**SPS9 Programme 2019**

**Friday 8th November**

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| Pre-conference workshops |
| 9.00-5.00pm | Prof Susan Whitney***Update &*** ***advances in BPPV management*** |
| 9.00-5.00pm | Prof Peter O’Sullivan***Making sense of low back pain: A cognitive functional approach to managing disabling LBP*** |

**Saturday 9th November**

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| 7.45am | Registration |
| 8.15am | Welcome – mihi whakatauOpening address: Dr Margot Skinner |
| 9.00am | Keynote: Prof Susan WhitneyUpdates in vestibular rehabilitation |
| 9.45am | Keynote: Prof Peter O’SullivanMyths and facts about low back pain |
| 10.30am | Break |
| 11.00am | Keynote: Tania Clifton SmithBreathing dysfunction/Breathing pattern disorders. How to recognise and what to do |
| 11.45am | Invited: Assoc Prof Debra WatersIdentification and treatment of sarcopenic and frail older adults |
| 12.15pm | Lunch  |
| 1.15pm | Keynote: Dr Lou AtkinsChanging behaviour: Tools for thought and action |
| 2.00pm | Invited: Dr Richard EllisTowards a better understanding of peripheral nervous system disorders |
| 2.30pm | Invited: Dr Ben Darlow Thinking about OA: opportunities to enhance care and quality of life |
| 3.00pm | Break |
| 3.30pm | Keynote: Prof Ewa RoosConsidering surgery for your knee problem? Exercise may work just as well! |
| 4.15pm | Invited: Cameron Calkoen - Motivational Speaker. Personal experiences of being a consumer of healthcare services, with a focus of Dreaming BIG, Achieving MORE |
| 5.15pm | Cocktail hour: Foyer area |

**Sunday 10th November**

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| 8.00am | Arrival with Croissants/tea/coffee |
| 8.15am | Keynote: Prof Peter O’Sullivan What does high value care for low back pain look like? |
| 9.00am | Keynote: Tania Clifton SmithBreathing well is the first step to optimum health, movement and well-being |
| 9.45am | Keynote: Dr Lou AtkinsApplying behavioural science in physiotherapy |
| 10.30am | BRUNCH |
| 11.30am | Invited: Dr Hilda MulliganMy life in physiotherapy as a clinician & researcher |
| 12.00pm | Keynote: Prof Susan WhitneyAn update on mild head injury (concussion): The most recent evidence |
| 12.45pm | Keynote: Prof Ewa RoosGLA:D – effective treatment for knee and hip osteoarthritis |
| 1.30pm | Closing remarks: Dr Leigh HaleWhakamutunga |