



Keynote Addresses

Dr. Clare Ardern's Keynote: Right Care, Right Place, at the Right Time

Dr. Ardern emphasized the importance of listening to people with lived experiences and the global burden of musculoskeletal disorders. Drawing from Joetta Belton's work and the WHO's call for action, she advocated for transparency in science and urged for high-value healthcare that ensures equality and equity. As an avid promotor of "Open Science" to facilitate scientific collaborations and information sharing benefiting both science and society, Dr. Ardern highlighted how value-based care must be evidence-informed, timely, accessible to everyone, and aimed at achieving optimal outcomes. She discussed the significance of community engagement, empathetic listening, and validating the experiences of those in pain.



Peter O'Sullivan's presentation on **Cognitive Functional Therapy (CFT)** was another highlight. CFT is an innovative approach managing musculoskeletal pain that integrates cognitive-behavioural strategies with functional rehabilitation. This evidence-informed model emphasizes the importance of understanding the individual's beliefs, behaviours, and emotional responses related to pain, enabling a more holistic treatment plan. By addressing the cognitive and psychological factors that contribute to pain perception and disability, CFT aims to empower patients, optimize their function, and promote long-term recovery

RESTORE Clinical Trial for Back Pain

RESTORE will be launching their CFT tiered training program soon – click [here](#) to register.



The post-professional future for the physical therapies: A radically new image for our practice

Professor David Nicholls highlighted various challenges facing the field of physiotherapy, including chronic complex comorbidities, public funding cuts, declining trust in authority figures, unmet healthcare needs, and a widening social gradient.

Professor David Nicholls suggested three major forces shaping the future of physiotherapy: late capitalism, unbundling of expertise, and digital disruption. He emphasized the impact of late capitalism on healthcare, the loss of professional monopoly due to unbundling of expertise, and the transformative role of digital technologies like AI and machine learning. Additionally, he outlined four potential responses within healthcare professions: watching and waiting, modern heritage, renaissance, and a hybrid approach. Finally, he advocated for embracing post-professionalism by focusing on core intensities, removing routine tasks, and making physical therapies widely accessible and adaptable for the future.



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