CONTACT US

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Contact Us

Disclaimer
The presentation of an advertisement for a product or service in this or any other document presented at Conference; or the presentation of any product or service at the Conference does not constitute endorsement of that product or service by Physiotherapy New Zealand Incorporated or its Board, staff or contractors.
Welcome to the Physiotherapy New Zealand Conference 2016. As we come together to learn, network and celebrate the very best of our profession here in New Zealand, I also welcome our international delegates and speakers who will help to make this such a memorable event.

I’d like to thank our conference committee, our Special Interest Groups, Tae Ora Tinana and our National Office for their hard work and dedication bringing the conference together. Developing a great programme, like the one we have on offer, requires a lot of thought and effort and we are fortunate to have their support. I’m delighted that there will be such a range of high quality speakers addressing everything from musculoskeletal and women’s health to topics for business owners and those interested in specialisation. It is a great honour to have so many international speakers here, and in particular I would like to thank Emma Stokes, World Confederation for Physical Therapy President, for coming all this way to give her key note address.

I’d also like to thank our Presenting Partner ACC, sponsors and exhibitors. It’s great to have such strong support from across the health sector and your generosity is appreciated.

This conference handbook includes details of the trade displays and all of our sponsors and supporters. I would encourage you to make the most of the next three days, enjoy the programme and our social events.

Nga Mihi

Ian d’Young
President, Physiotherapy New Zealand
VENUE DETAILS

Pullman Hotel Auckland
Corner Princes Street and Waterloo Quadrant
Auckland
09-353 1000
www.pullmanauckland.co.nz

EMERGENCY PROCEDURE
Pullman Hotel has prescribed fire and evacuating policies and procedures in place to minimise damage and injury in the event of a fire or other emergencies. They are equipped with smoke and heat detectors, fire hose reels, fire extinguishers and a fire sprinkler system to prevent, detect and combat fires in the hotel. If the alarm is activated, please evacuate the building immediately and proceed to the assembly point.

Do not enter or attempt to use an elevator during an emergency. If stuck in an elevator do not attempt to force open stalled elevator doors, use the emergency phone to contact communication centre.

Staff and guests are only permitted to re-enter the building when the building warden, in conjunction with senior emergency services personnel on site, gives the ‘all clear’.

Primary assembly point: Directly in front of Pullman Hotel.

Secondary assembly point: Directly opposite Pullman Hotel’s main entrance, on the Auckland University grounds.

In case of an earthquake, Civil Defence NZ recommends that you “Duck, Cover, Hold”. Please remain where you are till the shaking stops then evacuate the building. When using the emergency exits, please ensure to form one line and walk down the stairs using the railings as a guide until you reach the assembly point. Hotel staff will be at strategic points to guide you.
The Scientific Working Group have put together a jam-packed programme for this year’s conference. Each day will start with the plenary sessions in Princes A, B and C rooms on the lobby level of the hotel. The programme then breaks into five streams for the rest of the day. Friday is the only day which will conclude with a plenary session.

In order for the programme to stay on time, please ensure you move quickly between sessions and take your seat at the next session quickly. We also ask that you also fill the seats in the front of the room first.

Morning tea, lunch and afternoon tea will all take place in the exhibition hall on the lower lobby level. Again we ask that you make your way quickly to your next session at the conclusion of each break.

1,900 New Zealand healthcare and social assistance workers were severely injured in 2015.
Reducing the risk of injury to workers in the healthcare sector not only benefits workers, families and businesses, it also reduces the risk of injury to people in their care.

ACC and WorkSafe want to ensure that every person working in New Zealand comes home healthy and safe.

Our ‘Reducing Harm in New Zealand Workplaces Action Plan’ outlines how we’ll work together to reduce injuries in the healthcare sector.

Find out how we can work together to make workplaces and communities healthier and safer for all New Zealanders.

Read our plan at www.acc.co.nz
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<tr>
<th>TIME</th>
<th>SPEAKERS</th>
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<tr>
<td>9:00am</td>
<td>Mihi Whakatau + PNZ President - response (Princes A, B, C)</td>
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<td>9:30am</td>
<td>Opening address, Chai Chuah - Director General of Health (Princes A, B, C)</td>
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<tr>
<td>10:15am</td>
<td>Morning tea - Exhibition Hall, 10.15-10.40am</td>
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<td>Princes A</td>
<td>Nicola Saywell - Telerehabilitation after stroke using readily accessible telecommunication - quantitative trial into ACTIV (Augmented community telerehabilitation intervention).</td>
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<td>11:00am</td>
<td>Princes B</td>
<td>Dr Lance O’Sullivan - Innovation and how to improve Māori access to healthcare.</td>
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<td>11:20am</td>
<td>Princes C</td>
<td>Assoc. Professor Helena Frawley - Does pelvic floor muscle training help sexual function?</td>
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<tr>
<td>12:00</td>
<td>Top of the Town</td>
<td>Professor Dave Baxter - Men’s health: A challenge for Physiotherapy?</td>
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<td>12:00</td>
<td>Lunch - Exhibition Hall, 12.00-1.00pm</td>
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<td>Professor Jeremy Lewis - The conundrum that is the shoulder.</td>
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<td>Princes C</td>
<td>Dr Ben Darlow - Getting moving when you have back pain: how people with back pain make decisions about activity and how physios can help.</td>
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<td>Jacqui Clark - Trait anxiety and sensory profile characteristics in a chronic low back pain population with central sensitization - Pilot study</td>
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**FRIDAY 16 SEPT 2016**

- **Sarah Rhodes** - Physical Activity and obstructive sleep apnoea hypopnoea syndrome: nothing to lose (except weight) and everything to gain
- **Scott Pickering** - CEO ACC  (Princes A, B, C)
- **PNZ AGM** (Princes A, B, C)
- **Friday night Cocktail function** - Exhibition Hall
<table>
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| 8.45am     | Professor Nadine Foster  
Stratified Care: matching patients to the right treatment with musculoskeletal pain (Princes A, B, C) |
| 9.30am     | Professor Grant Schofield  
“Be the best you can be” - human potential and well-being (Princes A, B, C)             |
| 10.15am    | Morning Tea - Exhibition Hall, 10.15-10.40                                                    |

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| 10.40      | Professor Emma Stokes  
Leadership in Physiotherapy                                             | Dr Grant Mawston  
How does lumbar posture influence the way trunk muscles work?      | Adj. Professor Pieter Rossouw  
The neuroscience of ageing – practical strategies to enhance neural activation and reduce the risk of neural degeneration. | 10:30 - 12:30pm  
Assoc. Professor Helena Frawley**  
Implementation of clinical practice guidelines: Is evidence for pelvic floor muscle training for urinary incontinence and pelvic organ prolapse translating into clinical practice? | Lesley Anderson  
Lung infection prevention post-surgery major abdominal with pre-operative physiotherapy (LIPPSMACK POP) trail: a multi-centre randomised controlled trial | Sarah Elliott  
Development of critical care rehabilitation guidelines in clinical practice: a quality improvement project |
| 11.00am    | Dr William Levack  
Contemporary perspectives on goal setting in rehabilitation: evidence, outcomes, and person-centredness | Dr Andy Franklyn-Miller  
Biomechanical Overload Syndrome                               | Dr Sue Lord  
Gait signatures in pathology and ageing: what do they tell us?          | Daniel Seller  
Why is hyperinflation so uncommon in NZ ICUs?                              | Sarah Elliott  
Using EZPAP positive pressure device as a respiratory physiotherapy treatment within a district general hospital |  
|
| 11:20am    | Assoc. Professor Duncan Reid  
The incidence of Nordic skiing injuries and their relationship with functional movement patterns | Professor Lynley Bradnam  
Impairments in Gait, balance and stepping reactions in Cervical Dystonia |  
| 11:40am    | Dr Nada Signal  
The Rehabilitation Innovation Centre: A novel approach to rehabilitation technology development |  
| 12.00pm    | Thomas Bond  
Implementation of the Chelsea Physical Assessment outcome measure into the ICU and impact on physiotherapy assessment |  
| Lunch - Exhibition Hall, 12:20-1:20pm |

* Discussion Forum  
** Embedded Workshop
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<td>1.20pm</td>
<td>Princes A</td>
<td>Michael Warburton Hydrotherapy for the very old</td>
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<td>Princes B</td>
<td>Lynne Taylor Use of active video games to improve mobility in aged care residents: a randomised controlled feasibility trial</td>
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<td>Princes C</td>
<td>Dr Stephanie Woodley A feasibility study to determine the effectiveness of a 'prehabilitation programme' for patients awaiting total hip joint arthroplasty Michael Roberts &quot;Yes you can!&quot; How physios succeed in occupational health</td>
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<td>Gallery 2</td>
<td>Professor Jill Cook Rehabilitation of tendinopathy - differences for upper and lower limb</td>
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<td>Gallery 3</td>
<td>Professor Nadine Foster &amp; Professor Dave Baxter ** Getting started on research.</td>
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<tr>
<td>1.40pm</td>
<td>Top of the Town</td>
<td>Dr Kimberly Haines ** Achieving Recovery Following Critical Illness Across the Care Continuum</td>
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<tr>
<td>2.00pm</td>
<td>Dr David Rice</td>
<td>Sensorimotor changes in people with osteoarthritis of the hand: A case control comparison</td>
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<td>2.20pm</td>
<td>Daniel O'Brien</td>
<td>An exploration of treatment options available to people with hip and/or knee OA in NZ</td>
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<td>Nick Clode</td>
<td>Does physiotherapy 'prehabilitation' before hip and knee replacement surgery improve function and reduce pain?</td>
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<td>2.40pm</td>
<td>Monica Skarin</td>
<td>Orthostatic Intolerance after total hip replacement surgery: Incidence, risk factors and effect on length of stay</td>
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<td>3.00pm</td>
<td>Monica Skarin</td>
<td>Rosalind Parker Does hand arthritis influence motor cortex excitability and motor skill learning?</td>
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<td>3.20pm</td>
<td>Afternoon tea</td>
<td>- Exhibition Hall, 3:20-3:40pm</td>
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<td>3.40pm</td>
<td>Sandra Ferdinand</td>
<td>Patient and occupational therapists' priorities for rehabilitation in an inpatient spinal unit setting: A qualitative study</td>
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<td>Yanto Naude</td>
<td>The effectiveness of real-time biofeedback on spinal posture: A systematic review</td>
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<td>4.00pm</td>
<td>Kathryn Dwyer</td>
<td>Kathryn Dwyer Interactions with community health providers early after discharge from inpatient rehabilitation: the experience of individuals with spinal cord injury Hemakumar Devan Spinal and pelvic kinematics during gait in people with lower limb amputations, with and without low back pain: an exploratory study</td>
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<tr>
<td>4.20pm</td>
<td>Bridget Dickson</td>
<td>The intense trial: putting the patient first by all playing in the same sandpit Dr Mark Laslett Diagnostic accuracy of 'directional preference' determination in relation to confirmed discogenic pain</td>
</tr>
<tr>
<td>4.40pm</td>
<td>Ally Calder</td>
<td>Wives, blokes with stroke, and the ubiquitous stickmen Dr Steve Tumility Neuro-endocrine response following a thoracic/spinal manipulation – a randomised controlled trial</td>
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<td>5.00pm</td>
<td>Dr Elisabeth Preston</td>
<td>Preventing shoulder subluxation after stroke</td>
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<tr>
<td>7.00pm</td>
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<td>Saturday evening social function - Blue Stone room</td>
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| 9.00am    | **Professor Emma Stokes**  
              Global Physiotherapy, an International perspective (Princes A, B, C) |
| 9.45am    | **NZIP Prize-Giving**  
              Professor Leigh Hale & Professor Emma Stokes (Princes A, B, C) |
| 10.00am   | Conference Acknowledgements - Poroporoaki (Princes A, B, C) |
| 10.15am   | **Morning Tea - Exhibition Hall, 10.15-10.40** |

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| 10.40am   | **Dr Andy Franklyn-Miller**  
              3D Biomechanics in Return to Play testing | **Professor Ngaire Kerse**  
              Frailty and dementia; activity for older people with complex problems | **Professor Nadine Foster**  
              The role of physiotherapy led vocational advice services in improving work outcomes for adults with musculoskeletal pain | **Dr Jay Shah**  
              Chronic pain, myofascial trigger points and sensitisation: integrating advancements in the pain sciences with evaluation and dry needling strategies | **Dr Kimberley Haines**  
              Translating Research into Practice: Closing the gap | **Professor Rose Marie Rine**  
              Vestibular rehabilitation for children and adults with vestibular system impairment |
| 11.00am   | **ACC**  
              Concussion in Sport. Your role. | **Julia Ann Newsom**  
              Moving and Handling in Aged Care and Community. The physiotherapists role in this expanding area | **Amanda Hensman Crook**  
              A new role in primary care: A musculoskeletal practitioner | **PNZ Professional Development Committee**  
              Workstream updates |                                                                            |                                                                            |
| 11.20 am  | **Dr Steve Tumilty**  
              More or less? Treatment of Achilles tendinopathy | **Verna Stavric**  
              What are the outcomes and views of people with mobility limitations after participating in a circuit class? | **Leena Naik**  
              New Horizons for future physiotherapy roles: Orthopaedic Triage Physiotherapists | **Assoc. Professor Peter Larmer**  
              Formal complaints against physiotherapists in NZ 2012-2015 |                                                                            |                                                                            |
| 12:00pm   | **Nico Magni**  
              Blood flow restriction training for diuse: a systematic review and meta-analysis | **Gillian Davy**  
              A high intensity interval training program driving change for people with multiple sclerosis | **Professor Peter O’Sullivan**  
              Management of disabling back pain disorders. | **Dr Panos Barlas**  
              Acupuncture for back and pelvic girdle pain in pregnancy | **Janice Mueller**  
              Physiotherapy Regulation in Aotearoa - end to end and all the bits in between | **Erine Lunn**  
              Paediatric physiotherapy bronchiectasis service: Improved care for children |
| 12:20pm   | **Lunch - Exhibition Hall, 12:20-1:20pm** |                                                                            |                                                                            |                                                                            |                                                                            |                                                                            |
| 1.20pm    | **Mandeep Kaur**  
              Movement patterns of the knee during gait following ACL reconstruction: a systematic review and meta-analysis | **Dr Lynne Clay**  
              Can yoga be of benefit to my patients with neurological conditions? A systematic review and meta-analysis | **Sean Sadler**  
              A systematic review and meta-analysis of prospective cohort studies investigating musculoskeletal risk factors for the development of low back pain | **Dr Panos Barlas**  
              Acupuncture for back and pelvic girdle pain in pregnancy | **Janice Mueller**  
              Physiotherapy Regulation in Aotearoa - end to end and all the bits in between | **Erine Lunn**  
              Paediatric physiotherapy bronchiectasis service: Improved care for children |
| 1.40pm    | **Arlene von Aesch**  
              Physiotherapists’ experiences of the management of ACL injuries | **Alex Bevis**  
              Participants experiences of a mixed ability yoga series | **Sean Sadler**  
              A systematic review and meta-analysis of prospective cohort studies investigating musculoskeletal risk factors for the development of low back pain | **Harpreet Kaur**  
              Effect of Acu TENS on serum alkaline phosphatase |                                                                            |                                                                            |
| 2.00pm    | **Sarah Scott**  
              “Not always a straight path”: patients’ perspectives following ACL rupture and reconstruction | **Mark Latimer**  
              An audit of clinical outcomes in patients with Temporomandibular joint disorder treated using the Latimer technique | **Dr Justin Heke**  
              Physical activity and its application for Māori health | **PANEL DISCUSSION**  
              Jeremy Lewis/ Peter O’Sullivan / Ben Darlow / NZ physiotherapy specialists | **The pathway to physiotherapy specialist** |                                                                            |
| 2.20pm    | **Sharon Kearney**  
              ACL injury prevention in netball: New Initiative | **Dr Panos Barlas**  
              Acupuncture for back and pelvic girdle pain in pregnancy | **Sean Sadler**  
              A systematic review and meta-analysis of prospective cohort studies investigating musculoskeletal risk factors for the development of low back pain |                                                                            |                                                                            |                                                                            |
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SOCIAL EVENTS

FRIDAY COCKTAIL FUNCTION

Join us on Friday evening for the cocktail function proudly sponsored by PhysioScholar. The function will run from 5pm till 7pm, in the exhibition hall, lower lobby level. This event provides you with a great opportunity to visit the conference sponsors. There will be complimentary drinks and nibbles at this event. You will not be issued a physical ticket, your name badge lanyards will get you into this event.

Proudly sponsored by PhysioScholar

SATURDAY SOCIAL FUNCTION

The Bluestone Room, 9-11 Durham Lane, Auckland, 7pm - 11pm

The Saturday night social function is being held at The Bluestone Room, in the heart of the Auckland CBD and a short walk from the Pullman Hotel. It is a great opportunity to catch up with friends and colleagues. Your ticket includes two drinks (a drink on arrival and one from the bar) and food for the evening. Further drinks will be available to purchase throughout the night.

Please note that you must have your social function ticket on you when you arrive. If you have registered for the social function, your ticket will have been attached to your lanyard upon collection from the registration desk.

There are still some tickets available, please see the registration desk if you would like to purchase a ticket.
DIRECTIONS TO EVENT VENUE

[Map showing directions to the event venue]

ACC SportSmart

BUMP FISTS NOT HEADS

Wear a helmet and protect the good times.
SPECIAL INTEREST GROUPS ANNUAL GENERAL MEETINGS

CARDIOTHORACIC
Saturday 17 September
12:20–1:20pm
Gallery 1 - Lower lobby level

NEUROLOGY
Sunday 18 September
12:20–1:20pm
Top of Town - 14 Floor

NEW ZEALAND MANIPULATIVE PHYSIOTHERAPISTS ASSOCIATION (NZMPA)
Friday 16 September
7:45–8:45am
Top of Town - 14 Floor
Please note, breakfast included.

OCCUPATIONAL HEALTH
Saturday 17 September
7:45–8:45am
Top of Town - 14 Floor
Please note, breakfast included.

OLDER ADULT
Saturday 17 September
12:20–1:20pm
Top of Town - 14 Floor

NEW ZEALAND ASSOCIATION OF HAND THERAPISTS (NZAHT)
Saturday 17 September
5–7pm
Connectivity Lounge - Lobby Level
GENERAL INFORMATION

MOBILE PHONES

Please be considerate to presenters and other attendees by keeping phones and devices off, or switched to silent mode, during all presentations.

PARKING

There are a few available options for parking during the conference, all is subject to availability. Pullman Hotel provides valet parking for $40, and there is also competitive overnight parking rates available at the public car park situated below the hotel. Information about car parking in the area can be found by visiting Parkopedia: www.parkopedia.co.nz/parking/auckland

NAME BADGE LANYARDS

For both security reasons, and to ensure admission into all conference sessions, catering breaks and the Friday social function, please wear your name badge lanyards at all times.

REGISTRATION DESK

The registration desk is your first point of contact for any questions or issues you may have over the conference. The registration desk will be open the following hours:

- **Thursday 15 September**: 12pm–5pm
- **Friday 16 September**: 7:30am–5pm
- **Saturday 17 September**: 7:30am–5pm
- **Sunday 18 September**: 7:30am–1pm

Alternatively keep an eye out for the conference team, who will be wearing green shirts. They will be available to assist you over the conference.
GENERAL INFORMATION CONTINUED

REFRESHMENTS

Morning tea, lunch and afternoon tea will be held in the exhibition hall at the times scheduled in the conference programme. A buffet lunch will be available each day. Vegetarian and Gluten-free options will be available.

Proudly sponsored by AON

SMOKING POLICY

Pullman Hotel is 100% smoke free. There is a designated smoking area outside of the building.

TAXIS AND SHUTTLES

Green Cabs Ltd: 0508 447 336
Corporate Cabs: 09 377 0773
Auckland Taxi Co-op: 09 300 3000
Super Shuttle: 0800 SHUTTLE or 09 522 5100

WIFI

The WiFi dedicated to the conference (but accessible anywhere in the hotel) will be locked with the following password: PHYSIO2016 (note: the password is not case sensitive).
LOBBY LEVEL – CONFERENCE SESSION ROOMS AND REGISTRATION DESK
LOWER LOBBY LEVEL – CONFERENCE SESSION ROOMS AND EXHIBITION HALL
SPONSORS & EXHIBITORS
The conference wouldn’t be the same without the support from our presenting partner, sponsors and exhibitors. We encourage you to take time over the three days to visit all our stands in the exhibition.

PASSPORT COMPETITION

Enter the Exhibitor Passport competition for an opportunity to win an Apple Watch. To enter, simply collect passport stamps by visiting at least 15 exhibitors during the conference. You’ll find your passport competition card in your conference bag. Once you have collected your 15 stamps, complete your name and contact number and place it in the competition box located at the conference registration desk.

The DAA Group offers three streams of certification/accreditation:

- DAA Group Certification Audit
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For accreditation and certification services, we are able to prepare a no-obligation proposal specific to your organisation. Contact us today to discuss your requirements.
Help Shape Your ACC Levies

Every New Zealander is affected by levies and every two years you have an opportunity to have your say during levy consultation.

Go online to www.shapeyouracc.co.nz and let us know what you think.

Your feedback is extremely valuable to us. It helps us to confirm our thinking on some of the proposals as well as challenge our thinking on others.

All feedback will be considered when we prepare our final recommendations to the Minister for ACC.

Levy consultation opens 21 September 2016 and closes 19 October 2016.
## EXHIBITION DIRECTORY

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**CONTACT**

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**CONTACT**

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Tui Balms products are altogether natural and made in the South Island of New Zealand since 1984. We are a not-for-profit workers’ co-operative and donate all profits to registered charities annually.

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**UNIVERSITY OF OTAGO**

The University of Otago, School of Physiotherapy was established in 1913, making it one of the oldest physiotherapy schools in the world. We provide excellence in teaching, research, and clinical practice.

The Otago Bachelor of Physiotherapy (BPhy) is a prestigious four-year programme. Our BPhy is continually refined and improved, to keep in step with modern physiotherapy practice and the latest research.

Postgraduate physiotherapy programmes are designed to provide graduates with the necessary skill, knowledge, and expertise to meet current challenges. Physiotherapy is a dynamic and continually evolving health discipline and the demand for effective interventions requires clinicians to have high levels of competence supported by strong research evidence. The School offers the following postgraduate options: Certificates, Diplomas, Clinical Masters, Masters by Research, and PhDs.

Research and knowledge transfer are integral parts of the School’s activities. Our postgraduate and research programmes are managed through our dedicated Centre for Health, Activity, and Rehabilitation Research (CHARR). CHARR has a strong network of research partners, ranging from community groups to commercial partners and to national and international researchers. We look forward to chatting with conference attendees about options for future study, and about our latest research. We would also encourage our Alumni to come and catch up with us at our stand.

**ACTIVE+**

Active+ is a multi-disciplinary company delivering services across the North Island. Our team includes physiotherapists, psychologists, occupational therapists, medical specialists and more. We have a growing franchise network of 21 clinics from Kaikōhe to Palmerston North that deliver physiotherapy and multi-disciplinary rehabilitation services.

We are always seeking to recruit qualified physiotherapists to join our team. If you are interested in a current vacancy or are interested in working for us in the future, please send an updated CV through to our HR Manager marc.burns@activeplus.co.nz

Visit our website for further information on Active+ www.activeplus.co.nz or our careers page for regularly updated current vacancies www.activeplus.co.nz/careers/
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PHITEN PERFORMANCE

Phiten Performance is an importer and distributor of Phiten products from Japan. All Phiten products have a unique Aquametal technology that, research shows, enhances neural transmission through the body, resulting in improved physiological function. Phiten products can help the work of physiotherapists in the areas of pain management, injury recovery, joint mobility and improved muscle/tendon function.
Oov NZ imports two superior health products into New Zealand. The Oov is a training device that works through the limbic system to improve core stability, joint mobility, efficiency of movement and balance without the brain having to consciously engage with the exercises. It uses proprioceptive feedback and an unstable base of support to assess and correct movement patterns.

Until recently the Oov has been used in New Zealand mostly on the supine plane, but recent training and research has demonstrated how effective it is when used in other ways also. Even if you have seen the Oov before, do visit us and experience some different planes and slings. This device can be used in clinical settings to assess and improve movement one on one for the scapula, pelvis, spine, hip and much more. It is also a great asset to Pilates and other rehabilitative exercise programmes, activating the core and repositioning the body without creating the need for bracing.

Spidertech Therapeutic Tape is the World’s Number 1 Pre-cut Kinesiology Tape. Spidertech pre-cut designs and application system are the simplest and most effective way to treat muscular aches and strains. The use of pre-cut Spiders avoids unnecessary overlapping and provides a standardised application that you can use in the clinic or on the sports field and yet confidently send home with your client to apply themselves. Spidertech also comes in rolls and a Gentle range for sensitive or thin skin.

TBI HEALTH

Like all great kiwi companies, TBI Health was founded on a simple idea. When you get injured you want to know you are getting the right advice, the best treatment and that everyone is working together to help get it sorted. Our simple idea was to create a company with a huge team of health professionals whose sole purpose was to work together with clients to ensure they get the help needed, when they need it.

The link between our health and happiness can’t be ignored. All our niggles and injuries are unique, but sometimes the path to recovery can be just as stressful as the problem. This is what TBI Health has set out to solve.

Our vision is to lead the way in the delivery of rehabilitation in New Zealand. Our goal is to develop and provide a unique and innovative service that ensures that every one of our clients gets the best advice, treatment and customer service from the right person, at the right time and at the right place.
The Physiotherapy Board is the responsible authority for physiotherapists, established under the Health Practitioners Competence Assurance Act 2003 (HPCA Act). We set professional standards and monitor competence, continuing professional development and proper conduct of physiotherapists in the interests of public health and safety.

Beattie Matheson Ltd. introduces Dr Cool, an innovative ice and compression wrap to the New Zealand market. Beattie Matheson is a long standing importer and distributor of premium-branded products which are mostly directed at active pursuits. These brands include Thorlos, LOWA outdoor boots, Shock Absorber sports bras and JanSport backpacks. Their brands are regarded typically as ‘best in class’, are differentiated and mostly have been scientifically proven to deliver real benefits to active consumers.

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Cardea Nutrition provides sports nutrition and general nutrition advice for active people of all ages and abilities. We work with college athletes, weekend warriors, Olympians and those who simply want to keep fit and healthy.

In a world where every week there is a new fad diet, a new nutrition ‘expert,’ or a new list of ‘good’ or ‘bad’ foods, it can be hard to know who to believe. Cardea’s registered dietitians provide evidence-based nutrition advice to allow people to lead healthy lives and perform at their best.

Our services:

We provide Skype-based one-on-one nutrition consultations and personalised meal plans. Previously the preserve of elite athletes, our service allows people to speak with their choice of NZ’s top sports dietitians from the comfort of their own home. We offer convenient hours, including times before and after work and on weekends.

Our philosophy:

- We strongly believe that sports nutrition advice should be based on the latest scientific research to give athletes the best chance to perform at their best and stay healthy.
- We focus on ensuring athletes have balanced meals that include all food groups to fuel themselves for training and competition.
- Food should be enjoyed by everyone - including athletes! Whether it’s a pre-workout snack, or a post-race meal, our dietitians make practical suggestions that are tailored to individual taste preferences.

Check out our website www.cardeanutrition.co.nz for more information and like our Facebook page for weekly blogs on topical sports nutrition issues. We look forward to meeting you at the conference.

EBOS SPORT

EBOS SPORT is part of EBOS Group, Australasia's largest diversified marketer, wholesaler and distributor of healthcare, medical and pharmaceutical products. Endeavour Consumer Health continually strives to find product solutions that will help its customers prosper and improve the quality of life for all New Zealanders.
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Formthotics are prefabricated, customisable orthotics, designed and manufactured for over 35 years in New Zealand by Foot Science International. Used by millions throughout the world to relieve foot, leg, hip and lower back pain, Formthotics provide the ultimate comfort and support in their day to day lives.

CONTACT
footscienceinternational.com

RESTORE PHYSIOTHERAPY

Restore Physiotherapy specialises in pelvic health for men, women and children. Sharon Wilson draws on 12 years of experience and a Master’s Degree in Clinical Physiotherapy to provide individualised consultancy and care. Through ongoing education and keeping up with research, Sharon has refined and personalised her practice, recently diversifying to include an online store offering a wide range of pelvic health products which are reinforced with excellent advice and support.

Sharon recognises that pelvic floor related dysfunction can be associated with other musculoskeletal conditions and may limit the effectiveness of rehabilitation. Patients experiencing incontinence or prolapse have been shown to limit exercise which may affect your ability to manage your patients. Thus, it is essential for physiotherapists to acknowledge the role of the pelvic floor as part of a holistic approach. Restore Physiotherapy offers Skype consultations for patients and physiotherapists.

Sharon is very approachable, so please take the time to chat to her at her exhibition stand. Her products are both educational and self-help based. As a physiotherapist you can help you and/or your patients understand pelvic issues, manage symptoms and enhance treatment.

PNZ Conference sale now on: Order at the conference to receive discounts on all products. All books, CD’s, DVD’s and a range of other state of the art products are available to take home to avoid postage costs (limited stock available). Please ask about bulk discounts.
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