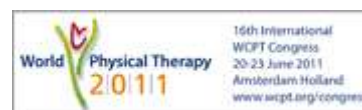


# WPT2011 Satellite Programme



## Move It! Evidence Based Evaluation And Treatment For Back And Knee Pain In Older Persons

Time	Topic	Speaker
8.30 – 9.00	Registration	
9.00 -10:30	<ul style="list-style-type: none"> <li>• Introduction- The magnitude of Back and Knee Pain in Older Persons Around the World and the Importance of Moving it!</li> <li>• Evidence Based Background on Back Pain in Older Persons- Why do they hurt?</li> <li>• Evidence Based Impairment Measures and Functional Tools- Only measure what you need to measure.                             <ul style="list-style-type: none"> <li>○ From Inclinometers to Dynamometers- What is important to measure and what is not-based on evidence</li> <li>○ Oswestry to the Back Performance Scale- What does the evidence say about the best tools to use.</li> </ul> </li> </ul>	Carole Lewis
<b>Break</b>		
11:00-13:00	Evidence Based Treatment- From manual therapy techniques that have been shown to be efficacious to exercises that can be done in the hospital to the community.	Carole Lewis
<b>Working Lunch—Promoting Active Aging in Older Adults Around the World IPTOP (Bhanu Ramaswamy, Jennifer Bottomley and J.S.M. Hobbelen)</b>		
14:00-15:15	<ul style="list-style-type: none"> <li>• Evidence Based Background on Knee Pain in Older Persons- Why can't they function pain free?</li> <li>• Evidence Based Impairment Measures and Functional Tools- Only measure what you need to measure.                             <ul style="list-style-type: none"> <li>○ From Goniometers to Dynamometers- What is important to measure and what is not-based on evidence</li> <li>○ Lower Extremity Functional Scale to the Knee Outcome Survey- What does the evidence say about the best tools to use.</li> </ul> </li> </ul>	Carole Lewis
<b>Break</b>		
15:30-17:00	Evidence Based Treatment- from manual therapy techniques that have been shown to be efficacious to exercises that can be done in the hospital to the community.	Carole Lewis
17:00-17:15	Conclusion: How to stay vital as an EBM Practitioner with Older Persons- We need to move it!	Carole Lewis
17:15	Closing remarks from IPTOP	(Bhanu Ramaswamy, Jennifer Bottomley and J.S.M. Hobbelen)
17.30	Close	