

Proceedings of

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Exhibitor



Conference Series

One Commerce Center-1201 | Kemp House, 152 City Road
Orange St. #600, Wilmington, Zip 19899, Delaware, USA | London EC1V 2NX, UK

Toll Free: Japan: 81-345780247 | Singapore: +65 8008526126 | USA/Canada: 1-800-216-6499 | UK: 0-800-098-8455

General Number: 1-650-889-4686

Email: physicians@healthconferences.org | physiotherapycongress@healthcareseries.org



conferenceseries.com



conferenceseries.com
1064th Conference

World Physiotherapists & Physicians Summit

July 24-26, 2017 Melbourne, Australia

Keynote Forum (Day 1)



WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Deborah Hilton

Deborah Hilton Statistics Online, Australia

A summary of the research evidence that reports on the benefits of exercise and physical activity programs mostly from a population health perspective including details from the ABS on physical activity participation rates

Physical activity (PA) is important for general health and wellbeing. Inadequate exercise is a risk factor for a number of health conditions, while engaging in PA is beneficial for various medical conditions. Hilton and colleagues' publication in 2002, analyzed data retrospectively from the general-practice based Australian diabetes screening study. Prevalence estimates for undiagnosed diabetes using the American (ADA), Australian (ADS) and WHO criteria were 9.4%, 16.0%, and 18.1% respectively. A publication by Koye et al. [2017] that analyzed data from the Australian diabetes, obesity and lifestyle [AusDiab] study reported that in older Australians, diabetes more than doubled the odds of reporting disability at 12 years with body mass index and cardiometabolic factors accounting for much of the relationship. Hence interventions that target weight control may prevent disability and promote health as people age. A systematic review on the PEDro website by Richardson et al. that reviewed pedometer based walking programs and weight loss found that these programs result in a modest amount of weight loss with longer programs being more effective. Hilton assessed knowledge, usage and acceptability of fitness trackers in 2016 when she conducted a survey. Eight different trackers, pedometers, apps or websites were included and 100 surveys were sent out with seventy returned. The Fitbit was the most known about and utilized fitness tracker. Systematic reviews on the PEDro website report that PA and exercise are beneficial for low back pain prevention for improving pain and functional status in people with knee or hip osteoarthritis and for chronic pain in adults. This presentation will also highlight Australian Health Survey findings reporting that approximately one in four children, less than one in ten teenagers, and only one in five adults reach the required number of steps/day.

Biography

Deborah Hilton has qualifications of BPhy and a MPH. Her dissertation was the analysis of the Australian Diabetes Screening Study, and this was published in the Medical Journal of Australia.

deborah.hilton@gmail.com

Notes:

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Gunnel Berry

Association of Reflexologists, UK

Whiplash injury: Science and clinical practice, can we bridge the gap?

A whiplash injury commonly occurs at a high or low velocity motor-vehicle accident with an un-expectant occupant subjected to acceleration and deceleration G-forces with physiological, neuroplastic and pathological consequences. Victims of whiplash injury complain of multisite and variable pain during or after an accident. Although the cervical spine is most commonly affected thoracic and lumbar spines should be included as sources of pain. Biopsychosocial therapy has been found to reduce central nervous system hyperexcitability in chronic pain patients. Extensive investigations to understand pain has been carried out. Attempt to apply modern neuroscience in clinical practice and Worsfold offers interventions to rehabilitate whiplash injury patients. Founded on the principle of counter-irritability of neuroplastic activity adapted reflex therapy has been found to alter subjective and objective whiplash symptoms. This presentation introduces a hypothesis supporting a practical application which may offer clinical value in treatment of whiplash injury patients.

Biography

Gunnel Berry is a Member of the Chartered Society of Physiotherapy in the UK and has completed her Master's degree in Advanced Physiotherapy from the UCL London. She has then qualified as a Reflexologist. As a Clinical Specialist in pain, she developed adapted reflex therapy as a concept and treatment for patients in pain. Although retired from clinical practice, she maintains a role as an Educational Officer of the Association of Chartered Physiotherapists in Reflex Therapy and has recently published a book, "Adapted Reflextherapy: An Approach to Pain".

gunnel.berry1@gmail.com

Notes:

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Romina Ghassemi D C

Romina Ghassemi D.C. BAX-U.com, USA

Doctors' work for patients, patients work for economy: How your presence changes the 83.1 million working patients' health

We are currently living in an era of change, at a speed that challenges adaptation. The devastating side-effects of technology has impacted the health of patients and industries hiring the work force generation. Today care is provided for 4 generations, (Baby Boomers, Generation X, Gen Y i.e., Millennials and Gen Z). Their health can impact economic health of a company and a country. Millennials (18-34 year olds) constituted 1/3 of the United States population. The US Census Bureau says there are currently 83.1 million people between the ages 18-34, of which 90% use social media to connect, work, and live their lives. Logging over least 9 hours of screen time every day sets the foundation of RSI (Repetitive Stress Injuries) and effects on MSD (Muscular Skeletal Disorders) such as neck pain, headaches, upper back pain and shoulder pain. This generation is your most valued market. Millennials have certain distinct characteristics that need to be understood to have a care with optimal compliance and results. Learning objectives of this presentation are: How to simplify vast knowledge, posture problems, objectively document change, identify the cause with patient understanding, protocol care for change, and make a dent in economic health of the patient and a global effect on upper cross conditions in ergonomic and economic market of your area.

Biography

Romina Ghassemi D C has received her Doctorate degree from University of Applied Health and Sciences in 1995. In 2000, she has obtained her Specialty in Biomechanics and Spinal Correction program. She is helping over 100s of patients to achieve spinal correction. She owns her private practice and her team are advocates for better posture and health. Currently she is an active speaker on posture awareness and has created line of home care products to help her patients have better posture. She is an active speaker for Cardinus Group, Port of Los Angeles, Dynamic Safety group. She has been an inventor and holds provisional patents at US patent office. In 2014, she has received Innovative Award from Medical Trade and Home Health Care for Product of the Year.

Drg@BAX-U.com

Notes:



conferenceseries.com



conferenceseries.com
1064th Conference

World Physiotherapists & Physicians Summit

July 24-26, 2017 Melbourne, Australia

Keynote Forum (Day 2)



WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Den Ching Angel Lee

Monash University, Australia

Understanding temporal relationships between depression, falls and physical activity in a cohort of post hospitalized older adults: A breakthrough or a conundrum?

Background & Aim: Clinical depression affects approximately 15% of community dwelling older adults, of which half of these cases are present in later life. Falls and depressive symptoms are thought to coexist, while physical activity may protect an older adult from developing depressive symptoms. This study investigates the temporal relationships between depressive symptoms, falls and participation in physical activities amongst older adults recently discharged following extended hospitalization.

Methods: A prospective cohort study in which 311 older adults surveyed prior to hospital discharge were assessed monthly post discharge for six months. N=218 completed the six month follow up. Participants were recruited from hospitals in Melbourne, Australia. The survey instrument used was designed based on Fiske's behavioral model depicting onset and maintenance of depression. The baseline survey collected data on self-reported falls, physical activity levels and depressive symptoms. The monthly follow up surveys repeated measurement of these outcomes.

Results: At any assessment point, falls were positively associated with depressive symptoms, depressive symptoms were negatively associated with physical activity levels and physical activity levels were negatively associated with falls. When compared with data in the subsequent assessment point, depressive symptoms were positively associated with falls reported over the next month [unadjusted OR: 1.20 (1.12, 1.28)] and physical activity levels were negatively associated with falls reported over the next month [unadjusted OR: 0.97 (0.96, 0.99) household and recreational], both indicating a temporal relationship.

Conclusion: Falls, physical activity and depressive symptoms were inter-associated and depressive symptoms and low physical activity levels preceded falls. Clear strategies for management of these inter connected problems remain elusive.

Biography

Den Ching Angel Lee is an Adjunct Research Fellow at the Department of Physiotherapy, Monash University and Specialist Advisor in Physiotherapy with ACH Group. Her research interests are prevention of accidental falls by older adults, evidence-based practice by health professionals, rehabilitation and gerontology. She has published nine peer reviewed journal articles during 2013 to 2017.

angel.lee1@monash.edu

Notes:

WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



Sharon Tal

Melbourne Kinesiology & Detox Centre, Australia

How to move beyond survive to thrive

In this presentation, the author talks on how to move beyond survive to thrive including following topics: The benefits of kinesiology and muscle testing in clearing emotional traumas; amygdala and the fight, flight and freeze response of the body; the importance of magnesium and other tips in recovering adrenal fatigue, as well as enabling better hydration into the cells. Kinesiology is a modality based on traditional Chinese medicine and chiropractic. There are a wide range of tools kinesiologists use to measure the level of stress a client is experiencing and then relieving the stress so that one can live optimally. Kinesiology will benefit a person's wellness overall and will lead to a more balanced life. Muscle testing provides a bio-feedback system of the muscles in the body. In times of stress and trauma, the body stimulates the adrenal gland that activates a meridian that is called the triple warmer. This in turn affects the adrenal and thyroid glands and the temperature regulation in the body, resulting in extreme stress, tiredness, dread, terror etc. As the adrenal glands are sitting physically above the kidneys, it can create and cause dehydration. Utilizing magnesium will calm the nervous system and will ultimately relax the muscles that will enable a body recovery into normal function. The author help empower you, beyond survive, to thrive via meditations, tips and tools which have been developed during her 20 years of practice.

Biography

Sharon Tal is a Kinesiologist, Counselor and Reiki Master with over 20 years' experience in the wellness industry. She helps people in the physical, mental and emotional level to help bring clarity, wellness, focus and joy back into their everyday life.

sharon@mkndc.com.au

Notes: