

## **IFOMPT 2016 Report – Aileen Young**

I was extremely lucky to be able to attend all 5 days of the IFOMPT 2016 conference in July. With so many influential speakers scheduled to present I struggled to hear everyone I would have liked to. Each speaker gave an overview of the current state of physiotherapy or presented findings of their research which will direct where the profession is going in the next few years.

Pain, unsurprisingly, was a dominant topic throughout the week. There's a growing knowledge base and understanding of the neurophysiology of pain. Many of the lectures highlighted the interaction of different systems and complex nature.

One of the other main topics was the importance of our communication skills. This was highlighted by a number of speakers. Sue Greenhalgh's lecture was an excellent learning experience. Throughout the lecture a patient who had experienced CES highlighted some areas where communication between the professionals and patients could be improved.

One of the highlights of the week was to see Brian Mulligan not only receiving his award, but then being lucky enough to attend one of the sessions he conducted.

Having listened to the theories and concepts of the pain neuroscience put forward by many of the speakers it was great to see a practical session and being able to assimilate the mechanical theories proposed by Mulligan with the neuroscience theories to see changes taking place in subjects. This practical element gave me the enthusiasm to review some of the other Mulligan techniques on return to work.

The two main themes I have taken with me are the importance of pain neuroscience and the need for improved health literacy and communication. Neither of these are new concepts, but there is more evidence supporting their importance within clinical practise.

By the end of the week (with a very full brain) I was left inspired and excited to get back to my patients to implement some of the 'gems' I had learned throughout the week. Some of the other lectures left me wanting to know more and I have (and will continue to) look up some of the research for further understanding. I have also started to develop some ideas which I would like to research further myself.