



Australian
Association of
Musculoskeletal
Medicine

AUSTRALIAN ASSOCIATION OF
MUSCULOSKELETAL MEDICINE
2023 CONFERENCE

**FINDING THE
BALANCE**

Exploring the brain/body connection
in musculoskeletal pain

24-27 AUGUST
2023

JW MARRIOT
GOLD COAST
QUEENSLAND



NZCMM
The New Zealand College of
Musculoskeletal Medicine

AFMM
AUSTRALASIAN FACULTY OF
MUSCULOSKELETAL MEDICINE



**PROVISIONAL
PROGRAM**

Thursday 24th August, 2023

9.00 - 16.00 Australasian Faculty of Musculoskeletal Medicine Retreat

9.00 - 12.00 **PRE-CONFERENCE WORKSHOPS***

Workshop 1a: Regenerative Injection Therapies

Dr Ramona Chryssidis (Adelaide) & Dr Zaid Matti (New Zealand)

Workshop 2b: Intro to MSK USS Workshop

Dr Bruce Jones (Brisbane) & Dr Rob Illingworth (Brisbane)

12.00 - 13.00 **MORNING TEA & INDUSTRY EXHIBITION**

13.00 - 17.00 **PRE-CONFERENCE WORKSHOPS***

Workshop 2a: Intro to MSK USS Workshop

Dr Bruce Jones (Brisbane) & Dr Rob Illingworth (Brisbane)

Workshop 2b: Movement Rehabilitation of the Sacroiliac Joint

Mark Comerford (Physiotherapist, Brisbane)

* Preference given to conference delegates. Stand-alone attendance only if places available

18.00 **WELCOME FUNCTION:** JW Marriott

Friday 25th August, 2023

8.30 - 10.30 PLENARY 1 - NEUROBIOLOGY OF PAIN

8.30 - 8.55 President's Welcome and Overview of the conference theme

8.55 - 9.25 Influences in Neuroplasticity in the Pain Pathway

Dr Paul Frank | Pain Physician

9.25 - 9.55 The whole of patient approach to MSK pain

Dr Tom Choong | MSK Physician

9.55 - 10.25 Harnessing the Immune System in Managing Chronic Pain

Dr Joe Kluver | Pain Physician

10.25 - 10.30 Session summary

10.30 - 11.00 **MORNING TEA & INDUSTRY EXHIBITION**

Friday 25th August, 2023 cont.

11.00 - 12.30 CONCURRENT WORKSHOPS

Workshop 1a Shoulder Impingement/
instability assessment

Mr Mark Comerford
(Physiotherapist)

Workshop 1b US guided injections upper limb

Dr Bruce Jones & Dr Rob
Illingworth (MSK Physicians)

Workshop 1c Intro to Regenerative injection
Therapies

Dr Ramona Chryssidis & Dr Zaid
Matti (MSK Physicians)

12.30 - 13.30 **LUNCH & INDUSTRY EXHIBITION**

13.30 - 15.00 PLENARY 2 - PHYSICAL THERAPY PERSPECTIVES

13.30 – 13.55 Pelvic Pain and MSK mimics

Ms Fiona Rogers | Physiotherapist

13.55 - 14.25 Critique/limitations of the BPS approach

Mr Mark Comerford | Physiotherapist

14.25 – 14.55 CRPS

Ms Sophie Stewart | Physiotherapist

14.55 – 15.00 Session summary

15.00 - 15.30 **AFTERNOON TEA & INDUSTRY EXHIBITION**

15.30 - 17.00 CONCURRENT WORKSHOPS

Workshop 2a Intradermal needling

Dr Tom Choong (MSK Physician)

Workshop 2b US guided injections lower limb

Dr Rob Illingworth & Dr Bruce Jones
(MSK Physicians)

Workshop 2c Manual Therapies

Professor Michael Yelland & Dr
Geoff Harding (MSK Physicians)

17.00 **AAMM AGM**

Saturday 26th August, 2023

8.00 - 10.00 **PLENARY 3 - TREATING THE WHOLE PERSON—THE BRAIN BODY LINK**

8.00 – 8.30 Mind Body Link in Chronic Pain

Dr Howard Schubiner | Pain Physician, Michigan USA

8.30 – 9.00 Mind Body Link in Chronic Pain Part 2

Dr Howard Schubiner | Pain Physician, Michigan USA

9.00 - 9.30 Insights on pain clinics in primary care

Dr Scott Masters | MSK Physician

9.30 - 10.00 Equanimity via the inner ear: Rebalancing the brain & body in pain with vestibulocortical stimulation therapy

Dr Trung Ngo | Neuroscientist

10.00 - 10.30 Session summary

10.30 - 11.00 **MORNING TEA & INDUSTRY EXHIBITION**

Workshop 3a Introduction to TENS in practice

Ms Fiona Rogers (Physiotherapist)

Workshop 3b Movement rehab of the SIJ

Mr Mark Comerford (Physiotherapist)

Workshop 3c Ultrasound guided injections for hand and wrist

Dr Rob Illingworth & Dr Bruce Jones
(MSK Physicians)

11.00 - 12.30 **CONCURRENT WORKSHOPS**

12.30 - 13.30 **LUNCH & INDUSTRY EXHIBITION**

13.30 - 15.00 **PLENARY 4 - TREATMENT UPDATES**

13.30 - 14.00 Latest developments in regenerative injection therapies

Dr Zaid Matti | MSK Physician

14.00 - 14.30 New developments in pain research

Professor Mark Hutchinson | Neuroscientist

14.30 - 15.00 Placebo/Nocebo Mechanisms and Implications for Practice

Dr Damien Finniss | Pain Physician

15.00 - 15.05 Session summary

15.05 - 15.30 **AFTERNOON TEA & INDUSTRY EXHIBITION**

Free Afternoon

19.00 - 22.30 **CONFERENCE DINNER: JW MARRIOTT, Tamborine Gallery**

With Guest Speaker, Les McGuire

Sunday 27th August 2023

9.00 – 10.30 **PLENARY 5 - EHLERS DANLOS & HYPERMOBILITY DISORDERS**

9.00 - 9.20 Introduction to EDS

Dr Fraser Burling | Rheumatologist

9.20 - 9.40 POTS and EDS

Dr Fraser Burling | Rheumatologist

9.40 - 10.00 Understanding MCAS

Dr Mark Westaway | Integrative Medicine Physician

10.00 - 10.30 Physiotherapy Approach to Hypermobility

Ms Sharon Hennessey | Physiotherapist

10.30 - 11.00 **MORNING TEA AND INDUSTRY EXHIBITION**

11.00 - 12.00 **PLENARY 6 - THERAPY UPDATES**

11.00 – 11.30 Medicinal Cannabis in MSK Pain

Dr Peter Georgius | Pain Medicine Specialist

11.30 - 12.00 Short Case Vignettes in MSK Pain

12.00 **CONFERENCE CLOSE**