

Your Speakers



Dr Tasha Stanton



Professor Karim Khan



Professor John Buckley



Dr Paul Comfort



Keith Cronin



Dr Juliet McGrattan



BASRaT Symposium 2017

Rehabilitation and Fitness for Life
17 Nov 2017 Etihad Stadium, Manchester



The 2017 BASRaT Symposium focusses on exercise.

We will present stellar keynote speakers, excellent practical workshops and stimulating speakers from varied backgrounds.

The conference is aimed at all healthcare practitioners including sport rehabilitators, physiotherapists, sports therapists, osteopaths, chiropractors and doctors.

Unmissable content includes:-
Exercise prescription, exercise and cognitive function, exercise and cardiovascular health, how to get your patients moving, the role of the brain in osteoarthritic pain, the implementation of weightlifting derivatives during rehabilitation and much more.



BASRaT Symposium 2017

Our keynote guests are Vancouver's Professor Karim Khan, Editor of the BJSM and Dr Tasha Stanton, a specialist in pain and neuroscience research with Australia's renowned Body in Mind Research Group.

Our national symposium is renowned for the range and quality of practical workshops. The inspirational Dr Juliet McGrattan, GP and physical activity champion, will discuss exercise for health and well-being; Keith Cronin will provide you with two new clinical skill sets and Dr Paul Comfort will share cutting-edge strength and conditioning research for practical rehabilitation strategies.

Linking theory and expert knowledge, you will gain expertise that can be applied to practice immediately.

Itinerary and workshop options

08:30 Registration

09:00	Opening Keynote	Professor Karim Khan	Exercise is better than medicine
10:00	Research Talk	Professor John Buckley	The impact of physical activity on cardiovascular health outcomes
10:30	Coffee Break		
11:00	Workshops	(Choice of 3) 1. Professor Karim Khan 2. Keith Cronin 3. Dr Paul Comfort	Exercise is better than medicine IASTM and Dynamic Tape Implementation of Weightlifting Derivatives during Rehabilitation
12:30	Lunch		
13:30	Workshops	(Choice of 2) 4. Keith Cronin 5. Dr Juliet McGrattan	IASTM and Dynamic Tape Why and How to Get People Moving
15:00	Coffee Break		
15:30	Closing Keynote	Dr Tasha Stanton	Thinking outside the joint: the role of the brain in osteoarthritic pain

Your Speakers



Professor Karim Khan



Dr Tasha Stanton

Karim Khan

Exercise is better than medicine

Professor Karim Khan will discuss the role of exercise prescription for the treatment and prevention of a variety of conditions.

This keynote speech will look at the benefits of exercise amongst the ageing population and how exercise can aid the preservation of cognitive function.

Following the one hour keynote lecture, Karim will run a workshop expanding on the ideas presented in the keynote, this invaluable workshop will go on to discuss the importance of diet in the maintenance of health.

Professor Karim Khan has had an international career in Sport and Exercise Medicine.

Professor Khan is an international sports physician, he studied Medicine and Medical Research and was awarded a PhD in Medicine. He has recently completed an MBA in Canada. His career spans the globe, he is a Professor at the University of British Columbia and is in his 7th year as Editor in Chief of the British Journal of Sports Medicine, the leading international academic journal and digital media hub in sports medicine, rehabilitation and orthopaedics.

Professor Khan is authorised as a Sports Medicine Physician in Canada and Australasia. He served as Sports Physician for a range of disciplines from Ballet to Basketball. His main research area is in exercise promotion for health and he has published 3 books and over 300 original research which span high-risk clinical groups such as older people with osteoporosis, and those with Type 2 Diabetes.

Tasha Stanton

Thinking outside the joint: the role of the brain in osteoarthritic pain.

Pain is incredibly complex. Have you ever been shocked at how much a paper cut hurt? Or noticed a bruise that you don't remember getting? If you can say 'yes' to either of these, then you have experienced the complexity of pain yourself. The amount of pain you experience often does not relate to the amount of tissue damage. This disconnect between structural damage and pain extends to clinical pain conditions and it makes treating pain incredibly challenging.

This talk will provide evidence that challenges the idea that the damaged joint plays the most important role in osteoarthritic symptoms. Specifically discussing how our conscious experience of pain is created and why this knowledge is important in chronic conditions, such as osteoarthritis. It will discuss the evidence for body-specific perceptual dysfunction in osteoarthritis and how this may inform brain-targeted treatment. It will explore new evidence from pain neuroscience that compels us to re-consider the ecological value of our sensations, such as pain and stiffness. In particular, it will discuss intriguing findings suggesting that multisensory illusions may play a role in modulating osteoarthritic pain and stiffness.

Dr Tasha Stanton

Dr Tasha Stanton is a Senior Research Fellow at The University of South Australia, Adelaide and Neuroscience Research Australia, Sydney. Dr Stanton currently holds an NHRMC Early Career Fellowship (2014-2018). She has published over 50 peer-reviewed papers, been a keynote/invited speaker at 40 national and international conferences and received \$1.7m in competitive research funding.

Dr Stanton recently won the Top 5 under 40 science communicators contest (ABC Radio National) and the Ronald Dubner Research Prize for the best series of pain publications (International Association for the Study of Pain). Her research focusses on clinical pain neuroscience, with a specific interest in cortical body representation, somatosensation, multi-modal illusions, and pain.

Your Speakers



Professor Karim Khan



Keith Cronin



Dr Paul Comfort

Exercise is better than medicine. Professor Karim Khan

Following on from Professor Karim Khan's keynote lecture, Karim's workshop will develop the ideas presented in his keynote. This invaluable workshop will also discuss the importance of diet in the maintenance of health.

Professor Karim Khan will expand on his keynote which discussed the role of exercise prescription for the treatment and prevention of a variety of conditions.

The workshop will look at the benefits of exercise amongst the ageing population and how exercise can aid the preservation of cognitive function.

Professor Karim Khan is an international sports physician, he studied Medicine and Medical Research at the University of Melbourne and was awarded a PhD in Medicine.

He has recently completed an MBA in Canada. His career spans the globe, he is currently working at the University of British Columbia. He is in his 7th year as Editor in Chief of the British Journal of Sports Medicine, the leading international academic journal and media hub.

Professor Khan served as Sports Physician to several teams, from a range of disciplines from Ballet to Basketball. His main research area is in exercise promotion for health, he has published over 250 original research articles in addition to 3 books.

Scrape and Tape. Keith Cronin

This hands on workshop will enhance your ability to address a variety of orthopaedic, neurological, paediatric and sports related injuries and conditions. This workshop will look at: Instrument Assisted Soft Tissue Mobilisation as a concept, introduce HawkGrips and Dynamic Tape, identify adhesions and abnormal soft tissue associated with injury or chronic ailments and how Dynamic Tape manages load, movement patterns and function to support weakened and overly stressed tissues.

You will learn two new clinical skills sets, reduce stress through the hands on a daily basis, and expand your treatment scope and depth for a variety of conditions and injuries.

Keith Cronin

Keith J. Cronin is a Physical Therapist from St Louis in Missouri and owns Sports and Healthcare Solutions. Keith has focused his career on the evaluation, treatment, injury prevention, and sports conditioning strategies for athletes. Keith has a Doctorate in Physical Therapy and is an Orthopaedic Certification Specialist (OCS). Keith reviews the International Journal of Sports Physical Therapy (IJSPT) on a variety of topics including throwing athletes, concussions, and ACL rehabilitation. Keith has produced several online CEU courses on running injuries, ACL rehabilitation, Patellofemoral Syndrome and injuries to the Foot and Ankle. Keith has published almost 100 articles and has featured on Fox2News on topics of concussions and ACL injuries.

Implementation of Weightlifting Derivatives during Rehabilitation. Dr Paul Comfort

Following on from the recent Strength and Conditioning Journal article 'Enhancing the Force-Velocity profile of Athletes Using Weightlifting Derivatives' this session will summarise the benefits of using weightlifting exercises and their derivatives. It will look at how both the exercise and load can be manipulated to train the desired area(s) of an athletes force velocity profile, with an additional focus on the appropriate implementation of these exercises during rehabilitation. The session will also explore the practical application of these findings for a variety of athletic populations and introduce the findings of some currently unpublished work. The first half of the session will explore the theoretical concepts and the second half of the session focusses on performance of these weightlifting derivatives during a practical session.

Dr Paul Comfort

Dr Paul Comfort is the programme leader of MSc Strength and Conditioning at the University of Salford. He is accredited with both the NSCA and UKSCA, he is an editorial board member for Professional Strength and Conditioning (UKSCA Journal), joint editor of its 'Professional Insights' column and a senior associate editor for the Journal of Strength and Conditioning Research (NSCA Journal). He has a wealth of experience consulting with numerous professional and semi-professional sports teams. He has published over 100 peer reviewed journal articles and numerous book chapters within the fields of sports science, strength and conditioning and sports

Your Speakers



Keith Cronin



Dr Juliet McGrattan



Professor John Buckley

Scrape and Tape. Keith Cronin

This hands on workshop will enhance your ability to address a variety of orthopaedic, neurological, paediatric and sports related injuries and conditions. This workshop will look at: Instrument Assisted Soft Tissue Mobilisation as a concept, introduce HawkGrips and Dynamic Tape, identify adhesions and abnormal soft tissue associated with injury or chronic ailments and how Dynamic Tape manages load, movement patterns and function to support weakened and overly stressed tissues.

You will learn two new clinical skills sets, reduce stress through the hands on a daily basis, and expand your treatment scope and depth for a variety of conditions and injuries.

Keith Cronin

Keith J. Cronin is a Physical Therapist from St Louis in Missouri and owns Sports and Healthcare Solutions. Keith has focused his career on the evaluation, treatment, injury prevention, and sports conditioning strategies for athletes. Keith has a Doctorate in Physical Therapy and is an Orthopaedic Certification Specialist (OCS). Keith reviews the International Journal of Sports Physical Therapy (IJSPT) on a variety of topics including throwing athletes, concussions, and ACL rehabilitation. Keith has produced several online CEU courses on running injuries, ACL rehabilitation, Patellofemoral Syndrome, and injuries to the Foot and Ankle. Keith has published almost 100 articles and has featured on Fox2News on topics of concussions and ACL injuries.

Why and How to Get People Moving. Dr Juliet McGrattan

With nearly a quarter of the UK population classed as inactive, there is a pressing need for change. Every contact with a patient presents the opportunity to make a difference. This workshop will look at the health benefits of physical activity, the impact that even small increases in activity can make to health and wellbeing and your vital role in facilitating this.

You'll learn how exercise works in the body at a cellular level, how body shape can be deceiving and why you yourself may not be as healthy as you think you are. You'll leave with lots of food for thought, tools to get your patients active and sore quads!

Dr Juliet McGrattan

Dr Juliet McGrattan is a GP and a Clinical Champion for Physical Activity at Public Health England. Her passion is improving health through exercise. Alongside her GP and PHE work, she is a blogger and health writer. She is the resident GP for Women's Running magazine and the online community UKRunChat. Her book, 'Sorted: The Active Women's Guide to Health' was published this year. She presents regularly on physical activity for health and has appeared on national television and radio. She is a keen marathon runner and leader of her local running club and women's health lead for 261 Fearless, a global non-profit movement working to empower women through running.

Research Presentation - Professor John Buckley

John runs an exercise, fitness and physiotherapy business in Shrewsbury and manages it with his physiotherapy partners. He has worked as a frontline cardiac rehabilitation practitioner with various hospitals and has held part-time teaching and research posts. John is the Exercise Physiologist at the national McArdle Disease Clinic and has written books and been published in exercise testing and prescription.

Professor John Buckley

John will look at the impact of physical activity on cardiovascular health outcomes, presenting key points for the clinician on cardiovascular exercise prescription.



Purchasing your symposium tickets

BASRaT Members	£89
Non - Members	£99

Book at www.basrat.eventbrite.co.uk



Venue and directions

Etihad Stadium, Manchester, M11 3FF

By car - Access to M60 ring road around Manchester within minutes and other local motorways include M56, M67, M62, M61, and the M66. The Etihad Stadium has over 2,500 car parking spaces available for delegates.

By rail - Railway stations, Piccadilly (20 minutes walk from the Etihad Stadium) and at Ashburys on Alan Turing Way (15 minutes walk from the Stadium).

By tram - Etihad Campus tram stop, Ashton line. 7 minutes from Manchester Piccadilly station.

Hotel options

Macdonald Manchester Hotel & Spa

Discounted room rates are available including breakfast, single (£125), double/twin (£135).

- Book direct with hotel by 17th October 2017, quote reference 'BASRaT' Individual 7 day cancellation policy otherwise full charges are applicable. Phone - 0161 272 3200

Address - 91 London Road Piccadilly, Manchester M1 2PG

IBIS budget, Manchester centre, M4 7DB

Discounted room rates are available including continental breakfast, single (£50), twin (£55).

- Book direct with hotel by 17th October 2017, individual 7 day cancellation policy otherwise full charges are applicable. Email - ibisgroupdesk.uk@accor.com quoting reference 'BASRaT'

Address - Pollard St, Manchester M4 7DB



PHYSIQUIPE

Equipment | Academy | Clinic

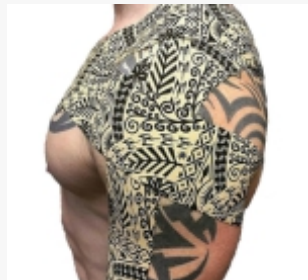
Physiquipe brings together the best technological equipment for physical assessment and rehabilitation from around the world. At the BASRaT Symposium 2017 Physiquipe will be integrating two rehabilitation products, HawkGrips and Dynamic Tape, to improve patient outcome whilst saving therapist hands.



BASRaT Symposium 2017 Workshop

Scrape and Tape is an impactful education workshop that integrates HawkGrips and Dynamic Tape. The 90 minute workshop will be primarily practical and will look at the following topics:

- Principles of Instrument Assisted Soft Tissue Mobilisation and biomechanical taping
- Application of HawkGrips and Dynamic Tape
- Understand how Dynamic Tape manages load and movement patterns

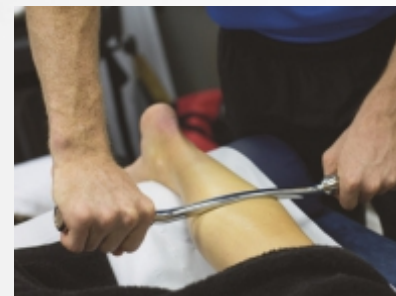


By the end of the workshop you will learn two new clinical skills sets, **reduce stress** through the hands on a daily basis, and expand your treatment scope and depth for a wide variety of conditions and injuries, a win-win strategy for any rehabilitation practitioner.

The Instructor...



Dr. Keith J. Cronin is a Physiotherapist and expert in sports rehabilitation. Keith owns Sports and Healthcare Solutions, LLC, a consulting company that provides support to sports and rehabilitation product companies, while also creating educational opportunities for coaches, athletes, and clinicians.



Full day Course

9am - 4.30pm

16th November

Manchester

www.physiquipe.com/events