

Move | Science | Rehab 2018



	25 May 2018				
Time	Exhibition Hall	Plenary Hall	Breakaway 1	Breakaway 2	Breakaway 3
7:00 AM	Registration				
8:00 AM		Welcome and message from IFSPT - Brent Grimsley			
8:15 AM		Opening address - Prof Christa Janse van Rensburg Exercise is the unreplaceable medicine			
9:15 AM		Dr Nicol van Dyk - The Goldilocks approach to hamstring injury rehabilitation: getting (the optimal loading) just right			
10:00-10:30	<i>Tea</i>				
10:30-11:15		Gareth Walton - How we can structure the warm up: Re-termining it as movement preparation			
11:15 AM		Kim Buchholtz - Exercise Prescription			
11:45 AM		Chris Allen - Biomechanics of running			
12:15 PM		Wendy Holliday - Common overuse injuries in cycling			
12:45 - 14:15	<i>Lunch</i>	<i>AGM SPORT PHYSIO GROUP</i>			

Time	Exhibition Hall	Plenary Hall	Breakaway 1	Breakaway 2	Breakaway 3
2:15 PM		Dr Nicol van Dyk - Back to the Future for sports injuries: predicting, pretending or preventing?			
3:00 PM		Lene van Heerden and Christien Mann - MAP Movement: Redefining the core			
3:30 PM		Joanne Enslin de Wet - Visceral manipulation. An approach to persistent sports injuries			
4:00 PM	Tea	Tea	Tea		
4:30 PM	Workshop session 1	Wendy Holliday - The role of Physiotherapy in Bikefitting	Kim Buchholtz - Ready for Running (Workshop)	Chris Allen - Biomechanics of running (workshop)	
6:00 PM		<i>Closing</i>			

Saturday 26 May 2018

Time	Exhibition Hall	Plenary Hall	Breakaway 1	Break away 2	Column1
7:30 AM	Registration				
8:00 AM		Dr Nicol van Dyk - #Fakenews or knowldesge translation - the responsible use of social media for clinicians			

Time	Exhibition Hall	Plenary Hall	Breakaway 1	Breakaway 2	Breakaway 3
9:00 AM		Gareth Walton - Doing the simple things savagely well: Rebuilding the foundations to support the structure			
9:45 AM		Jaqui Koep - Why do people keep on exercising through pain?			
10:15 AM	<i>Tea</i>				
10:45 AM		Arnold Vlok - Principles of tendon rehabilitation			
11:15 AM		Prof Benita Olivier - The ball, the back and the bowler - Protecting our fast bowlers			
11:45 AM		Dr Gerhard Vosloo - Current concepts in the diagnosis and treatment of concussion			
12:15 PM		Megyn Robertson - Vestibular and oculomotor rehabilitation in Concussion			
12:45 PM	<i>Lunch</i>	<i>Lunch</i>			
1:30 PM		Dr Jonker - New advances/techniques in knee surgery			
2:30 PM		Liz Kullman - Nutrition for the endurance athlete			
3:00 PM		Antonio Robustelli - Foot Pressure Mapping Technology in Sport			
15:30-16:00	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>		

Time	Exhibition Hall	Plenary Hall	Breakaway 1	Breakaway 2	Breakaway 3
4:00 PM	Workshop session 2	Antonio Robustelli - Foot Pressure Mapping in Sport Performance: Practical Applications for Injury Prevention and Performance Enhancement	Dr Jonker/Elain Burger/Barend Steyn - Shoulder instability in the athlete: surgery, physio and return to play	Jacqui Koep - Exercise as treatment for pain	
5:30 PM	<i>End of Day</i>				

Sunday 27 May 2018					
Time	Room 1	Room 2	Room 3	Room 4	Room 5
8:00- 17:00	Building Speed - Gareth Walton	Criteria based rehabilitation of hamstring injuries - Nicol van Dyk	Myofascial Activated Posture - Lene van Heeden & Christien Mann	Tendon lower limb injuries: A Kaleidoscope of treatment solutions - Arnold Vlok	Exercise is Medicine - Accreditation Course