

Program: Saturday 22nd July

From 8.00	Registration, tea & coffee	Level 2 Foyer (Building 49)
Session 1: Welcome & summary of iPFRR17		
8.30-8.45	Welcome address. Summary of new research findings and key outcomes of consensus discussions from the 5th International Patellofemoral Pain Research Retreat (18-20th July 2017)	GHD Auditorium (49-200) Christian Barton Natalie Collins Bill Vicenzino
Session 2: Assessing & managing runners with PFP		
8.45-9.30	Treating PFP: Movement matters!	GHD Auditorium (49-200) Irene Davis
9.30-9.45	Patellofemoral joint kinetics during running	Jason Bonacci
9.45-10.00	What about education on training loads? Results from a randomized clinical trial	Jean-Francois Esculier
10.00-10.15	Discussion & questions	
10.15-10.45	Break (morning tea)	Level 2 Foyer (Building 49)
Session 3: Optimising exercise prescription for PFP		
10.45-11.30	Hip and knee strengthening for patellofemoral pain: Biomechanical considerations	GHD Auditorium (49-200) Chris Powers
11.30-11.45	How much exercise is enough, and what is optimal?	Michael Rathleff
11.45-12.00	How can we get patients with PFP to adhere to our exercise prescription?	Henrik Riel
12.00-12.15	Hip exercises or foot orthoses for PFP?	Mark Matthews
12.15-12.30	Discussion & questions	
12.30-1.30	Lunch	Level 2 Foyer (Building 49)
Session 4: Concurrent workshops		
1.30-3.45	<i>Three workshops run concurrently in three rooms. Registrants rotate through all three workshops. 40 mins per workshop, 5 mins change over</i>	
	1. Running retraining (level 3, room 312)	Irene Davis Jason Bonacci Jean-Francois Esculier Christian Barton
	2. Exercise prescription (level 4, room 405)	Michael Rathleff Henrik Riel Chris Powers
	3. Foot orthoses prescription (level 1, room 129)	Bill Vicenzino Natalie Collins Mark Matthews
3.45-4.15	Break (afternoon tea)	Level 2 Foyer (Building 49)
Session 5: Panel discussion		
4.15-5.00	Managing runners with PFP: education, exercise, running retraining... what matters?	GHD Auditorium (49-200) Irene Davis Jason Bonacci Jean-Francois Esculier Moderator: Christian Barton
5.00	Close	