

Update & Educate 2010



Biennial State Conference South Australian Podiatry Association

4th & 5th March 2010
Hilton Hotel, Adelaide

Preliminary Program



Day 1 – Thursday 4th March 2010

7:30 **Registration Opens**

8:30 Official Conference Welcome: Chris Bishop - Chair of Conference Committee

“ Evidence implementation requires more than just good intentions”

8:35 Evidence implementation in to podiatric clinical practice – *Lucy Lin*

9:05 Evidence for foot orthoses – *Dr Karl Landorf*

9:45 Do foot orthoses change lower limb muscle activity in flat-arched feet towards a pattern observed in normal-arched feet? – *Dr George Murley*

10:05 Redefining podiatric biomechanics: Where are we at and where does the evidence say we should be? – *Chris Bishop*

10:25 Q & A

10:30 **MORNING TEA**

“ High Risk Management” *sponsored by*

11:00 ‘Type 2 Diabetes 2010 – What’s new? - *Dr Pat Phillips*

11:30 “Assessment of the perfusion and revascularisation of the diabetic foot” – *Dr Rob Fitridge*

11:50 The Art of War – Fighting Bugs with Drugs – *Stefan Kowalski*

12:10 Extracellular function of the actin-remodelling protein flightless I may be important in acute wound responses – *Nadia Ruzehaji*

12:30 ABC Diabetes Guidelines – 3 x 10 MIN PRESENTATIONS - *Dr Angela Evans, Dr Pat Phillips and Taeger*

Q & A

1:00 **LUNCH**

CONCURRENT SESSIONS

“ Gait”

BALLROOM 1

2:00 The biomechanics of the foot during gait - *Tom May*

2:20 Clinical & functional biomechanics of the ankle joint – *Andrew van Essen*

2:40 The effect of ground reaction forces measures on muscle function during the human gait cycle – *Chris Bishop*

3:00 Foot posture influences the electromyographic activity of selected lower limb muscles during gait – *George Murley*

3:20 Recent Advances in Gait Analysis and how we perceive the foot during dynamic activities – *Dr Dominic Thewlis*

3:50 Q & A

4:00 **AFTERNOON TEA**

“Sports Podiatry” *sponsored by Adidas*

4.20 Making the diagnosis in sports medicine – *speaker TBA*

4:40 Biomechanics of Running - *Michael Nitschke*

4:55 Barefoot Running – *Simon Bartold*

5.15 Female considerations during exercise – *Speaker TBA*

5:35 Podiatric considerations for the fast bowler – *Chris Bishop*

5.40 Podiatric considerations for the AFL footballer - *speaker TBA*

5.45 Podiatric considerations for the netballer - *speaker TBA*

5.50 Podiatric considerations for the cyclist - *speaker TBA*

6:00 **COCKTAIL DRINKS** *sponsored by DBS Medical*

A light-hearted look at the most embarrassing moments behind a podiatrists door - *Ted Jedynak*



Day 2 – Friday 5th March 2010

WORKSHOPS

		LOCATION
7:15 & 8:00	Andrew Burns - Mobilisation of the foot & ankle	Mezzanine
	Neil Simmons - Ultrasound of the foot & ankle	Balcony 1
	Simon Bartold & Andrew van Essen - The sporting knee	Ballroom (plenary room)
	James Trotter - Taping for pathology	Balcony 3
	George Murley - Assessment of the foot posture	Balcony 2
	Presenter TBA – Massage techniques and principles	Exhibition Hall
	Kevin Whitford - Low back pain & lumbo-pelvic assessment	Exhibition Hall
	Presenter TBA - Eccentric exercise for achilles tendon rehabilitation	Exhibition Hall

PLENARY SESSION

“ Musculoskeletal Pathology” sponsored by I-Med

9:00	Imagining the painful forefoot: When does it matter? - <i>Dr Neil Simmons</i>
9:40	The significance of the accessory navicular: A literature Review – <i>Tom Walsh</i>
9:55	Surgical management of the accessory navicular – A Case Study – <i>Angelo Salerno</i>
10:00	Evidence for eccentric exercise in the treatment of Achilles tendinopathy – <i>speaker TBA</i>
10:10	Do foot orthoses change lower limb muscle activity in flat-arched feet towards a pattern observed in normal-arched feet – <i>George Murley</i>
10:30	The Foot & Ankle: A Rheumatologist point of view - <i>Dr Simon Burnett</i>
10:50	Q & A

11:00 MORNING TEA

CONCURRENT SESSIONS (please note different start times)

	“ Paediatrics”	BALLROOM	“Podiatric Administration”	BALCONY 1
11:30	Paediatric Physio – <i>speaker TBA</i>		11:00	Case auditing in Podiatry – <i>Rob Hermann</i>
11:50	Management of paediatric flatfoot – <i>Dr Angela Evans</i>		11:20	Medicare auditing process – <i>Dr Robert Menz</i>
12:10	Clinical management of paediatric intoeing: A systematic review - <i>Hayley Uden</i>		11:40	Risk Assessment – <i>Michael Woger</i>
			12:10	Practice Marketing – <i>speaker TBA</i>
12:30	Paediatric Orthopaedic surgeon – <i>speaker TBA</i>		12:30	ANZPAC – <i>Dr Rolf Scharfbillig</i>
	Q&A		12:45	Role of the Podiatry Assistant – <i>Brenda Tonkin</i>

1:00 LUNCH

“Plantar Heel Pain” sponsored by

2:30	Plantar heel pain – <i>Dr Karl Landorf</i>
3:10	The effect of taping on plantar fascia strain – a cadaveric study – <i>Simon Bartold</i>
3:30	Neural component in plantar heel pain – <i>Tom Walsh & Nigel Rowe</i>
3:50	Orthotic therapy vs corticosteroids in the treatment of planter fasciitis: A systematic review – <i>Hayley Uden</i>
4:05	Q&A
4:30	Closing remarks – <i>Brenda Tonkin President APodA SA</i>

7:00 PRE-DINNER DRINKS

7:30 CONFERENCE DINNER - TBA



KEYNOTE & INVITED SPEAKERS

KEYNOTE SPEAKER Dr Karl Landorf



Karl is currently a Senior Lecturer and Research Coordinator at La Trobe University. He is also Leader of the Foot and Ankle Group in the Musculoskeletal Research Centre at La Trobe and is Deputy-Editor of the free-access online Journal of Foot and Ankle Research.

In 2004 Karl completed his PhD in which he investigated foot orthoses for the treatment of plantar fasciitis. During this time he developed a keen interest in clinical trial methodology and health outcome measurement. Karl's main research focus is now the evaluation of the effectiveness of musculoskeletal interventions and his primary teaching is in the area of diagnostic imaging of the foot and ankle. His current research projects include evaluations of interventions for plantar heel pain, osteoarthritis in the foot, and painful plantar callus. In addition, he is involved in investigations relating to health outcome assessment in podiatry, muscle activity in the lower extremity, and the use of imaging for foot abnormalities. Karl is also actively involved in compiling systematic reviews that summarise the evidence relating to interventions used in podiatry.

Karl has been an invited or keynote speaker at many national and international conferences, including Australia, New Zealand, England, Ireland and the United States. He is widely published with over 40 scientific articles in international peer-reviewed podiatry and medical journals. In addition, he has had extensive experience with peer-review of scientific information, having been a journal manuscript reviewer for 10 international journals. Finally, Karl is the podiatry profession's representative on the Advisory Board of the Cochrane Collaboration's Musculoskeletal Group and is a Trustee of the Australian Podiatry Education and Research Foundation.

INVITED SPEAKERS

- Dr Saravanna Kumar** Post Doctoral Senior Research Fellow
Centre for Allied Health Evidence – University of South Australia
Presentation: *Evidence Implementation in Podiatric Clinical Practice*
- Mr George Murley** PhD Candidate – Latrobe University
Lecturer, Latrobe University
Presentation: *Do foot orthoses change lower limb muscle activity in flat-arched feet towards a pattern observed in normal-arched feet?*
Electromyographic activity of selected lower limb muscles during gait
- Dr Pat Phillips** Senior Director of Endocrinology – Queen Elizabeth Hospital
Presentation: *Type 2 Diabetes 2010- Whats New?*
- Dr Rob Fitridge** Vascular Surgeon – Queen Elizabeth Hospital
Presentation: *Assessment of the perfusion and revascularisation of the diabetic foot*
- Dr Simon Burnett** Rheumatologist
Presentation: *The Foot & Ankle: A Rheumatologist Point of View*
- Mr Stefan Kowalski** Program Director – Post Graduate Suite of Clinical Pharmacy
Clinical & Academic Pharmacist
Presentation: *The Art of War – Fighting Bugs with Drugs*
- Dr Dominic Thewlis** Biomechanist – University of South Australia
Presentation: *Recent Advances in Clinical Gait Analysis and how we consider the foot during dynamic activities*
- Dr Neil Simmons** Specialist Musculoskeletal Radiologist Musculoskeletal Centre of Excellence
Dr Jones & Partners, Prospect
Presentation: *Imagining the painful forefoot: When does it matter?*
- Mr Simon Bartold** Footwear Specialist
Presentations: TBA