

Tom Porter IFOMPT 2016 Conference Report

The conference was a fantastic opportunity for networking and receiving a summary of research findings from eminent lecturers. Also Brian Mulligan demonstrated that the importance of good rapport and handling skills can make an immediate difference to the symptoms of the patients we see day in and out in front of us.

On the final day several delegates were discussing how physiotherapy education is changing and along with this the role of an international conference. Amongst the facebook, twitter and podcast users there was little 'ground-breaking' research to have immediate influences on our practice and teaching, as was the case after the MACP/Kinetic Control conference in Edinburgh, 2009. Maybe in this digital era with lectures, podcasts and information ever more accessible, the role of an international conference is changing. It provided an opportunity to meet physio/physical therapists from around the world and to discuss variations in our roles, practices, education systems and plans for future development. Perhaps live streaming of lectures and speakers would enable the conference findings to be distributed even further around the globe in the future?

There have been changes to my practice. I have led discussions on areas such as the shoulder impingement/rotator cuff debate and taut on the mechanisms of manual therapy. Directly influencing my patient contact, I have started to use Cauda Equina Syndrome warning cards in practice on the back of the conference.

The conference provided a platform for the wealth of research to confirm our position as an evidence based profession, shifting the balance closer to a science than an art, and providing insight to future areas of research and professional development.