

Pre-conference Workshops Friday 16 October, 2026

Pre-conference workshops					
8.00 - 11.00	Riverbank R2 Chair: Dean Hartley Elisha King Practical orthotic prescribing and fitting skills	Riverbank R3 Chair: Helena Hayes Asst/Prof. Luke McCarron A structured approach to TFCC clinical assessment	Riverbank R4 Chair: Dr Viana Vuvan Dr Margie Olds Clinical management of the unstable shoulder: from early loading to advanced control	Riverbank R6 Chair: Amy Papinniemi A/Prof. James McLoughlin Essential skills for optimal concussion care	The Biomechanics Lab Chair: Costa Livanes A lower-limb biomechanical informed assessment and treatment framework for use in clinical practice Dr Chris Bishop
	Riverbank R5 Chair: Patrick Indorato Dr Brady Green Calf muscle strain injuries in athletes and active people	Riverbank R7 Chair: Lachlan Crawford Joseph Frenkel Practical podiatric dermatology: one layer at a time	Adelaide University - Room C8-13 Chair: Jane Higgs A/Prof. Andrea Mosler Assessment and management of hip and groin pain: what's new for clinicians?	Adelaide University - Room C8-23 Chair: Erin Moss Prof. Trudy Rebbeck How do we rehabilitate a dizzy patient? A practical workshop	
9.00 - 12.00	Riverbank R8 Chair: Stephanie Kassos Dr Sue Mayes AM Not just a simple ankle sprain: the causes and consequences of ankle instability	Gilbert Suite Chair: Emily Hodgkinson Dr Tim Mitchell Exercise your clinical reasoning: sharpen the tools you already have	Riverbank R1 Chair: Guy Higgins GEMt SPONSORED WORKSHOP The power of safe and effective GEMt dry needling Robert De Nardis	Adelaide University - Bonython Jubilee Bldg, Level 2, Room 30 Chair: Jonathan Crawley A/Prof. Nicola Massy-Westropp Lower limb anatomy overview with knee dissection	
	Riverbank R2 Chair: Simon McDondald EMS SPONSORED WORKSHOP Radial shockwave therapy: evidence, application and practice Session 1 Ben Day	Riverbank R3 Chair: Yaser Yousry ROCKTAPE SPONSORED WORKSHOP RockTape: evidence-based taping in clinical practice James Trotter	Riverbank R4 Chair: Andrew May ESSITY SPONSORED WORKSHOP Clinical casting skills: a practical workshop Simon Rhead	Adelaide University - Bonython Jubilee Bldg, Level 2, Room 30 Chair: Dr Viana Vuvan A/Prof. Nicola Massy-Westropp Upper limb anatomy refresher	11.30am - 12.10pm Riverbank R6 Chair: Rebecca Gilroy Able Motion masterclass
11.15 - 12.15	Riverbank R2 Chair: Simon McDondald EMS SPONSORED WORKSHOP Radial shockwave therapy: evidence, application and practice Session 2 Ben Day		Riverbank R4 Chair: Andrew May ESSITY SPONSORED WORKSHOP Compression in practice: oedema management Jennifer Ritossa	Hall A Chair: Lisa Roach FOR CLINIC PARTNERS ONLY Update for Clinic Partners Tim Hickey and Nigel Williams Impact of the Federal Budget on the healthcare sector Craig Mitchell	

Conference Program Friday 16 October, 2026

Plenary – Hall C Official opening Chair: Tim Hickey				
Welcome to Country – Jack Buckskin				
Opening address – Tim Hickey				
OPC Health – James McQuie				
CARE: elevating excellence – A/Prof. Kerrie Evans				
Plenary – Hall C				
Beyond the limits of human performance – lessons from the harshest place on earth to the frontline of human potential and possibility A/Prof. Donna Urquhart				
3.00 – 3.20 • AFTERNOON TEA				
Riverbank R2 Chair: Bevan Ellis	Hall A Chairs: Amy Papinniemi and Emily Hodgkinson	Riverbank R3 Chair: Rebecca Gilroy	Hall C Chair: Casey Boston	Hall B Chair: Rose Bowerman
Business Leadership Program (Participants and Alumni)	Clinical Leadership Program (Participants and Alumni)	Recent Graduate Celebration	Elevating care across Healthia – rapid fire	
			3.30	Scaling evidence-based care Dr Trinidad Valenzuela
	3.40		Research matters Alex Lee and Erin Moss	
	3.50		Making multiID care work Jonathan Crawley	
The Big Pitch	ELMA CASELY SPONSORED SESSION Communication in practice: alliance, uncertainty, and what satisfaction misses Brendan Mouatt		Performance under pressure Shaun Lynch	
Plenary – Hall C Chair: Lisa Roach				
The Resilience Project Martin Heppell				
5.40 – 7.30 • WELCOME RECEPTION • HEALTHIA CONNECT				
7.30 – 10.30 • CLINIC PARTNERS’ COCKTAIL EVENT • Adelaide Oval				

Conference Program Saturday 17 October, 2026

6.30 – 8.00 • RUNNING TOUR BOAT CRUISE					
Hall C	Riverbank R2–R3	Riverbank R4	Hall B	Hall A	Riverbank R6–R7
Chair: Karl Meiring	Chair: Alex Awwad	Chair: Nicole Haynes	Chair: Mary Mitchell	Chair: Kat Dawson	Chair: Ellie Cogill
Classification and management of hip joint pain in young active adults Prof. Joanne Kemp	Using biomechanical data to inform clinical decision making in the rehabilitation of foot and ankle surgery Dr Chris Bishop	Listening to young people with chronic pain and their families: how would they like healthcare to go? Dr Carolyn Berryman	Scapholunate instability Prof. Greg Bain	BESINS HEALTHCARE SPONSORED SESSION Press play on menopause: reframing the conversation through knowledge and action for both men and women Dr Nicole Avard	CLAYTON UTZ SPONSORED SESSION Navigating difficult conversations: how to stay calm, safely call out difficult behaviour and influence people without losing your cool Cheryl Gilroy
	12 years after the Doha agreement, what's new in the management of groin pain in athletes A/Prof. Andrea Mosler	Advanced footwear technology: do these performance benefits come with new found risks? Michael Nitschke	From myth to meaningful action: elevating clinical care to offset childhood obesity Dr Margarita Tsiros	The whole athlete: screening menstrual and pelvic health in nulliparous female athletes Elisha Bunch	
10.30 – 11.00 • MORNING TEA					
Hall C	Riverbank R2–R3	Riverbank R4	Hall B	Hall A	Riverbank R5
Chair: Erin Moss	Chair: Dr Vaughan Nicholson	Chair: Sam Jubber	Chair: Anna Bryant	Chair: Grace Ramsden	Chair: Alex Westerhuis
Multi-sector collaboration to practically assist recovery after whiplash Prof. Trudy Rebbeck	What are clinical reasoning and bias? Understand the tools in your toolbox Dr Tim Mitchell	TFCC clinical assessment: mapping the evidence to guide practice Asst/Prof. Luke McCarron	Built to play... but still under construction: understanding the adolescent foot and ankle Carlie Altmann	Skeletal muscle hypertrophy in perimenopause and beyond: evidence over hype Eva Boland	Collaborative and inclusive approaches for people living with neurological conditions and their families Dr Carolyn Murray
	An integrated sensorimotor approach to concussion rehabilitation A/Prof. James McLoughlin	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 performance edge: building health resilience across the practice Dr Kellie Rose
11.00 – 11.40		11.45 – 12.25			

12.30 – 1.30 • LUNCH					
LUNCH & LEARN					
Please note, catering will be available in Riverbank R6–8 foyer.					
12.40 – 1.20	Riverbank R2–R3 Chair: Cleo Daley	Riverbank R4 Chair: Dr Fiona Jones	Riverbank R5 Chair: Kent Jordan	Riverbank R6–R7 Chair: Tiarnie Hillman	
	THE FOOT COLLECTIVE SPONSORED SESSION The power of balance Tom Williams	OT networking event	Lyrebird elevated Aaron Bryce, Kent Jordan, Jack Buckley	Practice managers' networking event	
	Hall C Chair: Matt Pollard	Hall A Chair: Tony Pascoe	Hall B Chair: Anthony Niro	Riverbank R4 Chair: Joseph Tuppen	Riverbank R5 Chair: Natalie Bukojemski
	Managing lumbar injury in athletes Dr Kevin Sims	From guidelines to practice: principles and strategies for the management of foot health in inflammatory arthritis Prof. Jim Woodburn	The calf: soleus and gastrocnemius injury evaluation, management, and prevention in sports Dr Brady Green	Blown pulleys and beyond: a guide to finger, hand and wrist injuries in the climber Alex Flood	MATER FOUNDATION SPONSORED SESSION From screening to strength: practical cancer rehabilitation for everyday allied health practice Lisa Parry
1.30 – 2.10					
	Are we underdosing exercise? Rethinking rehab for low back pain Dr Chris Neason	From forces to function: simplifying biomechanics to build foot strength for pain-free function Prof. Luke Kelly	Beyond the brace: new evidence on ACL healing to inform treatment decisions A/Prof. Stephanie Filbay	OTTOBOCK AND ORFIT SPONSORED SESSION Splint with Orficast: a unique thermoplastic on a roll suitable for hand and upper limb rehabilitation Fiona Beck	Metabolic syndrome: what allied health professionals need to know Sally Mastwyk
2.15 – 2.55	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 AM	Advances in hip and knee replacement surgery Dr George Awwad	Show, don't sell: a compliant framework for marketing allied health Talysha Reeve	Beyond independence: elevating autonomy in allied health Tina Doherty
3.45 – 4.15 • AFTERNOON TEA					
Plenary – Hall C Chair: Tim Hickey					
Elevating our creativity in times of AI uncertainty A/Prof. Leah Heiss					
7.30 – 11.30 • GALA DINNER • Hall H					