

Pre-conference Workshops

Friday 16th October, 2026

Pre-conference workshops					
8.00 – 11.00	Riverbank 2	Riverbank 3	Riverbank 4	Riverbank 6	The Biomechanics Lab
	Practical orthotic prescribing and fitting skills Scott Morrison	A structured approach to TFCC Dr Luke McCarron	Clinical management of the unstable shoulder: from early loading to advanced control Dr Margie Olds	Essential skills for optimal concussion care A/Prof. James McLoughlin	A lower-limb biomechanical informed assessment and treatment framework for use in clinical practice Dr Chris Bishop
8.30 – 11.30	Riverbank 5	Riverbank 7	Riverbank 1	Adelaide Uni	
	Calf muscle strain injuries in athletes and active people Dr Brady Green	Practical podiatric dermatology – one layer at a time Joseph Frenkel	The power of safe and effective GEMt dry needling Robert De Nardis	Assessment and management of hip and groin pain – what's new for clinicians? A/Prof. Andrea Mosler	How do we rehabilitate a dizzy patient? A practical workshop Prof. Trudy Rebbbeck
9.00 – 12.00	Riverbank 8	Gilbert Suite		Adelaide Uni	Adelaide Uni
	Not just a simple ankle sprain: the causes and consequences of ankle instability Dr Sue Mayes	Exercise your clinical reasoning – sharpen the tools you already have Dr Tim Mitchell		Upper limb anatomy refresher A/Prof. Nicola Massy-Westropp	Lower limb anatomy overview with knee dissection A/Prof. Nicola Massy-Westropp
11.15 – 12.15	Riverbank 2	Riverbank 3	Riverbank 4	TBC	
	Radial shockwave therapy: evidence, application and practice Ben Day	RockTape: evidence-based taping in clinical practice James Trotter	Clinical casting skills – a practical workshop Simon Rhead	Update for Clinic Partners Wes Coote Impact of federal budget on the healthcare sector Craig Mitchell	
12.15 – 1.15	Riverbank 2		Riverbank 4	Riverbank 5	
	Radial shockwave therapy: evidence, application and practice Ben Day		Compression in practice – oedema management Jennifer Ritossa	Able motion	

*Detailed session information including complete presentation titles can be found in the official Elevate Program

**Program subject to change

Conference Program

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1.30 – 1.40	Plenary – Hall C					
	Official opening and Welcome to Country Jack Buckskin					
1.40 – 2.00	Plenary – Hall C					
	CARE: elevating excellence Wes Coote					
2.00 – 3.00	Plenary – Hall C					
	Beyond the limits of human performance – lessons from the harshest place on earth to the frontline of human potential and possibility Donna Urquhart					
3.00 – 3.20 • BREAK						
3.30 – 4.30	Riverbank 2	Hall A		Hall B	Room TBC	Hall C
	BLP (Participants and Alumni)	CLP (Participants and Alumni)	Recent Graduates	Foot dermatology – the world, within the world, within the world Joseph Frenkel	Elevating care across Healthia – rapid fire Presented by Healthia Team Members	Elevating frontline impact and the client journey Dr Luke Robinson and Hayley Thomson
	The Big Pitch	Communication in practice: alliance, uncertainty, and what satisfaction misses Brendan Mouatt				
4.40 – 5.40	Plenary – Hall C					
	The Resilience Project Martin Heppel					
5.40 – 7.30 • WELCOME RECEPTION						
7.30 – 8.30 • CLINIC PARTNERS’ DINNER						
						

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6.30 – 8.00 • RUNNING TOUR | BOAT CRUISE

Rooms TBC							
9.00 – 9.40	Classification and management of hip joint pain in young active adults Prof. Joanne Kemp	Biomechanical data to inform rehabilitation following foot and ankle surgery Dr Chris Bishop		Surgical management of wrist and hand injuries Prof. Greg Bain	Menopause – surely we can do better? Dr Nicole Avard	Listening to young people with chronic pain and their families Dr Carolyn Berryman	Navigating difficult conversations – key strategies for practice management Cheryl Gilroy
9.45 – 10.25	12 years after the Doha agreement, what's new in the management of groin pain in athletes A/Prof. Andrea Mosler	Topic will focus on footwear/running Michael Nitschke		Shoulder instability rehabilitation: control, capacity and confidence Dr Margie Olds	The whole athlete: screening menstrual and pelvic health in nulliparous female athletes Elisha Bunch	From myth to meaningful action: elevating clinical care to offset childhood obesity Dr Margarita Tsiros	

10.30 – 11.00 • MORNING TEA

Rooms TBC							
11.00 – 11.40	A practical approach to supporting recovery following whiplash Prof. Trudy Rebbeck	Built to play... but under construction: understanding the adolescent foot and ankle Carlie Altmann	What are clinical reasoning and bias? Understand the tools in your toolbox Dr Tim Mitchell	Ulnar sided wrist pain Dr Luke McCarron	Skeletal muscle hypertrophy in perimenopause and beyond: evidence over hype Eva Boland	Inclusive, person-centred support empowering people with neurological conditions and families Dr Carolyn Murray	Sustaining high performance in multidisciplinary healthcare Dr Kellie Rose
11.45 – 12.25	An integrated sensorimotor approach to concussion rehabilitation A/Prof. James McLoughlin	1. Redefining value in clinical practice (business stream). 2. The load management matrix (MSK Stream) Taylesha Reeves	Modernising the manual therapy framework in the context of pain science Dr Daniel Harvie	Contemporary rehabilitation of extensor tendon injuries: zones III–VII Dr Melissa Hirth	Painful pelvises and patient perceptions: promoting better pain science Dr Jane Chalmers	The customer journey: from first contact to lasting impact Dr Sandra Mortimer	

12.30 – 1.30 • LUNCH

Rooms TBC							
1.30 – 2.10	Managing lumbar injury in athletes Dr Kevin Sims	From guidelines to practice: management of foot health in inflammatory arthritis Prof. Jim Woodburn	Calf muscle strain injuries Dr Brady Green	Blown pulleys and beyond: A guide to finger, hand and wrist injuries in the climber Alex Flood	Prescribing physical activity for people with cancer Lisa Parry	Lift your line of sight: nature, health and the future of allied health practice Bronwyn Paynter	This session will focus on financial something TBC
2.15 – 2.55	Are we underdosing exercise? Rethinking rehab for low back pain Dr Chris Neason	The art and the science of managing plantar heel pain Prof. Luke Kelly	Evidence-informed management of ACL injuries A/Prof. Stephanie Filbay	Beyond independence: elevating autonomy in allied health Tina Doherty	Metabolic syndrome: What allied health professionals need to know Sally Mastwyk		Getting patient records right: case studies for practice management Andrew McKenzie
3.00–3.40	High Performance Under Pressure: Clinical Reasoning, Systems Thinking, and the Reality of Sport Dr Ian McKeown	Ankle instability – what are we missing? Dr Sue Mayes	Managing knee injuries from an orthopaedic surgeon's perspective Dr George Awwad				Digital Agency

3.45– 4.00 • AFTERNOON TEA

Plenary – Hall C							
4.00–4.45	Elevating our creativity in times of AI uncertainty Leah Heiss						

7.30 • GALA DINNER

Lunch and Learn Sessions

Saturday 17th October, 2026

12.40-1.20	Lunch and Learn	OT Networking Event	Splinting Session Ottobock Australia Fiona Beck (Orfit)	Lyrebird Session Aaron Bryce, Kent Jordan		PM Networking Event
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