

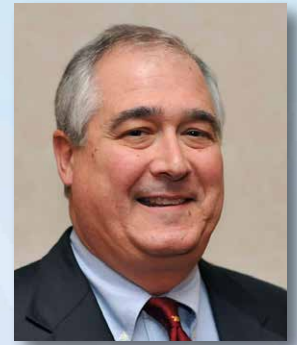
## Conference Chairman

### F. Todd Wetzel, MD

Dr Wetzel obtained his M.D. from the University of Pennsylvania and completed a residency in Orthopaedic Surgery at Yale. He was a spine fellow of the late Dr. Henry LaRocca in New Orleans.

Dr Wetzel established the adult spine programme at Pennsylvania State University School of Medicine before moving to the University of Chicago. Aside from establishing the University of Chicago Spine Center, Dr Wetzel was the Chair of Surgery at UCH-Wiess, Vice Chair of the Department of Surgery at the University, and head of the Quality Resource Program. In 2004, Dr Wetzel moved to Temple University where he is currently Professor and Vice Chair of the Department of Orthopaedic and Sports Medicine, and Professor of Neurosurgery.

Aside from a practice in spinal surgery, Dr Wetzel is the author of over 200 peer reviewed papers, abstracts, and textbook chapters. He remains active in basic science, having just described a new intracostal ligament, with his colleagues in the Department of Anatomy and Cell Biology. He is also active in the North American Spine Society where he serves on the Executive Committee (Secretary) and Board of Directors. He is also on the Board of Trustees of the McKenzie Institute International.



## 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.



## Prof. Henning Langberg

Henning Langberg is a full Professor in Rehabilitation and E-health at the University of Copenhagen. Professor Langberg holds a PhD and a DMSc in sports medicine. His former research was focused on human tendons adaptation to loading, covering areas from basic science on fibroblasts and growth factor expression to clinical aspects of rehabilitation of tendinopathies and whole body physiology.



In 2012 Professor Langberg was announced a full Professor at the University of Copenhagen and has since, with great success, founded a strong research group – CopenRehab. This now consists of more than 15 PhD students and Post-docs within the area of motivation and new technologies (sensors and mobile devices) to monitor and promote physical activity in the treatment of chronic lifestyle related diseases.

Professor Langberg has a close collaboration with the Municipality of Copenhagen, forming the population lab, Copenhagen Living Lab, allowing for large-scale research studies. Presently CopenRehab have several ongoing RCTs.

He has published more than 140 peer-reviewed research publications on Pubmed 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.

## 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. Wilco Peul

Professor Peul has been a board certified neurosurgeon since 1998. He was trained in The Hague and is Professor and Chair of Neurosurgery at the Medical Center Haaglanden, The Hague and the Leiden University Medical Center (LUMC). As a general neurosurgeon with expertise in skull base surgery, he changed his interests from intracranial to complex spinal surgical procedures with a focus on the craniocervical area. Since 2004, he has been a full time spinal neurosurgeon in The Hague and Chairman of the Spine Center.



As a resident, Professor Peul was impressed by his godfather in clinical research, Professor Reinder Braakman. He refused a PhD programme in the laboratory and early in his career gave notice that he was interested in clinical research. In 2004, he was awarded a Master of Science degree in epidemiology from the EMGO Institute, with Lex Bouter as his supervisor. This was followed in 2008 by a PhD 'cum laude' in epidemiology.

Professor Peul is Director of the Spine Intervention Prognostic Study Group at Leiden University Medical Center, which evaluates surgical and conservative treatment of spinal disorders. His first randomized controlled trial evaluating the timing of disc surgery has just been successfully finished and published in The New England Journal of Medicine. Besides this trial, five other (inter)national randomized multicenter trials with different spine topics are currently being led by the Study Group. Professor Peul is also personally involved in other randomized trials being carried out in Rotterdam and Nijmegen.

Along with his teaching activities at the Medical University, which include training neurosurgical residents and spine fellows in The Hague and Leiden, Professor Peul teaches physiotherapists and is an international trainer for spine surgery for the European Association of Neurological Surgeons. As the Chairman of the Dutch Spine Society since 2003, he guides a group of orthopaedic and neurosurgical spine surgeons who now work closely together.

Professor Peul has also been involved in a systematic review of conservative treatments for sciatica, is starting a review comparing surgical techniques and has been active on a variety of guideline development groups in The Netherlands. He has been a member of the Cochrane Back Review Group Editorial Board since 2007.

## 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.



## 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.

## 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 Gothenburg, 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

### **Uffe 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

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

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

### **Sionadh 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

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

PULZ Freiburg, Germany

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

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

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

Senior Consultant, Golden Bay Physiotherapy,  
Nelson, New Zealand

### **F. Todd Wetzel MD**

Professor and Vice Chair, Department of Orthopedic  
Surgery and Sports Medicine, Professor of  
Neurosurgery, Temple University School of Medicine,  
Philadelphia, USA

## 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, Ruggoli Brabant,  
Tilburg, The Netherlands