



1968-2018

ANNIVERSARY

NZMPA

leaders in musculoskeletal physiotherapy

Symposium

Saturday 15th June 2019
AUT North Shore Campus
Akoranga Drive, Auckland, NZ



Table of Contents

Table of Contents.....	2
Welcome from the NZMPA President	3
Conference Programme	4
Introducing our Speakers.....	6
Symposium Attendee Prize Draw - ActivForce	14
Conference Abstracts.....	15
Note Pages.....	20
NZMPA Upcoming Courses	26
IFOMPT Melbourne 2020	27

Welcome from the NZMPA President

It is a fantastic achievement for an organisation to celebrate 50 years of operations, and as an Executive Committee, we felt this symposium needed to reflect this achievement. We moved away from our traditional conference structure this year to make the symposium a celebration of all things NZMPA and manual therapy. The programme includes a carefully constructed group of talented presenters, including both international speakers and some of our own experts (we have three NZMPA life members presenting today).

Since its inception, NZMPA has always been about creating opportunities for clinicians to learn new skills, challenge their assumptions and share ideas about musculoskeletal physiotherapy, and more specifically, manual therapy. As an Executive Committee, we believe we have drawn together the right mix of presenters and topics to continue this tradition. Clearly, you think so too because the symposium has sold out.

Symposiums don't organise themselves, and I would like to take this opportunity to acknowledge the considerable time and effort volunteered by the symposium organising committee (Richard Ellis and Kelly van der Zwan) and the NZMPA staff (Rebecca Frazer and Sue Davenport).

On behalf of the Executive Committee, I hope you enjoy the presentations and the workshops. Furthermore, I look forward to catching up with many of you either during the day or at the celebration dinner that follows.

Daniel O'Brien, President NZMPA

Conference Programme

Morning Session

8.30am	Registration	AA234 Foyer
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9.00am **Welcome** Dr Daniel O'Brien
NZMPA President **AA234**

9.10am **Keynote Presentation:**
*Manual Therapy: Its role as a physical
therapy in contemporary musculoskeletal
practice*
Prof. Bill Vicenzino
University of Queensland, Australia

10.00am	Morning Tea	AA234 Foyer
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10.20am **Invited Speakers followed by Q+A** **AA234**
*Stratified care for musculoskeletal
conditions*
Gail Sowden
Keele University, United Kingdom

10.50am *Specialisation in Musculoskeletal
Physiotherapy: Perspectives, cases and
what the future holds*
Dr Angela Cadogan and Dr Mark Laslett

11.20am *Four trials and a prophesy: The long-term
cost effectiveness of exercise therapy
and/or manual therapy for hip and knee
osteoarthritis*
Prof. Haxby Abbott

Conference Programme

Afternoon Session

12.00pm	Lunch	AA234 Foyer
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Concurrent workshops (40 mins workshops, 5 mins to change rooms)

Workshop 1 **AA119**
Something new for everyone. New techniques and fine tuning
 Brian Mulligan and Jillian McDowell

Workshop 2 **AA127**
Manual therapy: matching the evidence with practice
 Prof. Bill Vicenzino and Prof. Wayne Hing

Workshop 3 **AA122**
Concussion or neck injury? Navigating the head/neck complex
 Dr Ewan Kennedy and Dusty Quinn

	Workshop 1 AA119	Workshop 2 AA127	Workshop 3 AA122
12.45 pm	<i>Group Cervical</i>	<i>Group Thoracic</i>	<i>Group Lumbar</i>
1.30 pm	<i>Group Lumbar</i>	<i>Group Cervical</i>	<i>Group Thoracic</i>
2.15 pm	<i>Group Thoracic</i>	<i>Group Lumbar</i>	<i>Group Cervical</i>

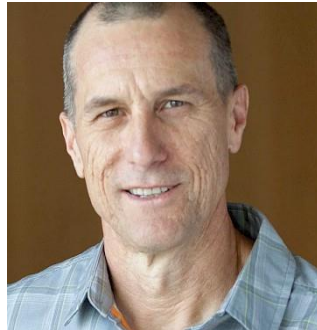
3.00 pm **Closing remarks** Prof. Duncan Reid AA234
 NZMPA Life Member

3.20 pm	NZMPA Annual General Meeting 2019	AA234
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Introducing our Keynote Speaker

Professor Bill Vicenzino

Bill enthusiastically pursues an understanding of the best approach to managing musculoskeletal conditions, and to its dissemination. He focuses his scholarship in the areas of injuries related to physical activity and sports participation.



He achieves this as the Chair in Sports Physiotherapy, Director of the Master of Physiotherapy (Musculoskeletal, Sport) and Sports Injuries Rehabilitation and Prevention for Health (SIRPH) research unit at the University of Queensland (Australia). His PhD (2000) focused on mechanisms of spinal manipulative therapy and resulted in publication of an evidenced based theoretical model for this physical treatment. His recent book 'Mobilisation with Movement: The art and the science', which evolved from those early studies, was in the top 10 best sellers at Elsevier Health [Health Professionals Category] in its first year of publication. Lately his clinical research has focused on treatments for conditions such as lateral elbow and hip tendinopathy, chronic ankle instability and patellofemoral pain. He has published a number of randomized clinical trials attracting NHMRC funding and being published in high impact medical journals (BMJ, Lancet, JAMA). Bill has over 200 peer reviewed papers, 2 books, 26 book chapters and over 300 invited workshops, seminars and conference presentations.

Introducing our Invited Speakers

Gail Sowden

Gail is a Consultant Physiotherapist within the National Health Service and a Research Fellow at the Research Institute for Primary Care & Health Sciences, Keele University, UK. Within the Institute, she is involved in world leading musculoskeletal research (e.g., STarTBack, IMPacT Back, BEEP, SWAP trials). She has particular expertise in developing complex interventions and in delivering training and support packages to equip clinicians to deliver them. She is also a member of the Arthritis Impact Accelerator Unit, where she supports the implementation of stratified care into policy and practice. She is the Staffordshire and Stoke-on-Trent Partnership NHS Trusts' Allied Health Professions lead for pain and provides leadership and clinical input to an award winning interdisciplinary pain service. She leads and contributes to the development of national policy and practice (e.g., national standards and competencies; Clinical Guidelines; Chair of the British Pain Society's Pain Management Programme Special Interest Group (PMP SIG) Committee; Member of the BPS's Academic Scientific committee) and is a National Institute for Health and Care Excellence (NICE) Fellow Alumni. She publishes in peer reviewed journals (e.g. Lancet, BMC Musculoskeletal Disorders, Annals of Family Medicine), is involved in curriculum development and delivery, delivers post graduate clinical skills courses internationally and has presented at a number of international and national conferences.

Prof. Haxby Abbott

Prof. Haxby Abbott is Director of the Centre for Musculoskeletal Outcomes Research (CMOR), and Research Professor in the Orthopaedic Surgery Section of the Department of Surgical Sciences, Dunedin School of Medicine, University of Otago.



His research includes clinical trials, health economics, outcome measure clinimetrics, and clinical programme development and evaluation. Haxby trained as a manual therapist in Stanley Paris's programme in the United States. He has formerly served as the Editor-in-Chief of the *Journal of Orthopaedic & Sports Physical Therapy (JOSPT)*, Editor of the *New Zealand Journal of Physiotherapy*, and Programme Director of the *Southern Physiotherapy Symposium*.

Dr. Angela Cadogan

Angela is a New Zealand registered Physiotherapy Specialist (Musculoskeletal). She has a PhD in Musculoskeletal Diagnostics with a sub-specialty in shoulder pain. She works clinically in a private practice specialising in shoulder conditions, and runs a diagnostic shoulder assessment service in the



Orthopaedic Outpatient Department at Burwood Hospital (Christchurch, New Zealand). Angela has a clinical and research interest in the diagnosis of shoulder pain and teaches online and other courses for physiotherapists in the diagnosis and management of shoulder pain. Angela has been a Tutor with the NZMPA, teaching on the Certificate of Orthopaedic Manual Therapy (COMT) courses.

Dr. Mark Laslett

Mark is a Life Member and past President of NZMPA. He graduated as a physiotherapist in 1971, completed the Diploma in Manipulative Therapy in 1976 and the Diploma in Mechanical Diagnosis and Therapy in 1991. Mark has been a lecturer for both the NZMPA and McKenzie Institute International at various



times. He has over 40 publications, contributed chapters to two multi-author books and published his own text *Mechanical Diagnosis and Therapy: The Upper Limb*. Mark graduated with a PhD from the University of Linköping, Sweden in 2001. He was a senior Research Fellow for AUT University from 2008-2012. He became the first physiotherapist to be registered as a Physiotherapy Specialist in February 2014. Mark was made an honorary Life Member of PNZ in 2014. Mark's main areas of clinical and research interest include painful musculoskeletal disorders of the spine and extremities with special emphasis on persistent low back, neck and shoulder pain, and musculoskeletal diagnostics.

Introducing our Focussed Workshop Presenters

Prof. Wayne Hing

Wayne is a Life Member and past President of NZMPA. Currently he is the Head of Physiotherapy at Bond University (Gold Coast, Australia) and sits on the Australian Physiotherapy Council National Accreditation Board. Wayne qualified 35 years ago. His postgraduate studies have included DipMT, Masters in Exercise Physiology and PhD in Anatomy. Wayne spent 19 years at Auckland University of Technology and is coming up to 8 years at Bond University. Wayne has published in excess of 100 journal articles and published 3 books centred around the Mulligan Concept. Wayne has a long service history with the NZMPA, New Zealand College of Physiotherapy and PNZ during his time in New Zealand, and he claims to still not be an Australian!



Jillian McDowell

Jillian graduated as a physiotherapist from University of Otago in 1990 and has been in full-time private practitioner in Invercargill, for 25 years. She has been an NZMPA member since 1995 and gained her Diploma in Manipulative Therapy in 1997. Since



2010 she has been teaching Mulligan Concept courses both nationally and internationally and is currently the MCTA International Chair. Jillian has published in *Manual Therapy* and contributed to two textbooks, specifically on Mulligan Concept annotation. Jillian is currently an executive member of the Physiotherapy Acupuncturists Association of New Zealand (PAANZ), the Physiotherapy NZ Professional Development Committee, an independent advisor to the Health and Disability Commissioner of New Zealand, and an auditor for the Physiotherapy Board of New Zealand.

Brian Mulligan

Brian is a Life Member of NZMPA. He qualified as a physiotherapist in 1954. Brian has received many awards and honours but to receive the prestigious *Geoffrey Maitland Award (for the Advancement of Clinical Practice in Orthopaedic Manipulative Physical Therapy)* from IFOMPT in 2016 for his contributions in the manual therapy field was a highlight not



only for him but the whole NZMPA family. Brian acknowledges Freddie Kaltenborn, Geoff Maitland, Bob Elvey, Robin McKenzie and Jennie McConnell for their contributions to his knowledge and success. He has been involved in teaching manual therapy in New Zealand since 1970 and began teaching internationally in 1972. He has now taught in every continent except Antarctica. This year will be his final year of teaching. He is committed to lectures in South Africa, Spain, Mexico, Taiwan, and of course here in Auckland at this symposium.

Dr Ewan Kennedy

Ewan is a member of the Education Committee for NZMPA. He is a lecturer in the School of Physiotherapy at the University of Otago, Dunedin, New Zealand with a focus on musculoskeletal injuries, particularly the cervical spine. He completed his PhD in the clinical anatomy of the anterior neck muscles in 2008, and has since developed a research interest in concussion and neck injuries.



This interest evolved from having expertise in the neck and noticing multiple areas of overlap in neck and concussion injuries. In 2016 Ewan received a Postdoctoral Fellowship in Orthopaedic Manual Therapy supported by the Alumni of the University of Otago in America Inc. to investigate "How does the neck contribute to persistent post-concussion symptoms?" This research continues to help raise awareness of and characterise neck-related issues in concussion, particularly in people with persistent symptoms.

Dusty Quinn

Dusty is a past President of NZMPA. Dusty completed his undergraduate work at the University of Ulster (Northern Ireland), Masters in Manipulative Physiotherapy at the University of Otago in 1997 and became a registered Physiotherapy Specialist in New Zealand in 2017. After working





for several years in the UK, Dusty moved to New Zealand in 1991 and finally settled in Dunedin where he is an owner and director of *Back in Motion*. Dusty has been involved in undergraduate and postgraduate Manipulative Physiotherapy education at the University of Otago along with a tutor for the NZMPA. From 2003-2004 Dusty was Vice-President of PNZ. Dusty's clinical experience and expertise currently assists the New Zealand Board of Physiotherapy on professional matters. Furthermore, Dusty has been involved in ongoing research project, within the School of Physiotherapy (University of Otago) looking at the impact of cervical spine dysfunction and concussion.

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Conference Abstracts

Keynote Presentation:

Manual Therapy: Its role as a physical therapy in contemporary musculoskeletal practice

Prof. Bill Vicenzino - University of Queensland, Australia

Physiotherapy or physical therapy is a broad church with many different discipline specific areas and specialty. The recent WCPT conference in Geneva highlighted the great depth and wealth of scholarly activity within our profession, yet there remains much to be resolved in terms of clinical practice and benefits achieved by our patients. Manual or manipulative therapy is a specialty area that has over recent times been challenged with regards to its place in physiotherapy practice. The challenge ranges from calls to abandon it altogether to more moderate enquiry as to its relevance and place in modern health care.

In my keynote, I will address the issues raised by this challenge to manual therapy in a number of ways. These include the perspective of physiotherapy as a health care profession and how physical therapies fit within contemporary health care; the evidence underpinning manual therapy; how manual therapy is taught and promoted; and some suggestions of a way forward.

Invited Presentations:

Stratified Care for Musculoskeletal Conditions

Gail Sowden, Keele University, United Kingdom

Low back pain (LBP) is common, however research comparing the effectiveness of different treatments over the last two decades conclude either no or small differences in the average effects of different treatments. One explanation for this is that patients are not all the same and important subgroups exist that might require different treatment approaches. Stratified care involves the provision of matched treatments to subgroups of patients with similar characteristics and helps fast-track patients to appropriate treatment by supporting clinical decision-making. Research in the UK has shown that stratified care for LBP in primary care can improve clinical outcomes, reduce costs and increase the efficiency of health-care delivery. The challenge now is to replicate and evaluate this approach in other countries health-care systems, in other musculoskeletal conditions and to support services to implement it in routine clinical care.

*Specialisation in Musculoskeletal Physiotherapy:
Perspectives, cases and what the future holds*

Dr. Angela Cadogan and Dr. Mark Laslett

Dr Mark Laslett was the first registered Physiotherapy Specialist in New Zealand in the area of Musculoskeletal Physiotherapy in 2014, paving the way for the evolution of the role within musculoskeletal physiotherapy, and other clinical practice

areas. In this presentation we take a look at the journey, the evolving role including some of the cases seen by Physiotherapy Specialists. We will discuss some of the challenges and achievements, the evolving practice standards, career pathways and what the future looks like for specialists in musculoskeletal physiotherapy practice.

Four trials and a prophesy: The long-term cost-effectiveness of exercise therapy and/or manual therapy for hip or knee osteoarthritis

Prof. Haxby Abbott

Professor Abbott will summarize and interpret the take-home messages from a series of four randomized controlled trials of manual therapy and exercise therapy interventions for people with hip or knee osteoarthritis. The data refute assumptions that multimodal (combined) therapy is a superior approach, or that treatment effects of exercise therapy diminish over time. Further, a computer simulation modelling study based on the 5-year follow-up results of the MOA Trial showed that, over a lifetime analysis horizon, all three physiotherapist-delivered, individualised treatment programmes were cost-effective relative to usual medical care only, from both the health system and societal cost perspectives. This series of studies shows that the time-frame of outcome reveals differences in effectiveness and cost-effectiveness of interventions. These results have implications on health delivery policy. This research has shown that net cost savings to the health system, and net monetary benefits to society, would likely be realized by providing funded access to high-quality, individually-delivered programmes of care, and provided by a physiotherapist.

Invited Workshop Presentations:

Something new for everyone. New techniques and fine tuning

Brian Mulligan and Jillian McDowell Workshop 1 AA119

Brian and Jill will present this practical workshop which will focus on a number of key “Mulligan Concept” techniques. These will be a mixture of old and new cervical spine, wrist and ankle techniques. As this is a hands-on, practical workshop, Brian and Jill will be looking to not only teach the new skills, but also look to refine and fine-tune participants' techniques and manual therapy skills. This will be an exciting session and will be the last time to see Brian formally teach in NZ – an experience not worth missing!

Manual therapy: Matching the evidence with practice

Prof. Bill Vicenzino and Prof. Wayne Hing Workshop 2 AA127

Over recent decades, the research evidence to clinical practice gap is narrowing somewhat. There is emerging evidence of the effectiveness of a range of manual therapy techniques, often in combination with education and exercise. This workshop will present some of this evidence and provide step by step instruction in how the evidence ought to be implemented. That is, there will be practical, hands-on learning of these techniques and time for in-depth discussion of matters important to clinical application.

Concussion or neck injury? Navigating the head/neck complex

Dr. Ewan Kennedy and Dusty Quinn Workshop 3 AA122

The need for an assessment and management of the neck as part of the concussion assessment is increasingly being recognised. As a result, physiotherapists skilled in cervical spine assessment and treatment are now becoming part of concussion multidisciplinary teams. However, the potential for overlap in physiological brain, cervical spine and vestibulo-ocular sources of symptoms can create a complicated presentation. A thorough understanding of post-concussion symptoms and a skilled cervical spine examination can allow the clinician to recognise when the cervical spine is contributing to symptoms, and provide targeted treatment.

This workshop will explore key aspects of the history and physical examination, multidisciplinary team dynamics, and the mechanisms of manual therapy. Dusty Quinn will share his clinical perspective as an experienced manual therapist working in a concussion service, and Ewan Kennedy will share his research perspective as an academic leading clinical research in this field.

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NZMPA Upcoming Courses



COMT Update Course Christchurch Saturday 19th October

We are privileged that Michael Monaghan will be presenting the COMT Update Course in Christchurch Saturday 19th October 2019. An excellent opportunity to refresh your COMT knowledge and skills. *Limited Spaces and Course Numbers Required - Early Registration Encouraged by August*



Certified Mulligan Practitioners Update Course Friday 29th November in Auckland

This year NZMPA are hosting an Update Course for those Certified Mulligan Practitioners that have completed Mulligan Concept Courses (Parts A, B & C) and of course have passed the Exam. Attendees will gain all the latest and greatest from Jill McDowell, back following her attendance at the MCTA teachers conference. A great opportunity to update your CMP skills. *Limited Spaces and Course Numbers Required - Early Registration Encouraged by October*

Contact NZMPA Office to register admin@nzmpa.org.nz Ph 09 476 5353 or visit www.nzmpa.org.nz

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Thank you for being a part of the
NZMPA 50th Anniversary Celebrations
and attending our Symposium.
Safe travels home!