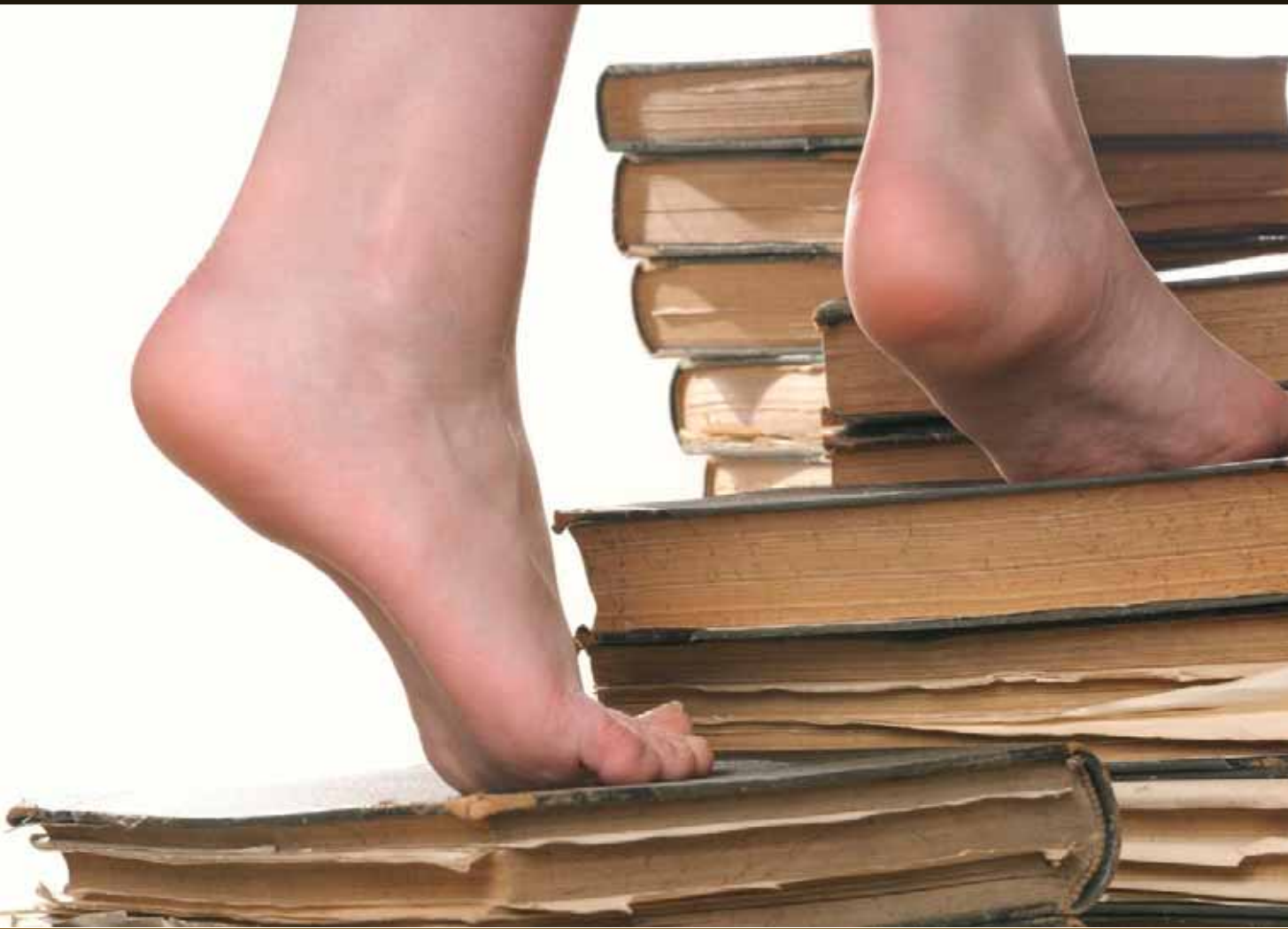


Update & Educate 2010



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**

8:25 Official Conference Welcome: Chris Bishop - Chair of Conference Committee

“ Evidence implementation requires more than just good intentions”

Session Chair: Chris Bishop

8:30 Evidence Based Practice in Podiatry: Opportunities and Challenges in the New Decade – Lucylynn Lizzardo

9:10 What do we really know about Plantar heel pain/Plantar Fasciitis? – *Dr Karl Landorf*

9:55 Neural component in plantar heel pain – *Tom Walsh*

10:25 Q & A

10:30 **MORNING TEA**

“ High Risk Management” *sponsored by*

Session Chair: Tim Abrahams

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 The Foot & Ankle: A Rheumatologist point of view - *Dr Simon Burnett*

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

Q & A

1:00 **LUNCH**

“ Podiatric Biomechanics & Gait Analysis”

Session Chair: Tom Walsh

2:00 Redefining podiatric biomechanics: Where are we at and where does the evidence say we should be? – *Chris Bishop*

2:30 The biomechanics of the foot during gait - *Tom May*

2:40 Clinical Anatomy & biomechanics of the ankle joint – *Andrew van Essen*

2:50 Foot posture influences the electromyographic activity of selected lower limb muscles during gait – *Dr George Murley*

3:10 Recent Advances in Gait Analysis and how we perceive the foot during dynamic activities – *Dr Dominic Thewlis*

3:40 Q & A

3:50 **AFTERNOON TEA**

“Sports Podiatry”

Session Chair: Dr Rolf Scharfbillig

4:20 Making the diagnosis in sports medicine – *Dr Terry Farquharson*

4:40 The effect of oestrogen on tibial acceleration, balance and neuromotor control – *Simon Bartold*

5:00 Running Biomechanics: Gait patterns and their relation to commonly seen lower-limb running pathology - *Michael Nitschke*

5:15 The Great Barefoot Debate: Why MD’s Should Stick to Clinical Practice – *Simon Bartold*

5:45 Expert Panel: Podiatric Considerations in Sport

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

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

Day 2 – Friday 5th March 2010

	WORKSHOPS	LOCATION
7:15 & 8:00	Andrew Burns - Mobilisation of the foot & ankle	Suite 3
	Neil Simmons - Ultrasound of the foot & ankle	Plenary Ballroom
	Simon Bartold & Andrew van Essen - The sporting knee	Balcony 4
	James Trotter - Taping for pathology	Balcony 3
	George Murley - Assessment of foot posture	Mezzanine
	Scott Weeks – Massage techniques and principles	Balcony 2
	Kevin Whitford - Low back pain & lumbo-pelvic assessment (one only)	Balcony 1

8:40 Light Snack and Refreshments Provided

PLENARY SESSION

“ Advanced Musculoskeletal Management” *sponsored by I-Med*

Session Chair: Chris Bishop

9:00	Clinically Relevant Ultrasound of the forefoot - <i>Dr Neil Simmons</i>
9:20	Ultrasonic features of the spectrum of tendinopathy in the Foot & Ankle – Dr Neil Simmons
9:40	Current Concepts in the Management of Achilles Tendinopathy – Speaker TBA
10:00	The significance of the accessory navicular: A Literature Review – Tom Walsh
10:15	Surgical Management of the Accessory Navicular: A Case Study – Angelo Salerno
10:20	Effectiveness of scalpel debridement for the treatment of painful plantar calluses in older people: a randomised trial – Dr Karl Landorf
10:45	Q & A
11:00	MORNING TEA

CONCURRENT SESSIONS *(please note different start times)*

“ Paediatrics” Chair Andrew Van Essen

BALLROOM

“Podiatric Administration”

Chair Brenda

BALCONY 1

11:30	Congenital Foot Deformities – Debbie Thomas	11:00	ANZPAC – <i>Dr Rolf Scharfbillig</i>
12:00	Management of paediatric flatfoot – <i>Dr Angela Evans</i>	11:15	Medicare auditing process – <i>Dr Robert Menz</i>
12:20	Clinical management of paediatric intoeing: A systematic review - <i>Hayley Uden</i>	11:45	Risk Assessment – <i>Michael Woger</i>
12:40	Juvenile Arthritis & the Lower Limb Involvement – Dr Christina Boros	12:05	Practice Marketing – <i>Tristan Bond</i>
1:10	Q & A	12:25	Case auditing in Podiatry – <i>Rob Hermann</i>
		12:45	Role of the Podiatry Assistant – <i>Brenda Tonkin</i>

1:30 LUNCH

“Foot Orthoses” *sponsored by*

Session Chair: Tom Walsh

2:30	How Foot Orthoses Work? – <i>Dr Karl Landorf</i>
3:00	The change in magnitude and angle of the ground reaction force vector and the effect this has on muscle function and force in the lower limb – Chris Bishop
3:20	Do foot orthoses change lower limb muscle activity in flat-arched feet towards a pattern observed in normal-arched feet? – <i>Dr George Murley</i>
3:40	Orthotic therapy vs corticosteroids in the treatment of planter fasciitis: A systematic review – <i>Hayley Uden</i>
4:00	Q & A

Closing remarks – *Brenda Tonkin President APodA SA*

PRE-DINNER DRINKS

7:00

CONFERENCE DINNER - TBA

7:30

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
- 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
Workshop: Assessment of Foot Posture
- 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: Clinical Relevant Ultrasound of the Forefoot
Ultrasonic features of the spectrum of tendinopathy in the foot and ankle
Workshop: Ultrasound of the Foot & Ankle
- Mr Simon Bartold** Sports Podiatrist
Presentations: The Great Barefoot Running Debate: Why MD's Should Stick to Clinical Practice!
The Effect of Oestrogen on tibial acceleration, balance and neuromotor skills
Workshop: Examination of the Sporting Knee
- Dr Christina Boros** Paediatric Rheumatologist
Presentation: Juvenile Arthritis and the Involvement of the Lower Limb
- Mrs Debbie Thomas** Paediatric Physiotherapist - Womens & Childrens Hospital
Presentation: Congenital Deformities of the Foot & Ankle
- Speaker TBA** Sports Physiotherapist
Presentation: Current Concepts in the Management of Achilles Tendinopathy