



**6<sup>th</sup> International Patellofemoral Research Retreat  
& Clinical Symposium**  
Milwaukee, WI, USA  
October 4, 2019

7:00-8:00	Registration, tea & coffee	
<i>Session 1: Welcome &amp; Summary of iPFRR19</i>		
8:00-8:05	Welcome & Introductions	Chris Powers
8:05-9:05	Summary of new research findings and key outcomes of consensus discussions from the 6th International Patellofemoral Pain Research Retreat (Retraining, Pain/Psychological Factors, Reporting Guidelines)	Natalie Collins Marienke van Middelkoop Irene Davis
<i>Session 2: Biomechanical influences on the PF joint</i>		
9:05-9:25	Distal influences	Irene Davis
9:25-9:45	Local influences	Erin Macri
9:45-10:05	Proximal influences	David Bazett-Jones
10:05-10:20	<i>Panel Discussion &amp; questions</i>	
10:20-10:40	Morning Break	
<i>Session 3: Evaluation</i>		
10:40-11:10	Evaluation of the patient with PFP: What is important? What is not important?	Lori Bolgla
11:10-11:40	Evaluation of the runner with PFP	Irene Davis
11:40-12:10	Pain & Psychosocial aspects of PFP	Monna Arvinen-Barrow
12:10-12:30	<i>Panel Discussion &amp; questions</i>	
12:30-1:30	Lunch	
<i>Session 4: Treatment</i>		
1:30-1:55	Hip & Knee strengthening for PFP: Current evidence	Lori Bolgla
1:55-2:20	Hip and knee strengthening for PFP: Biomechanical considerations	Chris Powers
2:20-2:45	Foot orthoses for PFP: Current evidence	Natalie Collins
2:45-3:05	Management of recalcitrant patellofemoral pain	Jenny McConnell
3:05-3:30	<i>Panel Discussion &amp; questions</i>	
3:30-3:50	Afternoon Break	
<i>Session 5: Panel discussion</i>		
3:50-4:50	What is most important in managing patients with Patellofemoral Pain? What is most important from the patient perspective? Viewpoints from clinical experts	<u>Panelists</u> Jenny McConnell Chris Powers Sinead Holden
4:50-5:00	<i>Closing</i>	