

Educational Bursary, 2015

World Confederation of Physical Therapists Congress, 2015, Singapore, 1-4 May

This was my first WCPT Congress. My main driver for attending was to be able to present some of my work from my PhD.

Prior to the conference there was a networking session for IFOMPT members. It was also good to see the IFOMPT 2016 stand in the exhibition hall, headed by Chris Mercer, promoting the upcoming Glasgow 2016 congress.

The conference began with a session on exercise for chronic pain. A particular stand out was Niamh Moloney's presentation regarding building resilience to pain, particularly focussed on work-related neck / arm pain. The other main highlight of the first day of the conference was the late afternoon session on tendinopathy, which covered both the basic science and rehabilitation aspects.

Day two of the conference started with a detailed session on behavioural change in relation to exercise adherence. After lunch the highlight of the day was a session on stratified care for low back pain involving comparison of the STarT Back, cognitive functional therapy and clinical prediction rule approaches, and how such models of care may develop in the future.

The highlight from day three included a fantastic session on chronic pain physiology given by Lorimer Moseley, Mick Thacker and David Walton. Despite Mick Thacker's presentation being recorded due to his inability to attend, all three speakers gave clear, clinically relevant presentations.

Beyond these platform sessions there were a mix of 5-8 minute presentations, networking sessions, and a hall full of posters that changed daily. There were obviously also presentations that covered all aspects of physiotherapy from respiratory care, to neurological rehabilitation, to hydrotherapy and animal therapy.

Singapore appeared a suitable venue with speakers and attendees from all over the world. The convention centre itself was excellent for both speaking and listening. However, the conference organisers decided that the conference attendance fee of over \$1000 Singapore did not warrant inclusion of morning coffee or lunch on any day, which seems unreasonable. This was particularly unreasonable for the sponsors in the exhibition hall, who were left with few attendees during the breaks as we all went out of the convention centre to find refreshments, instead of looking at their stands.

Overall, I would consider attending WCPT again, if it were relatively close to where I am living at the time, however, it would be highly dependent upon the speakers in attendance.

Martin Rabey