and take your clinical skills to the next level

12:30

LUNCH

13:30-14:30

CLAIRE FREEMAN

STAGE 1

**HALLUX VALGUS - NAVIGATING THE ROUTE TO NHS SURGERY \*(60 MINS)\***

If you've ever been in the frustrating position of not knowing what to do next with your patients who present with Hallux Valgus - then this lecture will guide you through the pathway to onward referral, and give you tools to efficiently navigate a way forward.

13:30-14:00

DR RUSSELL PAYNE

STAGE 2

**ADVANCEMENTS IN PODIUM THERMAL FOOT MONITOR - SCAN FEET, SAVE LIVES.**

Dr Payne shall introduce the use of the Podium thermal foot monitor in helping clinicians solidify their diagnosis and continue to describe the latest developments in our Podium Professional system, which includes Cliniko integration and the ability to simplify diabetic foot assessments and referrals.

13:30-14:00

DAN BROADHEAD

STAGE 3

**STEP-BY-STEP RELIEF: MASTERING FORMTHOTICS FOR PLANTAR HEEL PAIN**

This informative workshop delves into the critical aspects of utilising Formthotics in treating plantar heel pain. Participants will gain insights into comprehensive patient assessment and differential diagnosis, essential for identifying the underlying causes of plantar heel pain. The session will place a special focus on Formthotics products, highlighting their unique material properties. Attendees will learn how to expertly select the appropriate Formthotics type tailored to both the patient's specific needs and their footwear. Additionally, the workshop will explore various modification options, providing practical guidance on implementing these adjustments effectively.

14:00-14:30

TIM VEYSEY-SMITH

STAGE 2

**IT'S NOT JUST THE INJURY THAT HURTS**

Challenges with the mindset of the injured runner and why it is important to engage with them.

14:00-14:30

EMILY BALL & PAUL KINKAID

STAGE 3

**BUILDING RESILIENCE THROUGH EMOTIONAL CONTAGION: A MASTERCLASS FOR HEALTHCARE LEADERS**

This masterclass delves into the profound impact of emotional contagion within healthcare settings, exploring how leaders can harness this phenomenon to cultivate a resilient and empowered workforce. Participants will gain insights into the intricacies of emotional intelligence, learning to not only recognise and regulate their own emotions but also to skilfully influence the emotional climate of their teams. Join us for this masterclass, where healthcare leaders will emerge not only with enhanced resilience but also with the tools to inspire resilience in others, creating a ripple effect of positive change throughout their organisations. Elevate your leadership to new heights and empower your teams to thrive in the ever-evolving landscape of healthcare.

14:30-15:00

GEORGE CUMMINS

STAGE 1

**STEP INTO THE FUTURE OF DATA-DRIVEN 3D PRINTED ORTHOSES**

2D v 3D foot scanning? Level up with 4D! Dynamic analysis of the foot in motion is imperative when prescribing orthoses to identify asymmetries or abnormalities in timing, stability, pressure, force and impulse. But what if we could directly merge this dynamic data with the static 3D foot shape to optimise patient outcomes? Well, now we can! 4D analysis takes the concept of 3D scanning a step further by introducing the dimension of time, incorporating dynamic changes and movements to create a more interactive and immersive experience for the clinician and patient, like never seen before! Accurate, repeatable, durable, sustainable. The future is now!

14:30-15:00

STUART CAMPBELL

STAGE 2

**CLINICAL APPLICATION OF SHOCKWAVE THERAPY IN THE TREATMENT AND MANAGEMENT OF PLANTAR FASCIITIS AND ACHILLES TENDINOPATHY**

The aim of this work shop is to share experiences and ideas for the better of our patients based on our ongoing study at the Bridgewater trust in Warrington where we see many patients presenting with chronic plantar fasciitis and to a slightly lesser extent Achilles tendinopathy, typically having been in and around the care pathways for an extended period. With a focus on evidence based approaches and collaborative working with the MSK/Physio team, shockwave therapy has provided an integral option for both of these conditions, managed alongside a evidence based and crucially up to date treatment plan; long gone are the days of cold water bottle rolling and calf stretching.

14:30-15:00

KRISHNA GOHIL

STAGE 3

**BACK TO BASICS FOR POMS AND MAKING THE MOST IT IN CLINICAL PRACTICE**

Join us as we delve into the fundamentals of POMS and explore how to use them in clinical practice to improve patient care.

13:00

BREAK

15:30-16:00

REBECCA RODGER

STAGE 1

**BIOFILM : THE BARRIER TO WOUND HEALING?**

Biofilm is particularly tenacious in chronic or hard-to-heal wounds and may delay healing, its removal is of clinical importance and requires a multi-faceted approach, including physical removal through targeted wound hygiene. In this presentation we shall discuss the impact that biofilm has on wound healing, and how implementing the four- step Wound Hygiene Protocol in your clinical practice can lead to better outcomes for your patients.

15:30-16:00

KIERAN CAREW

STAGE 2

**3D PRINTED ORTHOTICS - THE ADVANCEMENTS, THE MYTHS AND WHAT IS TRULY BEST FOR YOUR PATIENT.**

Why is 3D printing growing in the Orthotic industry? Looking at the benefits, capabilities, and discovering what is actually best for your patient.

15:30-16:00

SARAH JANE WALLS

STAGE 3

**OUR FIRST YEAR WITH SWIFT**

Having invested in Swift in February 2023, The Rehab Hub have gone on to achieve great success with it. During the session, Sarah Jane will discuss how patient demographics and their frustration with other, more invasive treatments led to their decision to invest in Swift microwave technology. You'll also hear about how quickly their investment was repaid and the marketing techniques used to promote the treatment to new patients.

16:00-16:30

MARTIJN JA BELIEN

STAGE 1

**EXO-L ANKLE BRACE / SAFETY BELT FOR ANKLE SPRAINS, AND EXO-L UP FOR DROP FOOT**

Introduction and explanation of the innovative EXO-L Ankle Brace / Safety Belt. Why is EXO-L a "safety belt" rather than a brace? How is it possible that more than >95% of ankle sprains can be prevented? How can this be so comfortable? Why are 3D scanning and 3D printing so important? Is EXO-L the ultimate solution against ankle sprains? Can patients with drop foot really wear EXO-L UP all day long, without irritation and pain? Can podiatrists, physiotherapists and orthopedists in the UK now offer this to their patients? For this and a few other challenging thoughts, join the workshop!

16:00-17:00

TREVOR PRIOR & NICK KNIGHT

STAGE 2

**CLINICAL REASONING; WHERE SCIENCE MEETS ART AND ART MEETS SCIENCE \*(60 MINS)\***

Finding the balance between an evidenced based diagnosis and treatment (the science) and the ability to individualise to each patient's unique situation (the art), is a challenge to all practitioners. It is neatly summarised by the well know phrase "In theory, theory and practice are the same; in practice, they are not". This presentation will explore the issues and provide a framework around taking an appropriate history to guide the clinical evaluation, appropriate investigations, diagnosis and patient centred management. It will include a practical session of clinical simulation to highlight provide insight into this process

16:00-16:30

CHELSEA TRITSCHLER

STAGE 3

**THE ROLE OF AN EXPERT WITNESS PODIATRIST**

As podiatrists we are experts in all things foot health related. This knowledge places us in a great position to be able to comment on medico legal cases where the foot has been compromised in some way. From examining patient notes to meeting with claimants/defendants and even appearing in court, the role of an expert witness podiatrist is varied and extremely interesting.

16:30-17:00

FAHAD RAHMAN

STAGE 1

**FUTURE PROOF YOUR BUSINESS WITH PRACTICE MANAGEMENT SOFTWARE**

An educational session on what practice management software is and what it can do.

16:30-17:00

DAVE JAMES

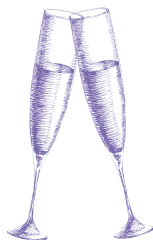
STAGE 3

**WELLBEING EVERYWHERE ALL AT ONCE WORKSHOP**

Takeaway: Practical strategies and techniques to improve mental fitness and wellbeing. Learning how to use a tool to help your mental fitness and wellbeing. Knowing you are not alone and you are supported.

# 17:00 DRINKS RECEPTION

Join us in the hall for drinks and networking, catch up



with old and new friends



# TIMETABLE

## THURSDAY 8TH FEBRUARY

09:00-09:45

KRISHNA GOHIL

STAGE 1

### THE 3 P'S OF VASCULAR ASSESSMENT

Together we can unravel the symphony of pulses and waveforms to inform our vascular assessments and referrals.

09:00-09:45

CLIFTON BRADELEY

STAGE 2

### LEG LENGTH DISCREPANCY. IS IT TIME FOR A RE-THINK?

Clifton talks about leg length discrepancy (LLD) and how the complexity of structural asymmetry, the resultant sequelae and adaptations cannot be separated out into two separate types: anatomical LLD & functional LLD.

09:00-09:45

JULIA ATHERTON - PHYSIOPILATES

STAGE 3

### PHYSIOPILATES PAUSE, FOCUS AND CONNECT

Bringing Body Awareness and Focus into a short exercise routine in sitting and standing with Julia. This will help you look after your body in and out of work and open up ideas for exercise and advice you give to your patients.

09:45-10:30

ANDY HORWOOD

STAGE 1

### THE BIOMECHANICS OF PHYSIOLOGY AND HOW TO KEEP PATIENTS HEALTHY

This lecture will give a different perspective on biomechanics as a science integrated into genetics, developmental biology, evolution, and physiology. It will address concepts that locomotive anatomy and human physiology have evolved and continue to develop together in every individual and throughout their lives. Thus, dysfunction or misuse in one system automatically leads to dysfunction in the other. Therefore, clinicians cannot manage metabolic diseases, such as diabetes, without addressing issues within locomotion biomechanics.

09:45-10:30

DAVE JAMES

STAGE 2

### WELLBEING EVERYWHERE ALL AT ONCE

Takeaways:

- Understand pillars of wellbeing and mental fitness.
- Understand why mental fitness and wellbeing are important.
- Importance of reducing the stigma around mental fitness.
- Benefits of working on your wellbeing and mental fitness.

09:45-10:30

ZOE WILSON

STAGE 3

### ASSESSMENT, MANAGEMENT AND BUILDING AN MDT AROUND FOOT DROP

This session will include information regarding Aetiology, Anatomy, Diagnosis and Management of Foot drop in a Podiatric setting. There will be discussions around medical history taking and management options utilising a multidisciplinary team

10:30

BREAK

11:00-11:30

MR TIM CLOUGH

STAGE 1

### BAD BUNIONS, HAMMER TOE AND METATARSALGIA - WHAT TO DO WHEN IT ALL GETS TOO MUCH?

Discussing when to refer, what surgery can offer, what are the new techniques, and what is the surgical outcome for treatment of bad bunions, hammer toes and metatarsalgia.

11:00-11:30

CURACORN WORKSHOP

STAGE 2

### CURACORN® THE SCIENCE TO LONG TERM PAIN RELIEF

Curacorn® is a unique & innovative treatment using a specialised Hyaluronic Acid Gel to cushion 'inside' the skin preventing painful pressure lesions such as corns & calluses. Join us to discover how you can offer this unique treatment in your clinic using safe techniques.

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MR RAJIV LIMAYE

STAGE 3

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11:30-12:00

SIMON DICKINSON

STAGE 1

**BIOMECHANICS MADE EASY**

Do you find biomechanics confusing? Would you like to be more confident and competent to deliver a simple quick fix solution to effectively manage your patients needs? Then our KinetiX workshop will deliver this for you.

11:30-12:00

LOUISE STUART

STAGE 2

**FASCIAL MANIPULATION FOR THE TREATMENT OF COMPLEX REGIONAL PAIN SYNDROME - CASE STUDY REPORTS**

Complex Regional Pain Syndrome (CRPS) is a catastrophic debilitating condition typically affecting the extremities. CRPS has multiple associated sensory, motor and autonomic nerve changes. This condition is defined largely on its clinical presentation. There is considerable debate of what constitutes best treatment. We report 4 case studies of patients with confirmed CRPS before, during and after treatment using fascia manipulation (Stecco Method). The outcomes of fascial manipulation treatment has a transformational effect on the lives of the CRPS sufferers. However more robust research is needed

12:00-12:30

RAKHEE SHAH

STAGE 1

**DO YOU HAVE LEADER-SHIT IN YOUR LEADERSHIP?**

A light hearted, fun, honest exploration into the highs lows and messes of being a leader. We shall explore some of the difficulties experienced when we end up in charge! Together with the possible to-do and not-to-do approaches in overcoming challenges. Come and learn from someone else's muddy puddle splashes and pick up a few short cuts along the way.

12:00-12:30

K-LASER WORKSHOP

STAGE 2

**THE MANY APPLICATIONS OF LASER THERAPY IN PODIATRY**

K-Laser is the most advanced and most versatile tool in Podiatry practice: an all-in-one, portable piece of equipment with no consumables. In this lecture we will present its wide range of therapeutic applications: MSK disorders, Verrucas, Onychomycosis, Pain management, Wound healing and Skin disorders. K-Laser improves your clinical outcomes, broadens your treatment options, generates new income.

12:00-12:30

GLEN FOLEY & NICK KNIGHT

STAGE 3

**EMPOWERING STEPS: UNLOCKING THE POTENTIAL OF LOWER LIMB INJURY REHABILITATION**

Join us for an insightful presentation, "Empowering Steps" where we delve into the expert assessment of Achilles tendon and its effective rehabilitation through the integration of cutting-edge technology like Rehab Guru exercise prescription software.

12:30

LUNCH

13:30-14:00

DR EMILY SPLICAL

STAGE 1

**MUSCLE TUNING THEORY | APPLICATIONS IN OVERUSE INJURIES**

How we relate to the ground and the associated impact forces is critical to human movement, athletic performance and injury prevention. Join functional podiatrist Dr Emily as she explores The Muscle Tuning Theory and how it can be applied into patient treatment protocols. This concept will change the way you look at shoes, surfaces and common foot injuries.

13:30-14:00

DAN BROADHEAD

STAGE 2

**STEP-BY-STEP RELIEF: MASTERING FORMTHOTICS FOR PLANTAR HEEL PAIN**

This informative workshop delves into the critical aspects of utilising Formthotics in treating plantar heel pain. Participants will gain insights into comprehensive patient assessment and differential diagnosis, essential for identifying the underlying causes of plantar heel pain. The session will place a special focus on Formthotics products, highlighting their unique material properties. Attendees will learn how to expertly select the appropriate Formthotics type tailored to both the patient's specific needs and their footwear. Additionally, the workshop will explore various modification options, providing practical guidance on implementing these adjustments effectively. This workshop is ideal for healthcare professionals seeking to enhance their knowledge and skills in addressing plantar heel pain using Formthotics solutions.

13:30-14:00

STUART BROWN

STAGE 3

**PRESENTATION / PART 2 - ENHANCED PLANTAR FASCIITIS OUTCOMES - SHOCKWAVE**

Discover groundbreaking applications of shockwave therapy in conditions like Plantar Fasciitis, First Joint, Morton's Neuroma, and Achilles tendinopathy. Stuart Brown, drawing on his extensive experience, blends theory, evidence-based practices, and live demos in this workshop, providing a well-rounded approach to elevate standards in lower limb care.

14:00-14:30

ANISH SUDERA

STAGE 1

**UNVEILING SHAPES - THE FUTURE OF FOOTWEAR TECHNOLOGY**

Join our Shapes workshop, winner of the German Innovation Award, and discover how our 'Made in Germany' inserts train and mobilise your feet. Experience unparalleled comfort, pain relief, and a new era in foot health and performance. Embrace transformative foot wellness with Shapes!

14:00-15:00

EMILY BALL & PAUL KINKAID

STAGE 2

**DEVELOPING RESILIENCE AND INSPIRATIONAL LEADERSHIP: THRIVING IN PRIVATE PRACTICE  
\*(60 MINS)\***

By the end of this talk, participants will gain a profound understanding of the symbiotic relationship between resilience and inspirational leadership, leaving with actionable steps to not only survive but thrive in the realm of private practice. Elevate your leadership, foster resilience within your practice, and chart a course for lasting success in this engaging and enlightening exploration of personal and professional development.

14:00-14:30

JOHN BATTY

STAGE 3

**CREATING YOUR PRACTICE'S STORY BRAND**

Books, films, theatre; we all love and engage with stories. Based on the ideas of Donald Miller and others, the Story Brand approach uses a storytelling framework to create your brand story which, in turn, informs every aspect of the way you communicate with patients and prospects. With plots, heroes, villains and more, this is an interactive presentation that will get you thinking. Maybe not to infinity and beyond...but you never know!

14:30-15:00

SARAH O'CONNELL

STAGE 1

**ORTHOTIC INTERVENTIONS: A STRATEGIC APPROACH TO ALLEVIATING FOREFOOT PAIN IN ATHLETES**

Dealing with the Athletic Population as a Podiatrist involves understanding and modifying loads that cause injury. Orthotic therapy can be a useful tool to externally manage these loads as part of a wider treatment plan. With a growing body of evidence around the use and access of force/pressure plates, we get a clearer clinical perspective of individual pressure/force distribution and their link to injuries. This presentation will use the current literature on forefoot pressures and orthoses to create an evidence-based strategic management plan for treating forefoot pain in this population.

14:30-15:00

JAKE HEATH

STAGE 3

**ELITE SPORT AND ITS EFFECT ON PODIATRY - THE TRICKLEDOWN**

The trickle-down from elite sports podiatry to the broader field of podiatry represents a significant advancement. Innovations developed for high-performance athletes often lead to groundbreaking treatments and techniques. These advancements can enhance the overall quality of care in podiatry, benefiting patients across various demographics and needs.

15:00

END OF DAY

SNAP AND SHARE YOUR TIME AT

SCAN ME



#FASHOW24

1. Scan the QR code with your smartphone.
2. A disposable camera will pop up (no need to download an app!)
3. You can now take photos or upload them to the shared album.
4. Pictures are revealed after the show ends and everyone will receive a notification to view the shared album.
5. We'll make you famous by using the photos in our marketing materials!

