

## World Confederation of Physical Therapists Congress May 2015 Singapore

Sinead Delaney

I was fortunate enough to be accepted to attend the WCPT congress to present my research on the subacromial space in patients with subacromial pain following my MSc at King's College London. This was my first international conference. This is one of the only conferences where the world of physiotherapy group together and all aspects of physiotherapy including respiratory care, neurological rehabilitation, musculoskeletal, sports and even animal therapy.

The convention centre was amazing and very well suited place for the congress however there appeared to be no frills attached despite the conference costing over £600 to attend.

### Day 1

I was excited to be there and keen to meet other therapist with similar interest to me. I had my poster up on the first day in the morning and met many shoulder researchers that I had referenced in my work so it was great to discuss my findings with them. Even some well known shoulder researchers were interested in my opinion following my study.

I spent the morning looking at others poster presentations and found similar studies to mine that had not been published so it was fun to discuss with others from the other side of the world.

I was involved in some networking with the MACP and IFOMPT on Saturday morning to help promote the MACP conference in Glasgow 2016.

The highlight on the first day was the session on tendinopathy led by Dylan Morrissey. On the panel was some great speakers updating us on the physiology and management of acute and chronic tendinopathy. The key points I took from the session was:

- chronic loaded tendons is accompanied by load-induced inflammatory gene expression by tenocytes.
- Inflammatory cells and substance P are present at sites of hyper vascularity
- Evidence for isometric exercise as short term pain relief.
- They identified it is ok to have pain during tendon loading and the following day scoring upto 5/10 on pain VAS, which I thought was particularly high. I stood up to ask a question regarding this high pain score and they identified as long as there was a gradual improvement over time loading had to be optimised and individualised.

### Day 2

There was a session on stratified care for low backpain involving comparison of different types of management. They compared clinical prediction rules and cognitive functional therapy which was presented by Peter O'Sullivan. They discussed sub-grouping for low back pain, and patients being matched to treatments based on the underlying mechanisms that drive pain or disability which helps direction of targeted care. Peter O'Sullivan then discussed his cognitive functional therapy approach which he highlighted requires specific clinician training and takes time. He felt that it targets all aspects that need to be addressed in patients with chronic low back pain. They discuss there is no approach that is meant to remove a clinician's ability to clinically reason.

### Day 3

The morning of day three included a session from Lorimer Moseley and David Walton, which was excellent. I was particularly looking forward to Mick Thacker's presentation but unfortunately he was unable to make it. Despite this his presentation was excellent and he explained the impact of the immune system a key communicator in the neural response in acute and chronic pain.

Another highlight of the third day was the shoulder session which was the last presentation of the conference. It kicked off with Karen Ginn describing activity of the rotator cuff and which muscles were recruited at what point during shoulder movements. She discussed that the supraspinatus does not appear to initiate abduction and that it is the entire cuff that contributes to abduction. The supraspinatus is predominately an external rotator, however her research include asymptomatic participants only.

Ann Cools then stepped up to present on scapular dyskinesis in relation to shoulder pain. She identified improving local muscle control with low load exercises and improving muscle strength and balance with high load strengthening exercises. She highlighted the importance of the kinetic chain in scapular rehabilitation, and to create diagonals with scapular exercises.

Jean Sebastian-Roy presented finally, he previously discussed with me his recent published research which is very similar to my current study, so I was very intrigued to what he had to say. He reports strong evidence for the use of exercise in the short term pain relief of shoulder pain and moderate evidence in the use of exercise for long term management of shoulder pain. Repetition of adaptive movement behaviours may lead to central changes and result in cortical reorganisation. Central changes can lead to changes in the motor program. He went on to discuss movement training with progressive phase of movement rehab, including improving rotator cuff function, strengthening scapular muscles as well as endurance, core and stability exercises.

I thought WCPT was a great conference and I would go again if it was a bit closer to my home in London and a bit cheaper. I thought it was over priced but as a presenter it was an excellent experience of an international conference and would recommend if presenting.