



Athens, 26th August 2016

IFOMPT 2016 Participation Bursary

Report from the IFOMPT 2016 International Congress, Glasgow 4-8 July 2016

Initially I would like to express my gratitude to the MACP for providing the financial support in order to attend IFOMPT 2016 in Glasgow, as well as to present my poster at Day 2 of the congress.

The SECC and the Glyde Auditorium both offered a great level of hospitality as conference venues, situated next to the wonderful city centre of Glasgow and the organisers along with MACP staff did a wonderful job in planning and accomplishing the biggest and most evidence backed congress yet, in musculoskeletal physiotherapy.

The conference brought together leading researchers, academics, expert clinicians and students from around the globe, in the field of musculoskeletal physiotherapy, enabling exchange of ideas, construct of thought provoking debates, insight to the newest evidence and of course making new friends.

Truly privileged enough, to participate the first two days of the conference, although seemed too few initially, the plethora of information that I was exposed to was phenomenal, making IFOMPT 2016 the best and most inspiring CPD so far. The programme of each day was ranging from an amount of focused symposium to keynote and invited speakers and free papers presentations to poster presentations.

Some key features from the first 2 days of the conference were:

- The vivid, highly informed and supported with a large volume of evidence, Dr.Jeremy Lewis keynote who underlined the significance of exercise vs surgery for SIS and atraumatic RC tears as well as introducing the term “marginal gains theory” .
- Dr. Greenhalgh presented guidelines of effective clinical questioning for symptom identification in Cauda Equina syndrome, presenting the qualitative research preceded, in collaboration with a true patient on stage.
- Whiplash symposium provided focus of early prognosis and management of high risk non-recovery patients exploring the ability of physiotherapists to address psychological factors such as stress, providing a clinical prediction rule for WAD patients most likely to accept stress integrated therapy.

Although, IFOMPT 2016 has long come to an end, the knowledge and inspiration acquired those days is endless and is still puzzles me pleasantly, realising how our profession has limitless possibilities and fields to expand. ‘Expanding horizons’ rightfully was the title of IFOMPT 2016.

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