



# BASRaT Symposium

The Rehabilitation Continuum  
– From Pain to Performance

14th BASRaT Annual Symposium 2013

Book Now

[www.basrat.org/agm](http://www.basrat.org/agm)

Enquires:

[symposium@basrat.org](mailto:symposium@basrat.org)

This exciting and hands-on two day conference is a blend of keynote sessions and workshops/seminars delivered by leaders in the field of pain, rehabilitation and performance.

## Welcome

This conference aims to highlight the increasing importance of rehabilitation as a specific component of the treatment pathway. The themed approach will take delegates from the initial phases of dealing with pain, the brain and motor control issues, through to the rehabilitation phase and on to effective performance. Through world leading experts in each of these areas, this will provide insight into how we define rehabilitation, where it fits and why it is so important.

The first day of the conference will provide two longer workshop options followed by the second day with a range of keynote lectures leading into workshops on the three key phases. This will be brought together by a world leading business consultant in the healthcare sector, who will outline a model of best practice and how this can be effectively delivered.

The conference is aimed at all Healthcare Practitioners including Osteopaths, Chiropractors, Physiotherapists, Strength and Conditioning and Sport Rehabilitation professionals. Whether you are a new graduate or an established practitioner/business owner, this is a conference you cannot afford to miss.

## Keynote Speakers

Pain	Richmond Stace
Rehabilitation	David Tiberio
Performance	Jon Goodwin
Pain to Performance Model	John Davie



## Symposium Itinerary

### Saturday 23rd November

10am-1pm	David Tiberio
2-5pm	John Davie
7pm	Evening Reception and Dinner

### Sunday 24th November

8.30am	Registration and coffee
9am	<b>Pain Keynote – Richmond Stace</b>
10am	<b>Pain Workshops</b>
Workshop 1	Richmond Stace
Workshop 2	Sarah Mottram
Workshop 3	Daniel Rollins
Workshop 4	Sarah Cecil
11am	<b>Rehabilitation Keynote – David Tiberio</b>
12pm	Lunch/Poster Presentations/Trade Stands
1pm	<b>Rehabilitation Workshops</b>
Workshop 1	Shane Lawlor
Workshop 2	Ben Ashworth
Workshop 3	Ben Cormack
Workshop 4	David Tiberio
2pm	<b>Performance Keynote – Jon Goodwin</b>
3pm	BASRaT AGM and Coffee Break
3.30pm	<b>Performance Workshops</b>
Workshop 1	John Goodwin
Workshop 2	Ben Richens
Workshop 3	Rhodri Lloyd
Workshop 4	Alex Wolfe
4.30pm	<b>Pain To Performance Keynote – John Davie</b>



## Saturday Evening Drinks and Dinner Reception



Dinner and Drinks hosted by the BASRaT committee will be held in Twickenham (at an additional cost). For further details please go to the booking page for the conference.

## Research Poster Presentations

At this year's Symposium we are looking for students or practitioners who have recently completed research to put their posters forward. Successful candidates will display their research in A1 format on the Research Wall on Sunday of the Conference.

Candidates will also have the opportunity to answer questions from delegates regarding their research. A prize is on offer for the best piece of research.

Please forward any potential posters via email for the attention of Clare Gibson or Conor Gissane at [symposium@basrat.org](mailto:symposium@basrat.org).

## Exhibitors



Interested parties should email [symposium@basrat.org](mailto:symposium@basrat.org) for further details.



## Keynote Speakers

### John Davie



John is currently the Managing Director of Professional Performance Specialists Pty Ltd, and is considered an international business authority in the area of allied health, mentoring numerous business owners around the globe. John qualified as a physiotherapist and created Australasia's largest single physiotherapy facility, which was considered to be twice the size of the next biggest NZ physio business. John also qualified as a Certified Strength and Conditioning

Specialist through the National Strength and Conditioning Association of America and developed a sports training business for elite athletes for numerous NZ sports teams and associations.

### Saturday Workshop

#### *The Anatomy and Psychology of Winning in Business*

Competition within the allied health profession is exploding and the market is rapidly changing, which corresponds to a tremendous opportunity for those who are willing to learn, adapt and apply the necessary action steps. Your business success will be determined by how well you apply the 3 Cs of business – clinical skills, customer service experience and commercial skills.

### Sunday Keynote

#### *The Integration of the Pain to Performance Model into Practice – 1 hour*

John will present the 'Pain to Performance' business model, which has been created after studying numerous best-in-class allied health businesses from around the world. This is a practical example of how disciplines can work together seamlessly with a patient-centred approach, which not only exceeds patient satisfaction, drives internal marketing organically and, at the same time, transforming businesses into high performers from both a clinical and business perspective.

### Dave Tiberio



David is a physiotherapist by training in his BS degree. He continued his formal education with a MS in Education culminating with a Ph.D. in Kinesiology specialising in Sport Biomechanics from the University of Connecticut, USA. David has been the Dean of the Gray Institute for the past 7 years following 26 years of teaching physiotherapy at the University of Connecticut. He is the co-developer with Gary Gray of the GIFT Mentorship program, the Nike Golf 360

Functional Performance System, and multiple continuing education courses. In 2007 the American Physical Therapy Association honoured David with the Kendall Practice Award for "outstanding and enduring contributions to the practice of physical therapy".

### Saturday Workshop

#### *The Exercise is the Test*

This workshop will introduce the Principles of Applied Functional Science, which will serve as the basis for appreciating how any common exercise is a powerful examination and assessment tool. Experience how common exercises such as a squat or a lunge, when performed in the three planes of movement, allow your clients to demonstrate their threshold of success. Once the threshold is established, the same exercises, properly tweaked, provide the initiation and progression of their exercise programme. Come prepared to squat, reach, lunge and balance, as we learn by doing.

### Sunday Keynote

#### *Proof versus Truth*

How does research serve the movement practitioner? When does it confirm what we already know? When does it illuminate a new direction? When does it direct us down the wrong path? This presentation will focus on joint motion and muscle function specific to injury prevention and rehabilitation, with emphasis on differentiating research proof from movement truth.

Membership Type	Early Bird (October 25th)	Full Rate
BASRaT Full Members	£95	£125
CSP/UKSCA/SST	£125	£150
Non-Members	£145	£175
Students (All health programmes)	£30	£50



## Keynote Speakers

### Richmond Stace



Richmond is a Chartered Physiotherapist and registered with the Health Professions Council. Originally trained as a Registered General Nurse, Richmond developed an interest in pain whilst observing the varying responses in recovery after operations. Richmond continued to train as a physiotherapist and has a further degree in Sport Rehabilitation and a Masters Degree in Pain Science. His passion is providing the latest in treatment for chronic and complex pain and

seeing people relieved of symptoms, develop healthy habits and change so they may lead normal and fulfilling lives once more.

Richmond is on the editorial team for the Physiotherapy Pain Association (PPA), a member of the International Association for the Study of Pain (IASP), The Royal Society of Medicine and the Acupuncture Association of Chartered Physiotherapists.

### Sunday Keynote

#### *The Problem of Persisting Pain in Sport*

A look at the neurobiology and the influences that maintain pain in sportspeople. Persisting pain is a significant problem in sport, preventing return or full engagement. Understanding the pain mechanisms, the adaptations within the nervous and immune systems as well as the cues and triggers that affect the pain experience guides a more comprehensive treatment approach.

### Jon Goodwin



Jon is the Programme Director for the Distance Learning MSc in Strength & Conditioning at St Mary's University College and previously the PD for the BSc in S&C at the same institution. He is also a coach tutor for British Weightlifting and the UK Strength & Conditioning Association. In 2013 Jon was awarded the inaugural award for 'S&C Coach of the Year for Education' by the UKSCA. His first degree was in Sport Rehabilitation followed by an MSc in Biomedical Engineering.

He is currently working towards a PhD in Sprint Biomechanics with Imperial College, London. He has been coaching since 1998, first in track and field athletics, followed by multisport S&C and is currently the S&C coach for Wales Women's Lacrosse, in addition to a number of individual athletes. He is also an applied biomechanist working with a number of sprinters.

### Sunday Keynote

#### *Facilitating Transfer to Performance with a Dynamical Systems Approach*

Late stage rehabilitation and performance programmes are typified by increased specificity but are normally driven by constrained 'correct' technical models of movement explicitly delivered to athletes. This presentation considers how dynamical systems theory informs a more variable approach to enabling general training adaptations to manifest in enhanced performance and improved resistance to future injury.



## Workshops/Seminars: Pain

### Sarah Cecil

#### – The Psychology of Pain

The focus of this seminar will be on understanding the psychological component of pain and exploring whether “pain is really all in the brain”. The cognitive and emotional aspects of pain will be explored to illustrate the role perception plays in the phenomena. From a practical perspective there will be an explanation of how cognitive behavioral therapy, acceptance and commitment therapy and mindfulness can be utilised to help people alter their relationship with pain. Examples of how these techniques are used with elite athletes alongside practical experiences of the techniques will form part of the seminar.

### Sarah Mottram

#### – Pain Changes the Way We Move

People in pain move differently. Pain modifies the behavior of movement, which leads to movement faults. The identification and classification of movement faults is now the cornerstone of contemporary neuromusculoskeletal physiotherapy practice. This presentation sets out to describe how to identify and classify movement faults (described as uncontrolled movement), discuss the influence of uncontrolled movement on symptoms, activity limitations and recurrence of symptoms. It will also consider the impairments that relate to uncontrolled movements and provide evidence based assessment and rehabilitation of uncontrolled movement illustrated with scapular control.

### Daniel Rollins –

#### – Abnormal Postural Development and its Consequences in Adulthood

Daniel will discuss the two main subtypes of movement patterns, the concept of sagittal stabilisation and some of the key stages of developmental posture, as observed within the first year of life. Daniel aims to highlight how developmental kinesiology can provide us with strategies and techniques to improve movement and stability patterns to further help our patients and clients achieve their goals.

### Richmond Stace –

#### – Targeting the Brain with Rehabilitation

Neuroscience has led a change in thinking around how we can tackle persisting pain. In this workshop we will explore some of the modern techniques that focus upon the brain, in particular cortical reorganisation and central sensitisation that both have a role in on-going pain and altered movement patterns.

## Speaker Biographies

### Sarah Cecil

Sarah is a Chartered Sports Psychologist and combines her role at the British Olympic Association Intensive Rehabilitation Unit with the Rehabilitation Psychology Lead Role for the English Institute of Sport and coach education work for UKSport. Sarah has worked extensively with a range of sports for over 12 years, recently with UK Athletics across both the Olympic and Paralympic programmes in the lead up to and during London 2012. Sarah has a BSc from St Andrews in Psychology and an MSc from the University of Exeter. Sarah's interest lies in multidisciplinary support and she has published work on this with her EIS colleagues.

### Sarah Mottram

Sarah is an educator, clinician and researcher with a particular interest in the influence of uncontrolled movement on movement impairments, activity limitations, recurrence of pain and performance. Sarah lectures internationally for Kinetic Control and Performance Matrix on evidence-based solutions to better understand, prevent and manage musculoskeletal pain and injury. Sarah is a Research Fellow at the University of Southampton.

### Daniel Rollins

Daniel Rollins is an Osteopath, holding a DO and BSc. from the London School of Osteopathy. His fascination with functional exercise and rehabilitation techniques lead him towards the Gray Institute, USA, where he became a Fellow of Applied Functional Science in 2009. He has also studied under Prof. Kolar at the Prague School of Rehabilitation & Manual Medicine, in Dynamic Neuromuscular Stabilisation (DNS). DNS, specifically utilises developmental kinesiology as a means to assess, treat and rehabilitate patients away from pain and movement dysfunction.

### Richmond Stace

Richmond is a Chartered Physiotherapist and registered with the Health Professions Council. Originally trained as a Registered General Nurse, Richmond developed an interest in pain whilst observing the varying responses in recovery after operations. Richmond continued to train as a physiotherapist and has a further degree in Sport Rehabilitation and a Masters Degree in Pain Science. His passion is providing the latest in treatment for chronic and complex pain and seeing people relieved of symptoms, develop healthy habits and change so they may lead normal and fulfilling lives once more.

Richmond is on the editorial team for the Physiotherapy Pain Association (PPA), a member of the International Association for the Study of Pain (IASP), The Royal Society of Medicine and the Acupuncture Association of Chartered Physiotherapists.

## Workshops/Seminars: Rehabilitation

### Shane Lawlor

#### – Imperfect Rehab and Performance Care

The role of manual therapy in the rehabilitation and performance care

The use of functional screening and muscle testing

Building the perfect rehab program, is it possible?

Working in professional golf and teamwork

### Ben Ashworth

#### – Rehabilitation: Preparation for Optimal Performance

##### Outline:

Examples of an integrated Sports Medicine and Strength & Conditioning approach to problem solving in elite sports rehabilitation

Infographic presentation (Video and image heavy) with supportive research and detailed analysis to underpin key philosophies

Examples from Football and Judo, including Olympic Silver Medallist with SLAP repair and Paralympic Bronze Medallist with an ACL/MCL rupture 50 days before he fought.

### Ben Cormack

#### – Previous Injury and Pain and the Implications for our Future Movement!

The biggest predictor of future injury and pain is ... previous injury and pain. Join Ben as he delves into the brain to understand the impact of pain on our future movement problems and how to address them. We go beyond the physiological to see how a modern understanding of pain can be applied to future rehab and even prehab. This will be both theory and practical based session involving motor control, functional assessment and neuroscience components.

### David Tiberio

#### – Truths about Motion and Muscles Applied to Knee Rehabilitation

In this practical workshop, the Principles or Truths of human movement will be used to derive strategies for rehabilitating common knee injuries. Participants will experience the “strategies in action” by performing the movements in a “learn by doing” environment. Emphasis will be placed on the sequencing and blending of different exercises to create an aggressive but safe programme for rehabilitation and injury prevention.

## Speaker Biographies

### Ben Ashworth

Ben is an experienced musculoskeletal physiotherapist. He worked in Premiership rugby with London Wasps for three years, before taking up a role at the Olympic Medical Institute for the British Olympic Association. Ben currently works as one of the 1st Team physiotherapists at Arsenal FC having previously been the Lead Physiotherapist in London for the English Institute of Sport, where he was Lead Physiotherapist for British Judo in the lead up to London 2012. Ben's exposure to a number of excellent Strength & Conditioning coaches encouraged him to undertake a 2nd Masters in Strength & Conditioning here at St Mary's University College.

### Ben Cormack

Ben Cormack is the founder of Cor-Kinetic. He is an educator, researcher and international presenter/speaker. Ben has been involved with elite sports and rehabilitation for over a decade and has taught and mentored many trainers, physiotherapists and osteopaths in the functional approach to movement, training and rehabilitation. Ben has presented across the globe both independently, in conference, and via the education arm of Cor-kinetic.

### Shane Lawlor

Shane is one of Europe's leading Golf Performance Therapists and is an expert in the treatment, screening and rehabilitation of golf related injuries. He has spent over 5 years with ProGolf Heath, one of the largest Sports Medicine companies on the PGA & European Tours traveling for 25 weeks a year looking after the PGH stable of players. Shane has extensive post graduate training, He is a level 3 certified medical professional with the Titleist Performance Institute (TPI), Lead Instructor for Active Release Techniques (ART®) in Europe.

### David Tiberio

David is a physiotherapist by training in his BS degree. He continued his formal education with a MS in Education culminating with a Ph.D. in Kinesiology specialising in Sport Biomechanics from the University of Connecticut, USA. David has been the Dean of the Gray Institute for the past 7 years following 26 years of teaching physiotherapy at the University of Connecticut. He is the co-developer with Gary Gray of the GIFT Mentorship program, the Nike Golf 360 Functional Performance System, and multiple continuing education courses. In 2007 the American Physical Therapy Association honoured David with the Kendall Practice Award for “outstanding and enduring contributions to the practice of physical therapy”.



## Workshops/Seminars: Performance

### Rhodri Lloyd

#### – Strength and Conditioning for Young Athletes: “minimize pain, maximize performance”

This presentation will examine the benefits of a strength and conditioning programme for both physical performance enhancement and injury prevention in young athletes. Attention will be given to the need for appropriate training during the formative years of early childhood with a major emphasis on motor skill development and resistance training. The session will address key issues such as common overuse injuries in young athletes, early sport specialization, and the influence of maturation and training age on strength and conditioning programme design. The session will demonstrate via research and practical examples why it is important to commence with age-appropriate training programmes during childhood in order to suitably prepare young athletes for more advanced training loads and greater volumes of competitive, sport-specific training during adolescence and adulthood.

### Ben Richens

#### Case Studies in Elite Performance: A Strength & Conditioning Coach's Perspective

In this workshop Ben will talk about two athlete case studies; Paralympic Powerlifting and England Rugby Sevens. He will consider what some of the challenges were, and what demands and outcomes were required from a Strength & Conditioning perspective. He will also touch upon the importance of working with other members of the sports medicine team to enhance the performance of athletes from these two very different sports.

### Alex Wolfe

#### – Performance Modelling for Rowing

The role of a Strength & Conditioning Coach is primarily to augment or to develop the physical qualities necessary for performance. There is also a requirement to consider the risks of the event and help implement a protective strategy to minimise or reduce the time lost from the risk. However, the traditional approach of developing weight room or field based physical qualities required for performance can be limited by having casual or weak relationships to the actual performance. The intention of this session is to present the concept of performance modelling using the British Rowing strength and conditioning model in the build-up to the London 2012 Olympics.

### Jon Goodwin

#### – Practical constraint driven approaches to facilitating transfer of training effects

In this practical workshop you will consider some simple strategies to use a constraints driven approach to facilitating training variability and increased transfer of general training effects. Examples will be drawn from weightlifting, speed and agility training.

## Speaker Biographies

### Rhodri Lloyd

Rhodri, is currently a senior lecturer at Cardiff Metropolitan University. His research interests surround the impact of growth and maturation on long-term athletic development, and the neuromuscular mechanisms underpinning resistance training adaptations in youth. He is a Board Director for the UKSCA and an Executive Council member for the NSCA Youth Training Special Interest Group.

### Ben Richens

Ben has been coaching for over 11 years in both the UK and USA and has worked with complete beginners through to international level athletes and professional sports clubs. Ben has extensive experience in planning, implementing and monitoring S&C programs for individuals and teams.

Ben currently works for British Weightlifting as a squad coach for the Paralympic Powerlifting team. As well as being a co-owner and founder of The Athletic Edge.

### Alex Wolfe

Alex Wolf is currently the Head of Strength and Conditioning for the English Institute of Sport while also leading the Strength and Conditioning programme for the GB Rowing Team. Alex has been with GB Rowing for almost five years and was an integral member of the support team that helped GB Rowing win nine medals at the London 2012 Olympics. Alongside his work with the EIS, Alex runs a small consultancy company offering bespoke performance planning and coach education.

### Jon Goodwin

Jon is the Programme Director for the Distance Learning MSc in Strength & Conditioning at St Mary's University College and previously the PD for the BSc in S&C at the same institution. He is also a coach tutor for British Weightlifting and the UK Strength & Conditioning Association. In 2013 Jon was awarded the inaugural award for 'S&C Coach of the Year for Education' by the UKSCA. His first degree was in Sport Rehabilitation followed by an MSc in Biomedical Engineering. He is currently working towards a PhD in Sprint Biomechanics with Imperial College, London. He has been coaching since 1998, first in track and field athletics, followed by multisport S&C and is currently the S&C coach for Wales Women's Lacrosse, in addition to a number of individual athletes. He is also an applied biomechanist working with a number of sprinters.

# BASRaT 14th Annual Symposium November 2013

St Mary's University College, Waldegrave Road, Twickenham TW1 4SX



## By Train

**From Central London** – Travel direct to Strawberry Hill station from Waterloo station using the Kingston loopline operated by South West Trains. The journey takes about 35 minutes and there are usually four trains an hour. These are listed with the final destination of either Strawberry Hill or Teddington on the Waterloo departures board.

**From other destinations** – For train travel from other destinations you can use the National Rail Enquiries or Transport for London websites to plan your journey.

## By Underground

Travel by the District Line to Richmond underground station, and then take a taxi from the rank outside, take the train to Strawberry Hill or take one of two buses (see below) which stop near St Mary's.



## Walking from Strawberry Hill Station to St Mary's

St Mary's is a five minute walk from Strawberry Hill station. Turn left when you leave the station, then walk past Premier Wine and the Post Office on your left and take the second road on your right, which is Waldegrave Gardens. At the end of Waldegrave Gardens, turn right onto Waldegrave Road and St Mary's main reception is on your left.



## By Bus\*

**From Richmond upon Thames** – You can catch the R68 towards Hampton Court from a bus stop just outside Richmond station. Get off at the Twickenham, King Street stop and then take the 33 towards Fulwell. Get off at the 'St Mary's University College' stop, which is just outside St Mary's main reception.

You can also take the 33 from Richmond, although the bus stop is a 5 minute walk from Richmond station on Sheen Road (Bus stop L on the map below).

**From Twickenham or Teddington** – The 33 heading towards Fulwell stops on Richmond Road, York Street and King Street in Twickenham. The 33 heading towards Hammersmith stops on Stanley Road and Broad Street (Teddington High Street) in Teddington.

## Buses from Richmond

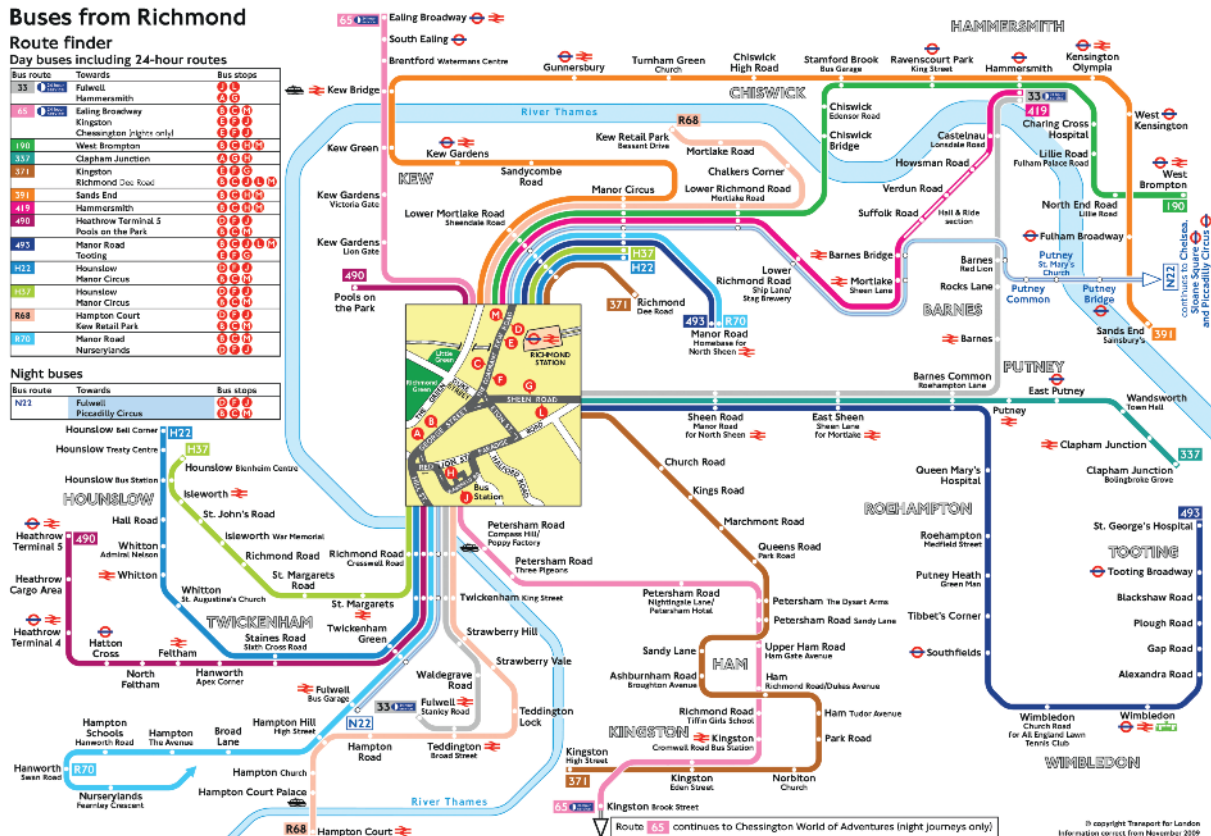
### Route finder

#### Day buses including 24-hour routes

Bus route	Towards	Bus stops
33	Fulwell	Hammersmith
65	Ealing Broadway	Kingston Chesham (night only)
190	West Brompton	Clapham Junction
357	Kingston	Richmond (via Road)
371	Sands End	Hammersmith
419	Heathrow Terminal 5	Poole on the Park
493	Manor Road	Teddington
495	Hounslow	Manor Circus
497	Hounslow	Manor Circus
499	Hampton Court	Kew Retail Park
870	Manor Road	Nurserylands

#### Night buses

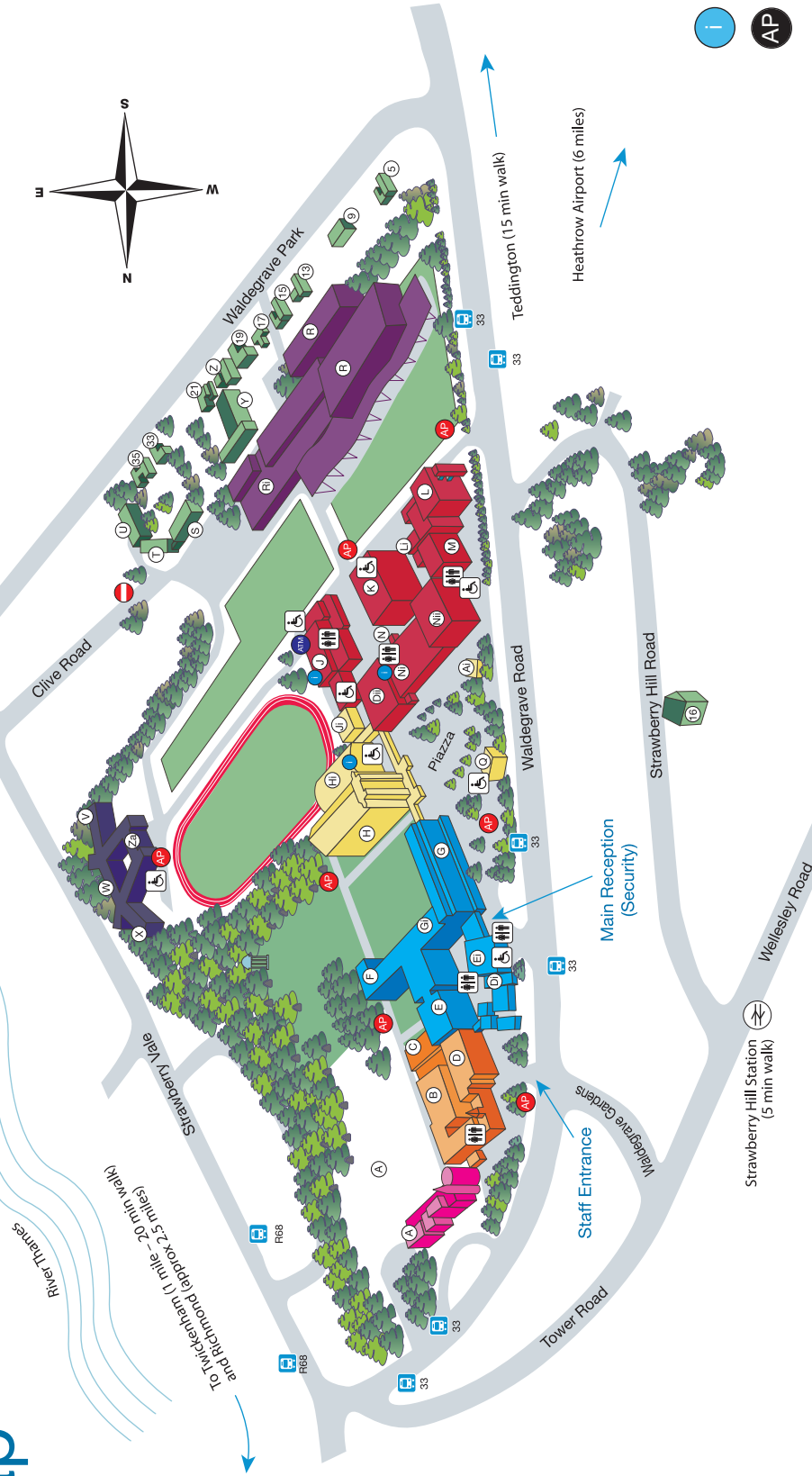
Bus route	Towards	Bus stops
N21	Fulwell	Piccadilly Circus





# Main Campus Map

In addition, we have 30 acres of playing fields with changing rooms at our Teddington Lock campus – about 15 minutes walk from the main campus.



## Key

Accommodation Office	Ei	Health Centre	D	Strawberry Hill House & Grounds	A	Halls of Residence	16
Administration	B	International Office	B	Student Services	Ei	16 Strawberry Hill Road	
Bar	J	Learning Resources Centre (LRC)	Hi	Students' Union	J	Cashin	Z
Careers Service	J	Lecture Hall G5/G7	G	Theatre	Dii	Clive	S, T, U
Centre for Workplace and Community Health (CWCH)	J	Principal	B	Waldegrave Drawing Room	B	Cronin	Y
Chapel	H	Professional Short Courses Unit (PSCU)	N	Washeteria	Li	De Marillac	Za
Chapel in the Woods	Ai	Reception	Ei	Schools – Main Administration		Doyle	V
Chaplaincy Centre	Q	Refectory	Ni	Communication, Culture & Creative Arts	E	Graham	X
Dol.cHe Vita Espresso Bar	Ji	Registry & Lecture Hall	N	Education	K	Old House	G
Drama Studios	C, D, Di	Security – at Main Reception	Ni	Human Sciences	L, M, R	Waldegrave Park Houses	5 to 35
Dyslexia & Disability Coordinator	Ei	Shannon Conference Suite	R	Management & Social Sciences	Gi	Wiseman	W
Fees Office	Gi	Sport Centre (see overview for more info)	Ri	Theology, Philosophy, & History	F		
		St Mary's Clinic/CHASES					