

I was one of 1,321 delegates who was fortunate enough to be given 2 days funding to attend IFOMPT 2016 in Glasgow.

The diversity of learning opportunities from Key note lectures, to Symposiums, viewing poster presentations to listening to debates afforded an inspiring drive to continue to develop my clinical practise and therefore aid the quality of care that I can give my patients.

A theme running through the conference was “bridging the gap” between research and Clinical Practise and the challenges facing Manual therapy in 2016 and beyond.

As a long standing MACP member who as a self-employed practitioner works both clinically and as a Visiting Lecturer in Education I valued being able to attend IFOMPT through the MACP bursary support and look forward to being able to disseminate current theory and practise to both patients and students.

Particular highlights for me were hearing the symposium on lateral hip pain. The format of this symposium allowed for the under pinning of anatomy and biomechanics and how this led to detailed differential diagnosis, the usefulness of imaging, leading to contemporary treatment and management within a research framework. I enjoyed hearing Lorimer Moseley and Nijs.

The conference embraced new technology using an App and was also “paperless”. The ability to ask questions via the App was a particular strength as this allowed for the anomised, non judgemental development of interesting queries arising from listening to presentations.

The overarching theme of the conference was “expanding horizons” and I certainly feel my practise will be enhanced as a result of attending 2 days of the conference. The closing statement from the new President of IFOMPT Ken Olson, resounds in terms of our cohesion within the MACP - “Better together”

*Kate Montgomery*