

Western Counties Society of Osteopaths  
**Spring Conference**  
Saturday 12<sup>th</sup> March 2016  
The Bampfylde Hall, Hestercombe House, Taunton TA2 8LQ

## **Programme**

- 09.00-09.30      **Registration and tea/coffee**
- 09.30-10.30      **Dr Patricia Saintey** – GP in Ilminster, Somerset  
'Resilience and Heart Rate Variability'
- 10.30-11.30      **Caroline Stone** – Osteopath  
'The Ventral Fascias & Visceral Considerations for Shoulder Girdle,  
Head & Neck problems'
- 11.30-11.45      **Tea/Coffee**
- 11.45-13.00      **Caroline Stone** Cont'd  
'The Ventral Fascias & Visceral Considerations for Shoulder Girdle,  
Head & Neck problems'
- 13.00-14.00      **Buffet lunch**
- 14.00-15.00      **Daniel Orchard** - Lecturer at the BSO  
"Pain mechanisms in persistent neck, shoulder and arm pain".
- 15.00-15.15      **Tea/coffee**
- 15.15-16.30      **Daniel Orchard** Cont'd  
"Pain mechanisms in persistent neck, shoulder and arm pain".