

IFOMPT 2016

I was fortunate enough to receive funding to attend one day at IFOMPT, which I added another day onto, prior to going on holiday!

Although I'm from Glasgow and aware of the facilities at the SECC, I was very impressed with the setup, layout and smooth running of this event. Also, an easy to use and comprehensive mobile app made planning attendance at these two days very easy. The use of this app for questions for the lectures was a feature I hadn't seen before and was very impressed by.

I can honestly say there wasn't one talk I attended that I didn't take something from that I could utilise clinically.

The initial setting the scene discussion highlighted the developments in the musculoskeletal field, and demonstrated how far we have come in researching and developing our thinking and process; while also demonstrating how far we still have to go in this area.

One of the main themes I felt recurred throughout the first two days was the use of a biopsychosocial approach to patient management. My favourite lecture was the one on patellofemoral pain, as I felt the way the presenters set up their talks to present an almost isolated view of the different aspects of managing this condition before pulling them all together at the end. This aptly demonstrated for me using a multimodal, biopsychosocial approach in practice, by integrating rehabilitation, biomechanics and pain into one coherent package.

On reflection, I felt my main take away points from IFOMPT revolved around communication with the patient. A multitude of points highlighting this stemmed from a patient's perspective on CES and the stress and worry that can result from poor communication; the point that on average a patient will tell their story in a short space of time, but therapists don't always let them without interrupting; and the continued strong evidence base for good quality pain neuroscience education providing good clinical outcomes.