



# 13<sup>th</sup> International Conference in Mechanical Diagnosis and Therapy

## With the Tide - MDT into the Future

4-6 September 2015  
Copenhagen, Denmark

Tivoli Hotel & Congress Center

Conference Chairman: Conor W. O'Neill, MD

Presented by:

**The McKenzie Institute International**

### Key Note Speakers:

Prof Michael Adams

Dr Hanne Albert

Dr Jeremy Lewis

Prof Birgitta Öberg

Dr Tom Petersen

Prof Tamar Pincus



# The Conference

## Conference Description

Robin McKenzie worked tirelessly 'against the tide' over his lifetime, introducing his concepts and principles and contributing in such a dramatic way to the management of patients with musculoskeletal problems. The conference title "With the Tide - MDT into the Future" is a tribute to Robin McKenzie and reflects the changes that have transpired as a result of his influence, not only in regards to the development and dissemination of Mechanical Diagnosis and Therapy, but in the much wider context of conservative care. His legacy will continue to impact on the way musculoskeletal conditions are managed and most importantly will continue to benefit patients throughout the world, long into the future.

The 13th International Conference in Mechanical Diagnosis and Therapy aims to explore some key issues and developments in musculoskeletal research and relate the implications directly to clinical practice. The participants will be exposed to the presentation of research, panel debates, patient demonstrations, discussions and poster presentations that will be broad ranging, appealing not just to MDT clinicians, but to other healthcare professionals, researchers and policy makers.

## Conference Objectives

The primary objective of this conference is to provide a stimulating forum for the presentation of new concepts and to challenge current practices in the field of musculoskeletal medicine.

At the end of the conference, participants will be able to:

1. Understand the importance of screening musculoskeletal pain within the context of the biopsychosocial model.
2. Appreciate the clinical implications of current research on the cervical spine and radiculopathy.
3. Understand the role of self-treatment in the management of musculoskeletal pain as well as the barriers and strategies in its implementation.
4. Appreciate some of the recent developments and insights into the diagnosis and management of shoulder pain.
5. Understand the clinical implications of current research on the lumbar spine and radiculopathy.
6. Gain insight into maximizing the recovery of function in the athlete and the potential role of MDT in sports medicine.
7. Appreciate some of the recent developments in musculoskeletal research that have implications for the MDT clinician.

## Conference Themes

1. Screening to Subgroup within the Biopsychosocial Model
2. Cervical Pain and Radiculopathy
3. Self Treatment: Barriers and Strategies
4. The Shoulder: Insights and Developments
5. Lumbar Pain and Radiculopathy
6. Sports Medicine and Recovery of Function



# Conference Programme

## Friday 4th September 2015

<b>1.00 pm</b>	Welcoming Remarks	<b>Lawrence Dott</b>
	Official Opening by Danish Physiotherapy Association Chair	<b>Tina Lambrecht</b>
	Welcoming Remarks by Conference Chair	<b>Conor O'Neill</b>

### **Theme: Screening to Subgroup Within the Biopsychosocial Model**

**Moderator:**  
**Tom Petersen**

<b>1.20 pm</b>	Identifying the Psychological Barriers to Recovery	<b>Tamar Pincus</b>
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<b>1.50 pm</b>	Evidence update on STaRT Back Tool and Clinical Management of the High Risk Group	<b>Jonathan Hill</b>
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<b>2.10 pm</b>	Factors Associated with Return to Work in Patients with Musculoskeletal Disorders	<b>Birgitta Öberg</b>
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<b>2.40 pm</b>	Mechanical Assessment and Screening for Psychological Issues	<b>Adri Apeldoorn</b>
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<b>3.00 pm</b>	Panel Discussion on Psychosocial Screening <b>Panel:</b> Pincus, Hill, Öberg, Apeldoorn	<b>Moderator:</b> <b>Tom Petersen</b>
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**3.20 pm Break**

<b>3.50 pm</b>	Modic Changes: Why Are They Important? Screening and Evidence for Treatment	<b>Hanne Albert</b>
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<b>4.20 pm</b>	MDT Screening in the Pregnant Population	<b>Annelie Gutke</b>
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<b>4.40 pm</b>	Can We Use the McKenzie Evaluation as a Screening Tool?	<b>Helen Clare</b>
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<b>5.00 pm</b>	Panel Discussion on Bio/Mechanical Screening <b>Panel:</b> Albert, Gutke, Clare	<b>Moderator:</b> <b>Tom Petersen</b>
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<b>5.20 pm</b>	Clinical Problem Solving: Spinal Patient - Assessment and Management	<b>Grant Watson / Georg Supp</b>
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**6.00 pm Day 1 Concludes**

**6.30 pm - 8.00 pm Welcoming Reception**

# Saturday 5 September 2015

<b>Theme: Cervical Pain and Radiculopathy</b>		<b>Moderator: Georg Supp</b>
<b>8.30 am</b>	Cervical Spine Biomechanics and Neck Pain	<b>Michael Adams</b>
<b>8.50 am</b>	Outcomes of Physiotherapy With or Without Surgery for Patients with Radiculopathy	<b>Birgitta Öberg</b>
<b>9.20 am</b>	Diagnostic Injections for Cervical Pain	<b>Conor O'Neill</b>
<b>9.50 am</b>	New Research	<b>Ron Schenk</b>
<b>10.00 am</b>	Panel Discussion on the Cervical Spine <b>Panel: Adams, Öberg, O'Neill, Schenk</b>	<b>Moderator: Georg Supp</b>
<b>10.20 am</b>	New Research	<b>Hans van Helvoirt</b>
<b>10.30 am</b>	<b>Break</b>	
<b>Theme: Self Treatment: Barriers and Strategies</b>		<b>Moderator: Uffe Lindstrøm</b>
<b>11.00 am</b>	What Creates Effect in Physiotherapy MDT Practice?	<b>Charlotte Krog</b>
<b>11.20 am</b>	What are the Barriers to Self Management?	<b>Tamar Pincus</b>
<b>11.50 am</b>	Enhancing Patient Adherence with Exercise: Challenges and Solutions	<b>Sionnadh McLean</b>
<b>12.10 pm</b>	Panel Discussion: Is Self Treatment for Musculoskeletal Problems the Way of the Future? <b>Panel: Krog, Pincus, McLean</b>	<b>Moderator: Uffe Lindstrøm</b>
<b>12.30 pm</b>	<b>Lunch</b>	
<b>Theme: The Shoulder: Insight and Developments</b>		<b>Moderator: Grant Watson</b>
<b>1.50 pm</b>	Fish Oils, Acupuncture and Exercise: What Works for Shoulder Pain?	<b>Jeremy Lewis</b>
<b>2.20 pm</b>	Advances in Rotator Cuff Tendinopathy	<b>Chris Littlewood</b>
<b>2.40 pm</b>	Effect of Specific Exercise Strategy on need for Surgery in Subacromial Pain Patients	<b>Theresa Holmgren</b>
<b>3.00 pm</b>	Shoulder Diagnostic Issues and Dilemmas	<b>Richard Rosedale</b>
<b>3.20 pm</b>	New Research	<b>Afshin Heidar Abady</b>
<b>3.30 pm</b>	<b>Break</b>	
<b>4.00 pm</b>	Clinical Problem Solving: Shoulder Patient - Assessment and Management	<b>Grant Watson / Georg Supp</b>
<b>4.30 pm</b>	Panel Discussion on the Shoulder <b>Panel: Lewis, Littlewood, Holmgren, Rosedale, Supp</b>	<b>Moderator: Grant Watson</b>
<b>4.50 pm</b>	New Research	<b>Matsatsugu Hirokado</b>
<b>5.00 pm</b>	New Research	<b>Mark Miller</b>
<b>5.10 pm</b>	Clinical Problem Solving: Spinal Patient - Re-assessment and Management	<b>Grant Watson / Georg Supp</b>
<b>5.30 pm</b>	<b>Day 2 Concludes</b>	
<b>6.30 pm</b>	<b>Depart Tivoli Hotel for Gala Dinner</b>	



## Sunday 6 September 2015

### Theme: Lumbar Pain and Radiculopathy

Moderator: Conor O'Neill

- 8.30 am** The Disc as the Pain Source. What are the Mechanisms? **Michael Adams**
- 9.10 am** Efficacy of Combining MDT & Stabilisation for Radiculopathy **Hanne Albert**
- 9.40 am** A Short Introduction of Clinical Relevance of Degenerative MRI Findings for Therapists **Jaro Karppinen**

### 10.10 am Break

- 10.40 am** Update and Expansion of a Clinical Classification System Comprising Patho-anatomical Sources **Tom Petersen**
- 11.10 am** Transforaminal Epidural Steroid Injections Followed by MDT to Prevent Surgery for Lumbar Disc Herniation **Hans van Helvoirt**
- 11.30 am** Panel Discussion: Uses and Abuses of the Term 'Non-specific Back Pain' **Moderator: Conor O'Neill**  
**Panel:** Adams, Albert, Karppinen, Petersen, van Helvoirt

**11.50 am** Questions for the Panel

**12.00 pm** New Research **Gunilla Limbäck Svensson**

**12.10 pm** New IMDTRF Research **Mark Halliday**

### 12.20 pm Lunch

### Theme: Sports Medicine and Recovery of Function

Moderator: Ole Meyer

- 1.45 pm** Diagnosis and Treatment of Groin Injuries in Athletes **Per Hölmich**
- 2.15 pm** Managing Upper Limb Tendinopathies in Athletic and Non-athletic Populations **Jeremy Lewis**
- 2.45 pm** Has MDT Anything to Offer Sports Medicine? **Alfons de Kort**
- 3.05 pm** MDT and the Athlete **Greg Lynch**
- 3.25 pm** Panel Discussion: Current Issues and Dilemmas in Sports Medicine **Moderator: Ole Meyer**  
**Panel:** Hölmich, Lewis, de Kort, Lynch
- 3.45 pm** Clinical Problem Solving: Shoulder Patient - Re-assessment and Management **Grant Watson / Georg Supp**

### Concluding Events

- 4.10 pm** Presentation of the Extension Award **Lawrence Dott**
- 4.15 pm** Announcement of next International MDT Conference **Lawrence Dott**
- 4.20 pm** Official Closing of Conference **Conor O'Neill**

### 4.30 pm Conference Concludes

## Conference Chairman

### Conor O'Neill, MD

Dr. O'Neill obtained his MD from Washington University in St. Louis in 1985, which was followed by a residency in Internal Medicine at the same institution, a second residency in Anesthesiology at the Massachusetts General Hospital, and further training in Pain Management at the Mayo Clinic in Rochester, MN. For the past 20 years he has focused his practice on diagnosis and non-surgical treatment of spinal disorders, with a focus on spinal injection procedures. Early in his career he completed Parts A and B of the MDT certification programme, which has greatly influenced his approach to patient care. Another important influence was a close collaboration with Vert Mooney, MD.



Throughout his career Dr. O'Neill has had an active interest in research, in addition to his busy clinical practice. He has conducted both basic science and clinical studies on intra-discal treatments for discogenic pain, as well as clinical studies on the roles of imaging and injections in diagnosing spinal pain. He is a member of the International Society for Study of the Lumbar Spine as well as the North American Spine Society, where he has been involved in guideline development. He is an Assistant Adjunct Professor in the Department of Orthopedics at the University of California, San Francisco, and is a Deputy Editor of The Spine Journal.

## Key Note Speakers

### Prof. Michael Adams

Michael Adams graduated in 1975 from Edinburgh University with a BSc in Natural Philosophy. This was followed by a PhD in Spinal Mechanics, awarded by the University of Westminster (London) in 1980. Since then he has worked continuously in the broad field of spinal biomechanics, specialising in posture, mechanisms of spinal injury, and the nature of intervertebral disc degeneration. With his wife and colleague Trish Dolan, he has developed an interest in human performance, including quantifying loading of the human spine in-vivo. Currently he is Professor of Biomechanics, and a Senior Research Fellow of the Institute of Advanced Studies, at the University of Bristol, United Kingdom. He is also Visiting Professor at the Sir Run Run Shaw Hospital, Zhejiang University, Hangzhou, PR China.



Professor Adams' underlying philosophy is that back pain can (and should) be explained rigorously in terms of tissue mechanics and biology. Abnormal psychosocial characteristics follow the pain, often in response to ineffective treatment, or as a reaction to the waste-basket diagnosis "non-specific back pain".

### Dr Hanne Albert

Hanne Albert has worked as a full time researcher since 2000, first as an associate professor at The Back Research Center at The Institute of Regional Health Services Research, University of Southern Denmark, Denmark. She is now in the process of moving to a research position at Bartholomew's Hospital in London.

Dr Albert's main interest is clinical research – first in pelvic girdle pain, and she is one of the authors of the European Guidelines of Pelvic Girdle Pain. Later her interest turned to lumbar disc herniation and Modic changes. She has undertaken new and groundbreaking research with pathogenesis of Modic changes and the treatment of Modic changes with antibiotics.



Hanne Albert has published more than 45 peer-reviewed research publications on Pubmed. She is an assistant editor of European Spine and reviewer of several International Journals, amongst these 'The Lancet'. She travels the world extensively teaching and is a highly respected keynote speaker at international conferences.



## Dr Jeremy Lewis

Dr Jeremy Lewis PhD, MSc (Manipulative Physiotherapy) is a Consultant Physiotherapist, Sonographer and Visiting Professor and musculoskeletal shoulder specialist. Dr Lewis was awarded a Fellowship of the Chartered Society of Physiotherapy and has been invited to join the UK's Department of Health, National AHP Clinical Expert Database. The database is a group of the most eminent individuals in their fields who carry a clinical caseload.

Dr Lewis treats patients with complex shoulder problems and also performs ultrasound guided shoulder injections and ultrasound guided hydro-distension procedures for frozen shoulder. This programme has become internationally recognised for innovation, patient satisfaction, significant health economic benefits and clinical outcomes.

Dr Lewis has been involved in clinical, biomechanical and cadaver research investigations of the shoulder. He has Postgraduate Diplomas in Sports Physiotherapy, Biomechanics and Diagnostic Ultrasound and performs diagnostic US scans of the shoulder.

Dr Lewis has presented keynote lectures and taught shoulder workshops internationally in Australia, South Africa, New Zealand, Cayman Islands, The Azores, Scandinavia, USA, Middle East, South America, India, extensively throughout Europe and the UK.

His main areas of research interest are rotator cuff tendinopathy and shoulder pain syndromes. He is currently supervising PhD and MSc students. Dr Lewis is an associate editor for the journal *Shoulder & Elbow*.



## Prof. Birgitta Öberg

Professor Öberg has held the position as Head of Department of Medical and Health Sciences for over 10 years at Linköping University, and since 2001 has been a Professor in Physiotherapy, Faculty of Health Sciences, Linköping University, Sweden. Since 2009, Professor Öberg has been a member of the Board of Swedish Research Council and since 2013, the Chair.

Professor Öberg has been working within clinical research for the past 20 years. The research has been mostly on neck, shoulder and low back problems, including studies on mechanism, classification prognosis and interventions. The aim of the research programme is to further develop knowledge on how factors such as clinical symptoms, patients resources for movement, function, as well as behavioural and personal factors such as attitudes, motivation, and work ability can be included in clinical reasoning, decision-making and development of Evidence Based Practice. Professor Öberg has tutored over 20 doctorate students with different backgrounds.



## Dr Tom Petersen

Dr Petersen was educated as a Physical Therapist in 1982 in Copenhagen, Denmark. After having worked as a clinician for ten years he received his BSc in 1993 and in 2003 his PhD in Physiotherapy from the Faculty of Medicine, University of Lund, Sweden.

He is currently working as senior researcher at Back Center Copenhagen. He has been involved in research on musculoskeletal disorders, mainly within the field of low back pain. He has published widely in international journals, presented a number of papers at scientific congresses, and given lectures at university level.

Dr Petersen's main research interests are clinical diagnostics and efficacy of physical therapy methods for patients with persistent low back pain in primary care.



## Prof. Tamar Pincus

Professor Pincus holds a PhD (University College London), as well as Masters degrees in experimental research methods in psychology (UCL), and epidemiology (Cambridge University). Her research has embraced a variety of methodologies, including experimental, epidemiological and qualitative. The research has included investigation of attention and recall in pain patients; the psychological predictors for poor outcome in low back pain, and the study of clinicians' beliefs and attitudes in low back pain. Recently the focus of her research has moved to investigating the effectiveness of interventions through randomised controlled trials, and throughout, she has collaborated closely with researchers from many disciplines, including doctors, physiotherapists, osteopaths, chiropractors and clinical psychologists, from a multitude of institutions, including Warwick, Keele, QMW, Leeds, Manchester, The British School of Osteopathy, and many others. She also convened the international consensus group to establish what factors and measures should be included in prospective cohorts investigation, and the transition from early to persistent back pain. Most recently her research has focused on delivering effective reassurance to patients in primary care.





## Speakers and Moderators

### **Adri Apeldoorn PhD**

Medisch Centrum Alkmaar, Alkmaar, The Netherlands

### **Helen Clare PhD (USyd), FACP, Dip MDT**

Specialist Musculoskeletal Physiotherapist, Sydney, Australia

### **Alfons de Kort MD**

Sports Physician, The Hague, The Netherlands

### **Annelie Gutke PhD, RPT**

Department of Neuroscience and Physiology/  
Physiotherapy, University of Gothenborg, Sweden

### **Jonathan Hill PhD, PT**

Senior Physiotherapy Lecturer, Arthritis Research UK  
Primary Care Centre, Keele University, Staffordshire,  
United Kingdom

### **Theresa Holmgren PhD, PT**

Department of Physiotherapy, Division of Medical and  
Health Sciences, Linköping University, Sweden

### **Per Hölmich DMSc**

Arthroscopic Center, Copenhagen University Hospital,  
Copenhagen, Denmark

### **Jaro Karppinen MD, PhD**

Professor of Physical & Rehabilitation Medicine  
University of Oulu, Oulu, Finland

### **Charlotte Krog PT, Dip MDT**

Fysisk Form, Copenhagen, Denmark

### **Uffe Brunø Lindstrøm PT, Dip MDT**

Healthcare Director, Falck Healthcare, Denmark

### **Chris Littlewood BHSc (Hons), MSc, Dip MDT, FHEA**

NIHR Research Fellow, School of Health and Related  
Research, University of Sheffield, United Kingdom

### **Greg Lynch PT, Dip Phty, Dip MDT, Dip MT,**

### **MNZCP (Manip Therapy)**

Company Director, InForm Physiotherapy & Wellington  
Sports Medicine, Wellington, New Zealand

### **Sionnadh McLean PhD, PT**

Reader in Physiotherapy, Faculty of Health and Wellbeing,  
Sheffield Hallam University, United Kingdom

### **Ole Meyer Specialist Musculoskeletal**

### **Physiotherapist, Dip MDT, MPK**

Fysioterapeutisk Specialist Team, Århus, Denmark

### **Conor O'Neill MD**

Assistant Adjunct Professor, Department of Orthopedics,  
University of California, San Francisco, USA

### **Richard Rosedale PT, Dip MDT**

Physiotherapist, London Health Sciences Centre,  
London, Ontario, Canada

### **Georg Supp PT, MT, Dip MDT**

PULZ Freiburg, Germany

### **Hans van Helvoirt MA, Dip MDT, Dip MT**

Consultant in Pain Management, Rugpoli Brabant,  
Tilburg, The Netherlands

### **Grant Watson PT, Dip MDT**

Senior Consultant, Golden Bay Physiotherapy,  
Nelson, New Zealand

## Conference Scientific Committee

### **Richard Rosedale (Chairman), PT, Dip MDT**

Physiotherapist, London Health Sciences Centre,  
London, Ontario, Canada

### **Yvonne Lindbäck PT, Dip MDT**

Assistant Lecturer, Research Student, Department of  
Medical and Health Sciences, Division of Physiotherapy,  
Linköping University, Sweden

### **Stephen May FCSP, Dip MDT, MSc, PhD**

Reader in Physiotherapy, Faculty of Health and  
Wellbeing, Sheffield Hallam University, United Kingdom

### **Tom Petersen PT, PhD**

Research Fellow, Back Center, Copenhagen, Denmark

### **Hans van Helvoirt MA, Dip MDT/MT**

Consultant in Pain Management, Rugpoli Brabant,  
Tilburg, The Netherlands

# General Information

## Copenhagen, Denmark

Copenhagen, the capital city of Denmark, is full of history and beauty. Copenhagen has attractions and sights to suit every taste and interest. Three of the most famous attractions in the city are the more than 100-year old amusement park Tivoli Gardens, the statue of The Little Mermaid, and the freetown of Christiania.

But Copenhagen has a lot more to offer. With a history that dates back to 1043 the city is full of historic landmarks, significant buildings and interesting sights and museums. Be sure to visit Amalienborg Palace – home to the royal family – and walk down the shopping street Strøget. Copenhagen awaits you in September 2015!

## Conference Venue and Accommodation

Tivoli Hotel & Congress Center, Arni Magnussons Gade 2, 1577 Copenhagen V, Denmark.

The Tivoli Congress Center, the venue for the conference, is located under the same roof as The Tivoli Hotel.

The Tivoli Hotel is a modern 4 star hotel. Located in downtown Copenhagen, Tivoli Hotel & Congress Center is 15 minutes walk from the world famous Tivoli Gardens. It is easily reached from Copenhagen Central Station and Copenhagen Airport. Close to the motorway, the Tivoli Hotel & Congress Center also offers indoor parking. Guests will have access to free-of-charge WiFi, the Business Centre, the modern fitness centre, the pool, and two restaurants.

Hotel reservations at the Tivoli Hotel at a special conference rate can be made by completing the online [Accommodation Reservation Form](#) or visit: [www.mckenzieinstitute.org](http://www.mckenzieinstitute.org)

Two alternative accommodation options are also available.

## Conference Organisers

Lawrence Dott, Chief Executive Officer, The McKenzie Institute International  
Trish Elise, Executive Assistant to the CEO, The McKenzie Institute International

## Conference Management

International Conference Services (ICS) of Copenhagen, in conjunction with The McKenzie Institute International.

## Official Language

The official language during the conference proceedings will be English.

## Registrations

Online registration is available at the Institute's International website: [www.mckenzieinstitute.org](http://www.mckenzieinstitute.org) or [click here to register online](#).

The registration fee is payable in Euros, via Visa or Mastercard.

Registration Fees	EURO
Early Bird: Up to and including 31 December 2014	580
Mid: From 1 January 2015 / up to and including 31 May 2015	695
Late: From 1 June 2015	830

## Welcoming Reception

The Welcoming Reception will be held on Friday 4 September 2015 at 6.30 pm in the foyer of the Tivoli Congress Center and is included in the registration fee.

## Gala Dinner

The social highlight of the conference will be a formal dinner at Moltke's Palace on Saturday 5 September 2015. The evening will commence with a short trip on the canal from the Tivoli to Nyhavn while enjoying a pre-dinner drink. Following a short walk from Nyhavn to the Palace, you will enjoy the superb cuisine of a three course dinner including wine. Moltke's palace was originally built in 1702. The building has served a myriad of purposes over its time-honoured history, namely as a home for nobles, merchants, a dowager queen, a Danish prime minister and an array of upper class personages. Today, the palace has been lovingly and thoroughly restored.

Registrations for the Gala Dinner are limited to 300. We encourage you to register early! Registrations will be processed strictly in the order they are received. The price per person is EUR135.

Please note: This event is open to persons aged 18 years or over.

## Accompanying Persons' Programme

There will be a variety of activities available for accompanying persons during the conference. For more details on tour options [please click here](#) or visit:

[www.mckenzieinstitute.org](http://www.mckenzieinstitute.org)





**ICS – International Conference Services A/S**

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**"The Bronze Lady"**

**The McKenzie Institute International Extension Award**