

Western Counties Society of Osteopaths
Autumn Conference
Saturday 14th November 2015
Westpoint Exeter, Clyst St Mary, Exeter EX5 1DJ
Programme

- 09.00-09.30** **Registration and tea/coffee**
- 09.30-11.30** **Professor Tim Watson from University of Hertfordshire-**
'Can Electro Physical Agents Make a Real Difference to the Tissue Repair Process?'
- 11.30-11.45** **Tea/Coffee**
- 11.45-12.45** **Mr Ian Sharpe Orthopaedic Surgeon from Royal Devon & Exeter NHS Foundation Trust-**
"Foot and ankle surgery in 21st Century" - talk about ankle replacements, Achilles tendon repair/problems/ ankle arthroscopy /bunion surgery/foot and ankle trauma.
- 12.45-13.45** **Buffet lunch**
- 13.45-14.45** **Lyn Page from Painless Practice-**
Transforming your business which is about making your practice work for you rather than you working 24/7/365.
- 14.45- 15.45** **Danny Orchard Lecturer at the BSO since 2010.**
Pain neuroscience for clinicians.
- 15.45-16.00** **Tea/coffee**
- 16.00-16.45** **Danny Orchard Lecturer at the BSO since 2010.**
Pain neuroscience for clinicians
- 16.45 -17.00** **AGM**

Professor Tim Watson from University of Hertfordshire-

Tim trained as a physiotherapist qualifying in 1979. Spent a few years in the NHS (mainly out patients and orthopaedics/rheumatology), then he took a student teacher post.

During his early student teaching years he undertook a degree in Biomedical Sciences, followed by a PhD with his thesis being 'The Bioelectric Correlates of Musculoskeletal Injury and Repair.' His research considers the relationships between physiological phenomena and energy introduced into the body (i.e. electrotherapy), and the natural background electrical energy system of the human system. He maintains a strong interest in tissue healing and the biology of repair.

Mr Ian Sharpe Orthopaedic Surgeon from Royal Devon & Exeter NHS Foundation Trust

Mr Sharpe's speciality is trauma & orthopaedics, sub- speciality foot & ankle surgery. He has a special clinical interest in reconstruction of complex lower limb and foot and ankle injuries. He has research interests in ankle replacement, toe joint replacement, Achilles tendon reconstruction, Lis Franc and complex foot injuries.

Lyn Page from Painless Practice-

Painless Practice was established in 2004 to help complementary health practice owners bring simple business principles to their practices, and treat more patients as a result. At the company's heart is the philosophy that by making the day-to-day operations of the practice painless, success will follow – by enabling practitioners to get on and do the right things, in the right way and at the right time.

Painless Practice is headed by James Butler and Celia Champion. They bring a unique combination of individual entrepreneurship and coaching experience to the business and are supported by a similarly qualified team of associate business coaches.

Danny Orchard Lecturer at the BSO since 2010.

Danny completed an MSc in Pain Science from Kings College London and since he has taught the Pain Science module of the current syllabus at the BSO. Danny also works at a BUPA medical centre and uses his specialist skill set to help integrate the biopsychosocial model with the acute tissue injury model to prevent pain chronification.