

NZ ASSOCIATION MUSCULOSKELETAL MEDICINE 2012 SCIENTIFIC MEETING

13th - 16th September 2012

REGISTRATION BROCHURE

JOINT MATTERS

Amora Wellington, Wakefield Street, Wellington

CONVENOR'S WELCOME

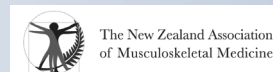
It is with great pleasure that I invite you to the 2012 Scientific Meeting "Joint Matters", on behalf of the New Zealand Association of Musculoskeletal Medicine, Australian Association of Musculoskeletal Medicine and Australasian Faculty of Musculoskeletal Medicine. Following in the tradition of previous, well received and highly successful Scientific Meetings on "The Muscle" and "The Tendon", the 2012 Scientific Meeting addresses topical issues relating to joint function, disease, pain, treatment and rehabilitation and the evidence for these. The topics are common issues relevant to health professionals. We are honoured and excited to be able to offer a line-up of highly regarded international and local speakers combined with a program that will allow them to share their knowledge and facilitate discussion.

CONFERENCE OBJECTIVES

- To understand the neurobiological mechanisms of joint and related musculoskeletal pain
- How to assess peripheral and central sensitisation; how to translate those findings to patients and the implications for management strategy
- Understanding the effects of drugs and therapeutic interventions on musculoskeletal pain mechanisms
- To understand the biological mechanisms of osteoarthritis, relevance of radiological changes, influence of genetics, obesity and muscle strength
- Understand pain pathways for optimum therapy in osteoarthritis
- Understand the role of various drug (traditional and novel) and non-drug therapies for osteoarthritis
- Familiarise with the surgical advances in the treatment of osteoarthritis
- Update on ACL and meniscal tears and the development of osteoarthritis
- Understand shoulder conditions of subacromial impingement syndrome and rotator cuff tendinopathy, their diagnosis and management
- Update on femoroacetabular impingement, labral tears and adult hip dysplasia
- Understand the role of the zygapophysial joint in cervical and lumbar pain, its diagnosis and treatment
- Timely reminder of the possibility of spondyloarthropathies in spinal presentations and its management
- Differentiating joint injury from joint degeneration
- Workshops in knee and shoulder rehabilitation, joint injections, radiology and hypermobility

Who would benefit from this Meeting?

The audience will be a combination of medical practitioners, both specialists (musculoskeletal physicians, pain physicians, occupational physicians, rehabilitation physicians, sports physicians, rheumatologists, orthopaedic surgeons) plus general practitioners, and allied health personnel from the nursing, occupational therapy, podiatry, manual therapy and physiotherapy professions. The Meeting will also be of interest to researchers and those in bioscience.



Combined meeting Hosted by:
New Zealand Association Musculoskeletal Medicine
Australian Association Musculoskeletal Medicine
Australasian Faculty Musculoskeletal Medicine



CONFERENCE COMMITTEE

Convenor: Dr Charles Ng

President NZAMM, Musculoskeletal Physician, Auckland
New Zealand

Dr Gary Collinson

Dr Lucy Holtzhausen

Dr John Gyenge

Dr Michael Hewitt

SPONSORS

NZAMM acknowledge the generosity of the Rose Hellaby Medical Scholarship Trust and the conference organisers thank the Board of Governors for their support with this Scientific Meeting. We are also grateful for the sponsorship from Pfizer, Abbott, SonoSite and Sanofi.



KEYNOTE SPEAKERS



Prof, dr med, ph d, Lars Arendt-Nielsen
Aalborg University, Denmark
Center for Sensory-Motor Interaction, School of Medicine

Specific research areas have been on translational pain research, assessment of pain in volunteers and pain patients, interaction between pain and motor control, and on profiling drug effects in early clinical trials. The main focus is on human experimental pain research – basic and clinical applications.



Dr Jeremy Lewis
Consultant Physiotherapist and Visiting Professor
Visiting Reader, St George's University of London
Research Lead, Therapy Department, Chelsea and Westminster Hospital

Dr Jeremy Lewis is a New Zealand born, Australian trained physiotherapist who currently works as a Consultant Physiotherapist at St George's Hospital in London, UK. He is also the Research Lead for the Therapy Department at the Chelsea and Westminster Hospital in London, UK. He also treats patients with complex shoulder problems and performs ultrasound guided shoulder injections as well as ultrasound guided hydro-distension procedures. Jeremy has conducted clinical, laboratory and cadaver research into various aspects of shoulder function and pathology. Jeremy also has a Master of Science in Manipulative Therapy, and Postgraduate Diplomas in Manipulative Physiotherapy, Sports Physiotherapy, and in Biomechanics. He has also completed MSc modules in injection therapy for soft tissues and joints, and imaging ultrasound for physiotherapists. Jeremy has presented keynote lectures and taught shoulder workshops internationally in Australia, New Zealand, Cayman Islands, Norway, the USA, the Middle East, Ireland, South Africa, Brazil, South America, India, extensively throughout Europe and throughout the UK. His main areas of research interest are rotator cuff tendinopathy and shoulder pain syndromes. He is currently supervising PhD and MSc students. Jeremy is an associate editor for the journal *Shoulder & Elbow*.



Assoc Prof Gary Hooper
University of Otago
Associate Professor & Head of Department of Orthopaedic Surgery & Musculoskeletal Medicine

Gary Hooper is the Associate Professor

and Head of Department for Orthopaedic Surgery and Musculoskeletal Medicine, University of Otago Christchurch, Christchurch, New Zealand. He graduated MBChB (Otago) 1978 and became a Fellow of the Royal Australasian College of Surgeons in 1985. In 1990 he was an ABC Travelling fellow.

His clinical practise is largely confined to adult elective surgery with the majority being joint replacement surgery and sports related injuries. He leads a research group that focuses on outcomes following joint replacement with several RCTs currently in progress. Other research interests include bioengineering with the manufacture of articular cartilage scaffolds, the effect of joint replacement on bone density, and the investigation of disposable orthopaedic implants.

His department is responsible for managing the New Zealand Joint Registry which has produced several published articles on the outcome of joint replacement surgery within New Zealand and is the first registry to generate long term patient reported outcome measures. His teaching activities include undergraduate (5th and 6th year medical students), advanced orthopaedic training and postgraduate (Musculoskeletal Diploma and PhD supervision) teaching.

He is the immediate past president of the New Zealand Orthopaedic Association, past chairman of the national training committee, past president of the knee society, current director of the Research Foundation and examiner for the Royal Australasian College of Surgeons.



Dr Graeme Jones
Royal Hobart Hospital
Professor of Rheumatology and Epidemiology

Dr Jones attended Sydney University graduating with first class honours in Medicine in 1985. He then did training in Internal Medicine and Rheumatology in Sydney and Newcastle. He became a fellow of the Royal Australasian College of Physicians in 1991. While at Newcastle he also did a Masters degree in Clinical Epidemiology. He then moved to the Garvan Institute in Sydney where he completed a doctorate in Osteoporosis Epidemiology in 1994. He is also a fellow of the Australian Faculty of Public Health Medicine. Since 1995 he has been in Hobart, Tasmania where he combines clinical practice and research. He is currently Professor of Rheumatology and Epidemiology and Head of the Musculoskeletal Unit at the Menzies Research Institute as well as Head of the Department of Rheumatology at Royal Hobart Hospital. An NHMRC Practitioner Fellowship funds his position. He is also the current Medical Director of the Arthritis Foundation of Australia. He has received grants from competitive and non-competitive sources totalling over

\$12 million dollars and has published >220 articles primarily on the epidemiology of osteoporosis and osteoarthritis. In more recent years he has concentrated on both industry sponsored and investigator initiated clinical trials. He has received awards and given numerous oral presentations at the annual scientific meetings of the American Society for Bone and Mineral Research, the American College of Rheumatology, OARSI and EULAR. His current research interests are the development of peak bone mass and fracture aetiology in children, genetic and environmental risk factors for osteoarthritis, health promotion, the role of environmental factors such as diet and physical activity in osteoporosis and fractures in the elderly, clinical trials and meta-analysis.



Dr John MacVicar
Christchurch, NZ
Musculoskeletal Pain Physician

Dr John MacVicar was born and raised in the Scottish Highlands, and educated at the University of Glasgow Medical School. He has lived and worked in Christchurch since 1980, and is vocationally registered with the Medical Council of New Zealand in Musculoskeletal Medicine. He is the medical director of a multidisciplinary rehabilitation clinic and his main clinical interest is the evidence-based application of interventional techniques for the investigation and treatment of spinal pain. He is a member of the board of directors of the International Spine Intervention Society (ISIS), he is chairman of the ISIS Standards Committee and also chairman of the ISIS Appropriate Use Criteria Task Force.



Dr Jim Borowczyk
Christchurch, NZ
Musculoskeletal Pain Physician

Jim is the Academic Coordinator, University of Otago, for Postgraduate Studies in Musculoskeletal Medicine, and for the Masters in 'Pain and Pain Management'.

He is also in private musculoskeletal practice in Christchurch. His principal clinical interests are in chronic musculoskeletal and neuropathic pain states, and in interventional pain medicine. Current research interests include the effectiveness of radiofrequency neurotomy in spinal pain of facet joint origin, and the use of transforaminal needle intervention for discogenic and radicular pain.

SUPPORTING SPEAKERS

Dr Terence Macedo, Rheumatologist
Spondyloarthropathies

Greg Lynch, Physiotherapist
Knee joint rehabilitation: postoperative, ACL, patellofemoral pain

Mr Matthew Brick, Orthopaedic Surgeon
Femoroacetabular impingement, labral tears, adult hip dysplasia

Associate Professor Michael Yelland
A review of recent clinical research on the efficacy of Prolotherapy for joint pain and enthesopathies

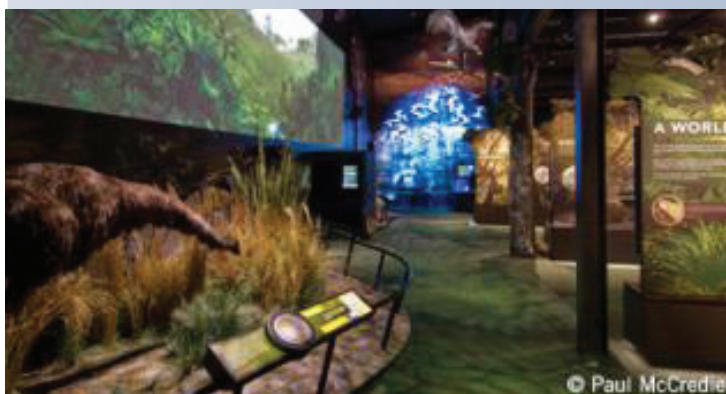
Dr Ian Best, Radiologist
Dr Quentin Reeves, Radiologist

David Rice
Senior Research Officer and Lecturer, School of Physiotherapy, AUT University

Musculoskeletal Physicians:
Dr Lucy Holtzhausen, Dr Giresh Kanji, Dr Gary Collinson, Dr James Watt, Dr Geoff Harding



Mt Victoria Lookout



Zealandia



PROGRAMME

Thursday, 13 September

- 4.00pm Registration
7.00pm Welcome Cocktail Party

Friday, 14 September

Plenary Session

- 8.45 - 9.00am Welcome/House Keeping
Chair: Dr Charlie Ng
- 9.00 - 9.45am Joint And Musculoskeletal Pain Mechanisms
- **Prof. Lars Arendt-Nielsen**
- 9.45 - 10.30am Subacromial Impingement Syndrome: A Musculoskeletal Condition Or A Clinical Illusion
- **Dr Jeremy Lewis**
- 10.30 - 11.00am *Morning Tea*
- 11.00 - 12.00pm Spondyloarthropathies - **Dr Terry Macedo**
- 12.00 - 12.15pm Prolotherapy For Joint Pain & Tendinopathy
- **Associate Professor Michael Yelland**
- 12.15 - 12.30pm Sensory Amplification: The Relevance Of The Sympathetic Nervous System And The Migraine Gene - **Dr Giresh Kanji**
- 12.30 - 1.30pm *Lunch*
- 1.30 - 2.15pm Surgical Advances In Treatment Of Osteoarthritis: Cartilage Regeneration & Transplantation
- **Prof. Gary Hooper**
- 2.15 - 3.00pm Sodium Fluoride PET-CT scans - **Dr Ian Best**
- 3.00 - 3.30pm *Afternoon Tea*

Concurrent Sessions-Workshops

- 3.30 - 4.15pm 1. Pain Mechanisms
- **Prof. Lars Arendt-Nielsen**
2. Knee Rehabilitation - **Greg Lynch**
3. Shoulder Diagnosis - **Dr Jeremy Lewis**
4. Radiology - **Dr Ian Best**
- 4.15 - 5.00pm 1. Pain Mechanisms
- **Prof. Lars Arendt-Nielsen**
2. Peripheral Joint Injections - **Dr Terry Macedo**
3. Shoulder Diagnosis - **Dr Jeremy Lewis**
4. Radiology - **Dr Ian Best**
- 7.00pm Conference Dinner

Saturday, 15 September

Plenary Session

- 8.45 - 9.00am Welcome/House Keeping
- 9.00 - 9.45am Chronic Cervical & Lumbar Zygapophysial Joint Pain: Diagnosis & Treatment
- **Drs Jim Borowczyk & John MacVicar**

- 9.45 - 10.30am Osteoarthritis: What Is It & Where Does The Pain Come From? - **Prof. Graeme Jones**
- 10.30 - 11.00am *Morning Tea*
- 11.00 - 11.45pm Joint And Musculoskeletal Pain Mechanisms: Drug & Therapeutic Effects
- **Prof. Lars Arendt-Nielsen**
- 11.45 - 12.30pm Rotator Cuff Tendinopathy: A Model For The Continuum Of Pathology And Related Management - **Dr Jeremy Lewis**
- 12.30 - 1.30pm *Lunch*
- 1.30 - 2.15pm Osteoarthritis Therapies: What Works & When Should We Use Different Therapies?
- **Prof. Graeme Jones**
- 2.15 - 3.00pm ACL Injuries, Meniscal Tears And The Development Of Osteoarthritis
- **Prof. Gary Hooper**
- 3.00 - 3.30pm *Afternoon Tea*
- Concurrent Sessions-Workshops**
- 3.30 - 4.15pm 1. Therapy
- **Prof. Lars Arendt-Nielsen & Prof. Graeme Jones**
2. Shoulder Rehabilitation - **Dr Jeremy Lewis**
3. Ultra Sound - Guided Joint injections
- **Dr Geoff Harding**
4. Knee Rehabilitation - **Greg Lynch**
- 4.15 - 5.00 1. Therapy
- **Prof. Lars Arendt-Nielsen & Prof. Graeme Jones**
2. Shoulder Rehabilitation - **Dr Jeremy Lewis**
3. Hypermobility
- **Dr Gary Collinson & Dr Lucy Holtzhausen**
4. Sacroiliac Joint Examination & Treatment
- **Dr James Watt**

Sunday, 16 September

Plenary Session

- 8.45 - 9.00pm Welcome/House Keeping
- 9.00 - 9.45am Hip Joint: Femoroacetabular Impingement, Labral Tears, Adult Hip Dysplasia
- **Mr Matthew Brick**
- 9.45 - 10.05am Knee Injury & Arthritis And Arthrogenic Muscle Inhibition - **David Rice**
- 10.05 - 10.30am Joint Injury Vs Degeneration
- **Dr Quentin Reeves, Radiologist**
- 10.30 - 11.00am *Morning Tea*
- 11.00 - 11.45am Injury Vs Degeneration In The Shoulder, Hip, Knee, Pain Mechanisms
- **Multidisciplinary presentations**
- 11.45 - 12.30pm Injury Vs Degeneration
- **Panel discussion by presenters**
- 12.30 - 12.40pm Meeting Closes



SOCIAL PROGRAMME

WELCOME COCKTAIL PARTY Thursday 13th September, 7.00pm
Welcome function will be held in the Chambers Room at the Amora Hotel. Take the lift to the 6th floor.

Please indicate your attendance by ticking the appropriate boxes on the registration form.

CONFERENCE DINNER Friday 14th September, 7.00pm
Conference Dinner will be held in the Ballroom on the 6th Floor of Amora Hotel.

Please complete the conference dinner section on the registration form if you wish to attend. Admittance to the social function is by ticket only.



REGISTRATION INFORMATION

The registration desk will be located on the 6th floor in the pre-function area, Ballroom Foyer, Amora Hotel, Wellington and will be open as follows.

Thursday 13th September ~ 4.00pm – 7.00pm

Friday 14th September ~ 8.00am – 5.00pm

Saturday 15th September ~ 8.00am – 5.00pm

Sunday 16th September ~ 8.00am – 1.00pm

Full delegates are required to register on Thursday 13th September during the welcome cocktail function or Friday 14th September from 8am. Day registrations are required to register on the morning of the first day of their attendance. Upon registration delegates will be issued with their registration pack including delegate satchel, program handbook, social event tickets and name badge.

HOW TO REGISTER FOR THE CONFERENCE

Visit the registration page and follow the prompts to complete the registration details as requested. We suggest that you print a copy of your registration prior to submission. Please note it is essential for all delegates to send a completed registration form together with payment of registration fees. All prices include GST.

Please note: Payment by credit card will show as SP Conference Management on your statement. Please refer to the included registration form for a full breakdown on fees. Full Registrations include entry to all sessions, satchel and contents, morning and afternoon teas, lunches and Welcome Reception. Weekend and Day Registration, as above, for the day of attendance, does not include the Welcome Reception or the Conference Dinner.

Registration and Payment (all fees in NZ \$)

Payment of fees in full MUST accompany all registration forms. No Registration will be confirmed until payment is received. Payment can be made by the following methods: credit card, personal or company cheque or bank transfer in New Zealand dollars. Cheques must be payable to NZ Assoc of Musculoskeletal Medicine. Each delegate must make a separate application. Confirmation will not be processed until payment is received. A GST invoice will ONLY be produced once the registration form and payment, or a Purchase Order has been received. Alternatively, retain a copy of the registration form, once submitted with payment, which will act as a valid Tax Invoice for GST purposes.

Confirmation & Receipt

The secretariat will email a confirmation letter acknowledging your registration, accommodation booking and payment. If you do not receive an emailed acknowledgement within two weeks of sending the form, contact the Secretariat. Please check your confirmation letter carefully and notify the Secretariat immediately of any changes required.

Cancellation of Registration

Cancellations received in writing prior to Friday 14th August 2012 will receive a refund of fees, less an administrative fee of \$110. No refund will be issued after this date. Substitute delegates are welcome, please advise the name of the new delegate so name badges can be amended. Any changes to or cancellation of registrations must be in writing and emailed, mailed or faxed to the Secretariat.



Weta Cave

WELLINGTON ACTIVITIES

The Weta Cave screens a first-ever behind-the-scenes look at Weta and interviews with Weta co-founders Peter Jackson, Richard Taylor, Tania Rodger and Jamie Selkirk. We give you exclusive insight into the creativity and imagination that goes into crafting the art of Weta.

In our mini-museum, you come face to face with some of the characters, props and displays from your favourite movies. Read the stories of how they were brought to life and learn about the artists who created them.

Entry to the Weta Cave with its museum and film screening is absolutely free

You may also purchase from a wide range of Weta related movie and TV merchandise:

- Premium, limited edition sculptures, hand-crafted by the artists at Weta
- All new, unique Weta designed clothing, jewellery and mementoes
- Doctor Grordbort's range of amazing Rayguns
- Books, DVDs, magazines, posters and art from the world of movies

Zealandia (Karori Sanctuary), set around a picturesque reservoir, is a living ecosystem home to some of New Zealand's most rare and extraordinary wildlife – all thriving wild in a world-first protected sanctuary valley. We are a not-for-profit organisation with a vision to restore our valley to the way it was before the arrival of humans – and we've already made impressive progress!

Your experience includes a fascinating indoors exhibition with big-screen movie and a selection of outdoor walks through beautiful native bush spotting species such as kākā - the playful forest parrot, tuatara – a relic from the time of the dinosaurs, takahē – only around 250 left today, saddleback, hihi, geckos and many more. Plus, if you book a Zealandia by Night tour you'll be looking for endangered little spotted kiwi and experience a totally different nocturnal world in the forest!

Zealandia has activities for young and old and can keep you entertained anywhere from 2 hours to a whole day.

Carter Observatory - Take a virtual journey through space in Carter's new planetarium, a state-of-the-art full-dome digital theatre. Then take your own steps through space as you walk through the world-class interactive multimedia space experience.

Discover our Universe, along with some of New Zealand's most prestigious telescopes and astronomical artifacts.

Carter is open 7 days a week from 10am until 5pm, with late night stargazing every Tuesday and Saturday until 9pm (weather-permitting!).

Don't forget the **National Museum of NZ - Te Papa**, **The Wellington Cable Car** which takes you to the **Botanic Gardens** and for many other activities in Wellington visit www.wellingtonnz.com




Te Papa National Museum



Beehive



Wellington Cable Car



ACCOMMODATION

Reservations have been made at Amora Hotel Wellington and accommodation bookings for the following rates can only be booked through SP Conference Management. To secure your booking you are required to pay a deposit of one night's accommodation which will be given to the hotel. Accommodation cannot be guaranteed after 13th August 2012. Rates quoted are per night per room. They include GST and do not include Breakfast. Those preferring other accommodation choices please visit www.wotif.com to make your own choice and booking.

A Warm Welcome to Amora Hotel Wellington

This fabulous, downtown Wellington hotel has just completed a total accommodation makeover redefining superior comfort and luxury with contemporary style in New Zealand's Capital City.

Nearly all rooms at Amora Hotel Wellington command unobstructed views of the Wellington Harbour and/or the city and we're located right in the arts and entertainment precinct.

Walk to Te papa and The Waterfront, shopping's on your doorstep with the funky Cuba St around the corner and the designer shops of Lambton Quay close by.

The hotels rooms are spacious with 192 Deluxe, Club & Club Suites, featuring all the niceties you would expect from a leading international hotel.

The Grill is an outstanding restaurant where diners can enjoy exquisite euro-pacific cuisine and in stunning 5 star surroundings every day and night.

Cancellations

No accommodation deposits will be refunded after 13th August 2012. Rooms cancelled after this date will be charged a cancellation fee equal to one night's accommodation by the hotel.

Early and Late Arrival

Check in is from 1400 hrs. Whilst the hotel will do everything possible to accommodate early arrivals, if you wish to be guaranteed immediate access to your room, you will need to pay an extra day's tariff for the night before. Please indicate your expected time of arrival as failure to do so might mean your room could be released.



GENERAL INFORMATION

Transfers

Go Wellington Bus – departs every 15 min and takes 30 minutes to CBD, approx \$8.50 one way

Airport Super Shuttle – depart from outside the terminal approx \$16 per person to CBD

Catering

Morning and afternoon teas, and lunches, are included in the registration fee. They will be served in the Chambers Foyer each day. Name badges must be worn to enter this area.

Dietary and Mobility needs

Should you require any special assistance, catering or transport arrangements to be made on your behalf, please include a notation on your registration form.

Name Badges & Tickets

Name badges and delegate bags will be provided in the Ballroom Foyer Level Six. Admission to all sessions, morning and afternoon teas and lunches is by name badge only. Entry tickets will be given for the dinner.

Parking

Amora Hotel (Please note limited car parks available)

Pre booked - \$25.00 incl. GST per vehicle per day or \$30.00 incl. GST per vehicle per day

James Smith Tournament Car Parking

Casual/Hourly rate: \$3 per hour

Early-bird rate: \$12 Mon to Fri in & Prepaid between 5.30am & 10am and exited by 8pm

Maximum daily rate: \$16 from 6am to 6pm

Evening rate: \$2 per hour - Maximum \$6 from 6pm - 6am

Weekend rate: \$3 early bird in before 6am to 10am. \$2 per hour Maximum \$6

Privacy

Please complete the section of the registration form relating to privacy if you do not wish your personal information to be included in the published Participant List, which will be circulated to all delegates and exhibitors at the meeting.

Disclaimer

Every effort has been made to present as accurately as possible, all the information contained in this brochure. NZ Association of Muscularskeletal Medicine, SP Conference Management, its Agents or Servants or the Sponsors will not be held responsible for any changes in the structure or content of the program and any general or specific information published in this brochure. The Organising Committee reserves the right to change any or all of these details.