

PROGRAMME

09:00 – 09:30	Registration and refreshments		
09:30 – 09:40	Introduction to the day – Why the 4D foot?		
09:40 – 10:00	Impact of MSK and the future of podiatry Emma Cowley, University of Plymouth		
10:00 – 10:40	Osteo-arthritis of the midfoot; timely intervention of a progressive pathology Jill Halstead		
10:40 – 10:50	Motivational interviewing as a tool to facilitate progress in podiatric care Phil Hendy, University of Plymouth		
10:50 – 11:20	Coffee break and exhibition		
11:20 – 11:35	Time to tackle heel pain Nick Knight		
11:35 – 11:50	Timely orthosis intervention in people at risk of foot ulceration in diabetes Richard Collings		
11:50 – 12:05	Mobilisation of joint restrictions in diabetes - new approaches in the patient journey Vasileios Lepesis, University of Plymouth		
12:05 – 12:20	Changes in the foot during running: what, when and so what? Emma Cowley, University of Plymouth		
12:20 – 12:35	Journey to recovery Petty Officer Marc Dowling and Flt Lt Elizabeth Jones		
12:35 – 13:30	Lunch and exhibition		
Conference Workshops - each workshop will run twice, and delegates will have the opportunity to attend 2 of the 4 workshops which can be chosen on arrival			
13:30 – 14:15	Mobilisation Vas Lepesis	Motivational interviewing Phil Hendy	Peak pressures Richard Collings
14:20 – 15:05	Mobilisation Vas Lepesis	Motivational interviewing Phil Hendy	Peak pressures Richard Collings
15:05 – 15:15	Coffee break		
15:15 – 15:45	Panel discussion Emma Cowley, Jill Halstead, Phil Hendy, Richard Collings, Vasileios Lepesis, Rich Sutherland		
15:45 – 16:00	Closing comments		