

IFOMPT Conference 2016 Glasgow

Report by Joanne Lawlor

I attended the IFOMPT conference on Monday and Tuesday. It was difficult to decide which lectures to attend due to a wide variety of interesting subjects and speakers, and if I had more time and money available I would have loved to stay for the week. The conference seemed to be very well organised; it was really easy to find your way around, the schedule ran like clockwork and the catering and facilities were excellent.

I had decided on the lectures to attend before going and printed off the relevant sheets about each lecture. I was able to put a face and voice to some very familiar names from the world of physiotherapy research and very much enjoyed listening to Lorimer Moseley, Gwendolen Jull, Ann Moore, Jeremy Lewis and Lisa Roberts in particular.

The real gems that I took away from the two days included Lorimer Moseley speaking positively about the placebo effect, which always seems to be spoken about negatively, instead of rejoicing in the power we all possess to get better ourselves. We should pass on this information to empower patients rather than become anxious that the power is not in the physiotherapists hands. I also enjoyed the running theme throughout that seemed to be that most issues that we deal with have complex and multi-factorial origins and as such we shouldn't rush straight from a bio-mechanical approach to a psycho-social approach and back again.

Another standout lecture for me was the patello-femoral pain (PFP) management which clearly set out three different approaches for treating PFP and the clinical implications of this. It was presented with case studies which made the information much easier to put into practise. The other was Jeremy Lewis's shoulder lecture which presented me with new information regarding shoulder rotator cuff assessment and management which again, I have been able to apply to my own patients.

I really enjoyed the whole event and I would love to attend again, although I am not sure if Australia 2020 will be possible! I felt very proud as a MACP member that the event was so well ran and congratulations to those responsible for this.