

A Report from IFOMPT Conference – July 4th and 5th

The MACP kindly awarded me a bursary to cover the entrance fee for one day at the IFOMPT conference at the SECC in Glasgow. I arrived on the Sunday evening after a train ride from Totnes in Devon, and went directly to the Science Centre for the opening reception – thanks for the beer!

Having had a brief look around West Glasgow on Sunday evening, bright and early on Monday morning I went armed with notepad and smart phone to SECC for the first day of conference. First impressions were impressive venue and organization – the whole thing was huge!

I'd downloaded the IFOMPT app that was useful for the conference programme / abstracts of lectures / maps / conference info, but I found the "ask a question" option difficult to use in real time, and I was just too slow with fingers and thumbs to use the notes section. Also, I'd decided to use the smart phone camera to take photos of slides in the presentations rather than writing copious notes. This is really useful for capturing the references for further research and CPD purposes and having an accurate record of the lectures. However does it distract from the speaker? I'm still undecided.

The lectures and presentations I attended on both days were first class.

Mosely was hilarious but also insightful, "pain is about bodily protection not tissue damage". The bio-psychosocial approach was a theme carried through other presentations such as Focused Symposium 213 "Low back pain – applying contemporary pain neuroscience in clinical practice", with management strategies addressing some of the issues. I have many references that need reading and critiquing from these presentations and look forward to doing so over the coming weeks. Hopefully my colleagues are ready for lots of discussions on the many issues raised.

The two days were excellent – the week would have been exceptional.

Steve Kent