

Its difficult to surmise what I learnt from a conference of this size in 300 words, so I've explored my perceptions and experience of IFOMPT 2016.

The buzz surrounding IFOMPT had been steadily increasing within the team I work with and obviously from the MACP over the previous year. As July 2016 approached the hype increased. Five of my work colleagues were accepted to present, which increased the excitement and enthusiasm in the department.

Arriving at the Hydro I was a little star struck and in awe. The line up of key note speakers was very impressive. I felt as if I was in the presence of A-list celebrities. To our delight the IFOMPT team had put them at our fingertips by providing a fantastic app that allowed audience participation with key note presentations. Presentation clashes was the most difficult part of the week for me, identifying which presentation I could forego was a tough task. Luckily I was able to swap notes for some of the presentations with colleagues who attended the ones I missed.

The theme of the conference was "expanding horizons" and the topics presented certainly felt like they delivered on this point. Whilst it gave me food for thought there were some areas that caused me to question and debate with peers. I found that I cemented knowledge as well as questioned my practice on a daily basis. The conference was not just about the speakers, it gave me an excellent opportunity for networking. Allowed me to discuss my thoughts, research and current topics with my peers.

IFOMPT 2016 renewed my enthusiasm for physiotherapy. The conference reminded me how far we have come in the past decade, how exciting the future looks and that as a profession we have a lot to be proud of. I've never had the opportunity to attend an international conference before and I'm incredibly grateful to the MACP for enabling me to attend, thank you.

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