



APODA VIRTUAL CONFERENCE 2020

8 – 9 AUGUST 2020

OPTIMISING LOWER LIMB HEALTH



CONFERENCE PROGRAM

MAJOR PARTNER:

briggatemedicalcompany

Saturday 8 August 2020 CONFERENCE DAY 1

SESSION 1 – Keynote Session | Prof David Armstrong

ACST: SA / NT: **9:00AM** | AEST: (QLD / NSW / ACT / VIC / TAS): **9:30AM** | AWST: WA: **7:30AM**

Session Chair | Mr Angelo Salerno

Official Opening | APoDA President Katrina Richards

Keynote Address: The Diabetic Foot in Remission: Maximising Ulcer-Free, Hospital-Free and Activity-Rich Days | Prof David Armstrong

Offloading the diabetic foot: 30 years of research in 30 minutes | Prof David Armstrong

LIVE Chat Room (Q&A)

ACST: **10:30AM** (approx.) | **MORNING TEA (15 mins) | Virtual Exhibition**

ACST: **10:45AM** (approx.) | **SESSION 2 – Building Resilience in Chronic Disease**

Session Chair | Mr Angelo Salerno

The international diabetic foot offloading guidelines: Everything we need to know but may not be doing | Dr Peter Lazzarini

Diabetic foot disease in Australia: What's going on down under? | Dr Peter Lazzarini

Under Pressure: The challenges of preventing and managing pressure injuries | Sarah Christie

Returning ROM and equalising forces after hallux limitus surgery | Dr Damien Lafferty

LIVE Chat Room (Q&A)

Industry Workshop | Super-oxidised solutions – topical healing technology inspired by our innate immunity | Briggate Medical

ACST: **12:45PM** (approx.) | **LUNCH (30 mins) | Virtual Exhibition**
Meditation Session (15 min) | Anne Lewis, Meditation Teacher, Coaching for CALM

ACST: **1:15PM** (approx.) | **SESSION 3 – Chronic Disease Foot/Leg Assessments & Medicines**

Session Chair | Ereena Torpey

Vascular assessment with duplex ultrasound and pressure testing: Why do them and how to interpret results | Dr Richard Allan

Time is tissue Vascular assessment | Dr Edward Travers

Through the looking glass: Medication related problems and podiatry practice | Prof Debra Rowett

Endorsement for scheduled medicines: The state of play, now and into the future | Dr Tom Walsh

LIVE Chat Room (Q&A)

ACST: **2:50PM** (approx.) | **AFTERNOON TEA (15 mins) | Virtual Exhibition**





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ACST: **3:05PM** (approx.) | **SESSION 4 – Rehab**

Session Chair | Dr Ryan Causby

Development of return to sport guidelines for acute lateral ankle sprains | Dr Michelle Smith

What does rehab in a podiatry setting look like? | Damir Metljak

Mirrors and brain trickery, how our brain may influence rehab and kinesiophobia | Carolyn Berryman

LIVE Chat Room (Q&A)

ACST: **4:30PM** (approx.) | **Day 1 Wrap Up (5 mins)**

ACST: SA / NT: **4:15PM** | AEST: (QLD / NSW / ACT / VIC / TAS): **4:45PM** | AWST: WA: **2:45PM**

VIRTUAL SOCIAL EVENT: Virtual Wine Tasting hosted by Kersbrook Hill Wines

ACST: SA / NT: **4:30PM** | AEST: (QLD / NSW / ACT / VIC / TAS): **5:00PM** | AWST: WA: **3:00PM**

Day 1 Notes:





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Sunday 9 August 2020 CONFERENCE DAY 2

SESSION 5 – Keynote Session | Prof Hylton Menz

ACST: SA / NT: **10:00AM** | AEST: (QLD / NSW / ACT / VIC / TAS): **10:30AM** | AWST: WA: **8:30AM**

Session Chair | Dr Angela Evans AM

Foot and ankle risk factors in falls in older people | Professor Hylton Menz, BPod(Hons), PhD, DSc

LIVE Chat Room (Q&A)

A Word from our CEO | Nello Marino, Australian Podiatry Association CEO

Industry Workshop | Clinical Application of Exercise Therapies by Talysha Reeve | Ultimate Podiatrist / Kinetic Therapies

ACST: **11:50AM** (approx.) | **LUNCH (45 mins) | Virtual Exhibition**

Pilates Session (15 min) | Natalie Idrizovic, Pilates Instructor, Rise Pilates, Essendon

ACST: **12:35PM** (approx.) | **SESSION 6 – MSK** | Session sponsored by **DBS Medical Supplies**

Session Chair | Dr Helen Banwell

The intrinsic foot muscles: New insights for the management of plantar heel pain | Dr Melinda (Franettovich) Smith

Outcomes measures: Have we got a simple solution for you! | A/Prof Cylie Williams

LIVE Chat Room (Q&A)

Industry Workshop | Casting for Richie Brace & disabilities | QOL (Kent Sweeting)

ACST: **1:55PM** (approx.) | **AFTERNOON TEA (15 mins) | Virtual Exhibition**

ACST: **3:40PM** (approx.) | **SESSION 7 – Paediatrics** | Session sponsored by **DBS Medical Supplies**

Session Chair | Dr Helen Banwell

Big data, little feet: Evidence based practice making your job easier | A/Prof Cylie Williams

Update to prescribing foot orthoses for children with flat feet | Dr Helen Banwell

Understanding sensory processing or why feet feel their way through the world | Alison Copley

LIVE Chat Room (Q&A)

3.50pm Conference wrap up (5 mins)

ACST: SA / NT: **3:50PM** | AEST: (QLD / NSW / ACT / VIC / TAS): **4:20PM** | AWST: WA: **2:20PM**

Day 2 Notes:

THANK YOU TO THE CONFERENCE COMMITTEE MEMBERS:

Carlie Altmann | Helen Banwell | Brenton Bowen | Ryan Causby | Caitlin Jeffries | Maria Latemore | Angelo Salerno | Ereena Torpey



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