



# 5<sup>th</sup> BIENNIAL EMIRATES PHYSIOTHERAPY CONFERENCE

19 - 20 May 2016 | Jumeirah Emirates Towers  
DUBAI - UNITED ARAB EMIRATES



## \*SCIENTIFIC PROGRAM

### Day 1 - 19 May 2016

|               |                                                                                                                                            |                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 07:30 - 16:00 | Registration                                                                                                                               |                          |
| 09:00 - 09:30 | Opening                                                                                                                                    | Godolphin Ballroom       |
| 09:30 - 10:00 | WCPT KEYNOTE:<br>An update on WCPT and the Global PT Community and a Focus on Emerging Areas.<br>Dr. Emma Stokes. President, WCPT, Ireland |                          |
| 10:00 - 10:30 | Session I<br>Chairperson:                                                                                                                  | Godolphin Ballroom       |
| 10:00 - 10:15 | Clinical Perspective:                                                                                                                      |                          |
| 10:15 - 10:30 | Clinical Perspective:                                                                                                                      |                          |
| 10:30 - 11:00 | Morning Coffee & Exhibition Viewing                                                                                                        | Godolphin Ballroom Foyer |
| 11:00 - 13:00 | Session II<br>Chairperson:                                                                                                                 | Godolphin Ballroom       |
| 11:00 - 11:30 | KEYNOTE LECTURE:<br>Pros and Cons of Clinical Prediction Rules<br>Dr. Chad Cook, USA                                                       |                          |
| 11:30 - 12:00 | KEYNOTE LECTURE:<br>Fear Avoidance Beliefs and Health Literacy Among Women with Low Back Pain<br>Dr. Einas Al Eisa, KSA                    |                          |
| 12:00 - 12:15 | Clinical Perspective:                                                                                                                      |                          |
| 12:15 - 12:30 | Clinical Perspective:                                                                                                                      |                          |
| 12:30 - 12:45 | Clinical Perspective:                                                                                                                      |                          |
| 12:45 - 13:00 | Discussion                                                                                                                                 |                          |
| 13:00 - 14:00 | Lunch and Poster & Exhibition Viewing                                                                                                      | Godolphin Ballroom Foyer |
| 14:00 - 15:30 | Session III<br>Chairperson:                                                                                                                | Godolphin Ballroom       |
| 14:00 - 14:30 | KEYNOTE LECTURE:<br>The Effect of Neural Mobilization on Neuro-Musculoskeletal Conditions<br>Dr. Annalie Basson, South Africa              |                          |



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| 14:30 – 15:00 | KEYNOTE LECTURE:<br>Central Sensitization in Patients with Chronic Pain: Past, Present & Future<br>Dr. Jo Nijs, Belgium                                                 |                          |
| 15:00 – 15:15 | Clinical perspective:                                                                                                                                                   |                          |
| 15:15 – 15:30 | Discussion                                                                                                                                                              |                          |
| 15:30 – 16:00 | Coffee Break                                                                                                                                                            | Godolphin Ballroom Foyer |
| 16:00 – 17:30 | Session IV<br>Chairperson:                                                                                                                                              | Godolphin Ballroom       |
| 16:00 – 16:30 | KEYNOTE LECTURE:<br>Para Tendon and Tendinopathy<br>Dr. Antonio Stecco, Italy                                                                                           |                          |
| 16:30 – 17:00 | KEYNOTE LECTURE:<br>Sub Acromial Impingement Syndrome. A Musculoskeletal Condition Or A Clinical Illusion? The Case for Non-Surgical Management<br>Dr. Jeremy Lewis, UK |                          |
| 17:00 – 17:15 | Clinical Perspective:                                                                                                                                                   |                          |
| 17:15 – 17:30 | Discussion                                                                                                                                                              |                          |

## Day 2 - 20 May 2016

|               |                                                                                                       |                          |
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| 09:00 - 10:30 | Session I<br>Chairperson:                                                                             | Godolphin Ballroom       |
| 09:00 - 09:30 | KEYNOTE LECTURE:<br>Management of Nerve-related Neck And Arm Pain<br>Dr. Annalie Basson, South Africa |                          |
| 09:30 – 10:00 | KEYNOTE LECTURE:<br>Mechanical Behavior of Deep Fascia.<br>Dr. Antonio Stecco, Italy                  |                          |
| 10:00 - 10:15 | Clinical perspective:                                                                                 |                          |
| 10:15 - 10:30 | Discussion                                                                                            |                          |
| 10:30 - 11:00 | Morning Coffee                                                                                        | Godolphin Ballroom Foyer |



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| 11:00 - 12:30 | Session II<br>Chairperson:                                                                                                                             | Godolphin Ballroom       |
| 11:00 - 11:30 | KEYNOTE LECTURE:<br>Differential Diagnosis of Musculoskeletal Disorders<br>Dr. Chad Cook, USA                                                          |                          |
| 11:30 - 12:00 | KEYNOTE LECTURE:<br>Don't Want To Be Left Out In The Cold': Non-surgical Management of Frozen Shoulder.<br>Dr. Jeremy Lewis, UK                        |                          |
| 12:00 - 12:15 | Clinical Perspective:                                                                                                                                  |                          |
| 12:15 - 12:30 | Discussion                                                                                                                                             |                          |
| 12:30 - 14:00 | Lunch and Poster & Exhibition Viewing                                                                                                                  | Godolphin Ballroom Foyer |
| 14:00 - 15:30 | Session III<br>Chairperson:                                                                                                                            | Godolphin Ballroom       |
| 14:00 - 14:30 | KEYNOTE LECTURE:<br>Correlates of Physical Activity Among Women (Psychological Status, Lifestyle, Interventional Strategies)<br>Dr. Einas Al Eisa, KSA |                          |
| 14:30 - 15:00 | KEYNOTE LECTURE:<br>Exercise Therapy For Patients With Chronic Pain: Retraining Pain Memories<br>Dr. Jo Nijs, Belgium                                  |                          |
| 15:00 - 15:15 | Clinical Perspective:                                                                                                                                  |                          |
| 15:15 - 15:30 | Discussion                                                                                                                                             |                          |
| 15:30 - 16:00 | Coffee Break                                                                                                                                           | Godolphin Ballroom Foyer |
| 16:00 - 17:00 | Session IV<br>Moderator:                                                                                                                               | Godolphin Ballroom       |
| 16:00 - 17:00 | Multidisciplinary Forum                                                                                                                                |                          |
| 17:00 - 17:30 | Closing Remarks, and Award Ceremony.                                                                                                                   |                          |