

## Report on IFOMPT 2016 from Jessica Gent

IFOMPT 2016 was a great experience made possible by funding from the MACP and my own NHS trust. I attended the first two days of the conference and expanded my musculoskeletal knowledge through lectures from well known speakers such as Lorimer Moseley on understanding pain biology to poster display based learning such as the effects on patellofemoral pain on trunk control by Corkery et al.

The lectures I have reflected on and applied in practice since IFOMPT include the management of chronic knee osteoarthritis pain by Courtney, Gibes and Jull particularly in terms of central sensitisation in OA and the use of the central sensitisation inventory. This has enabled me to quantify better a large cohort of patients for whom pain and disability correlate poorly with pathophysiology and imaging. I have also looked back numerous times on the slides from the excellent research presentations in the patellofemoral forum focussing on strength, loading and control. I have utilised the suggested pain and function based activity ladder, with the addition of an irritability section with a lot of patients not exclusively those with patellofemoral issues. My patient education in this area has been enhanced using the freely tweeted/shared copy of "managing my patellofemoral pain" patient information leaflet from Brad Neal and team. In fact it was at IFOMPT that I finally (if a little reluctantly) signed up to twitter as i realised after a lecture from Karim Khan that free and downloadable research was more easily accessed by utilising this app.

My favourite quote of the conference comes from Dr Lisa Roberts with "just shut up and listen" as one of her many gems on physiotherapy consultation and initial patient interaction and have relished the challenge as an experienced clinician in putting her findings and suggestions into my own and local team practice. Finally but not exhaustively the presentation by Susan Greenhalgh and Emma Willis was an excellent expert clinician presentation with the unique opportunity to hear the Emma's patient story and experience of cauda equina with utilisation of the cauda equina early warning signs being a positive local outcome.

The networking opportunities facilitated by the cafe/exhibitor room set up at the Glasgow SECC provide ample opportunity to discuss subjects such as electronic record keeping in practice and speech recognition software in interface services, as well as interactive dynamic ultrasound exhibitors and the always extensive Elsevier book display! I did not attend any of the formal social IFOMPT activities but staying at the conference affiliated hotel, allowed for networking to continue well into the night including a trip into Glasgow to visit a well known curry house with new and old physiotherapy colleagues.

It was a fantastic opportunity to attend IFOMPT within the UK and the MACP conference committee and the MACP should be very proud of their showcase and what they achieved. I will certainly be attending an IFOMPT again in the future.