

## WPT2011 Satellite Programme



### Physical Activity For Clinical Populations: Measurement And Interventions.

Time	Topic	Speaker
9.00 – 9.30	Registration and refreshments	
9.30 – 9.40	Welcome to the workshop	
9.40 – 10.40	Devices to motivate and measure PA: a primer	Mark Tully
10.40 – 11.00	How active are people with musculoskeletal pain?	David Baxter and Suzanne McDonough
11.00 – 11.20	Sleep patterns in people with low back pain	Dierdre Hurley
11.20 – 11.45	Break	
11.45 – 12.15	Using pedometers in low back pain	Suzanne McDonough and Dierdre Hurley
12.15 – 12.30	Practical Session 1: Shown the basics of using a pedometer and a record sheet	Whole team
12.30 – 14.00	Break	
14.00 – 14.30	How active are people with respiratory disease	Judy Bradley and Brenda O'Neill
14.30 – 15.30	Practical session 2: Setting step goals in a weekly programme	
15.30 – 16.30	Walking programmes in people with respiratory and cardiovascular disease	Judy Bradley/Brenda O'Neill and Mark Tully
16.30 – 17.00	Summary on monitors and evidence for walking for rehabilitation	Suzanne McDonough
17.00 – 17.30	Questions (to Panel) and close	