Kettering Conference Centre — DAY 1 Tuesday, June 15th, 2027

THE FOOTHEALTH & RUNNING CONFERENCES

8am to 8.55am Registration and Trade Exhibition

TIME	THE FOOT HEALTH CONFERENCE	THE RUNNING CONFERENCE	WORKSHOPS & INTERACTIVE
08:55 - 09:10		Welcome and Notes Chairperson: Heidi Meckler Podiatrist	
09:10 - 10.00	**When to refer for a surgical opinion from an elective perspective** **Helen Milne** Dean, Faculty of Podiatric Surgery	**Beyond the Sprain: Using Diagnostic Ultrasound for Lateral Ankle and ATFL Pathology in Runners** **Dan Broadhead** Podiatrist, Sports Scientist & MSK Sonographer	Doppler Workshop (starting at 9.30am for one hour) Martin Fox Vascular Specilist Podiatrist
10:00 - 10:30	**Standing Weight Bearing Assessment** **Paul Harradine** Consultant MSK Podiatrist	**Strength & Conditioning for Runners: What Actually Works in 30 Minutes** **Gracy Bilolo** Senior MSK Physiotherapist & S&C Coach	
10:30 - 11:00		Refreshments & Trade Show Break	
11:00 - 12:00	**Heel Pain: Assess, Treat or Refer** **Zoe Wilson** MSK Specialist Podiatrist & Educator	**Running Assessment & Link to Injuries** **Colin Papworth** MSK Specialist Podiatrist / Gait Analysis & Running Specialist.	**Hands-on with plantar pressure measurement: Utilising technology for gait analysis and the provision of bespoke orthoses.** **Gait & Motion Team**
12:00 - 12:30	**My journey with 3D printers** **Clifton Bradeley** Specialist MSK Podiatrist (Sub-4 Health)	**Treating the Perimenopausal Runner** **Claire Callaghan** Chartered Physiotherapist	**Standing Assessment & Symptoms** **Paul Harradine** Consultant MSK Podiatrist
12:30 - 13:30		Lunch & Trade Show Break	
13:30 - 14:30	**SBAR tool and escalation with case studies** **Poorvi Sharma** Senior Clinician Podiatrist	**Exercise induced leg pain; Interpreting the evidenced based biomechanical assessment and management and the five-minute examination—with live demonstration and clinical cases (90min)** **Trevor Prior** **Consultant Podiatric Surgeon** **Senior Clinical Lecturer, Queen Mary, University of London** **Honorary Consultant Podiatric Surgeon, Barts Health NHS Trust**	**Understanding Wide Fitting Footwear: Why Finding the Right Shoe Is Harder Than It Looks (1hr)** **DB Shoes**
14.30 - 15:00	**Vascular Update** **Martin Fox** Vascular Specialist Podiatrist		**The Introduction of new Urea Creams (30mins)** **Sole Sisters**

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15:00 - 15:30		Afternoon Refreshments & Trade Show Break	
15:30 - 16:10	Footwear Referrals: Improving Communication Bill Bird Master Bespoke Shoemaker	**Referred & Neurological Foot Pain in Runners:** **Jonathan Barber** Specialist in Podiatric Sports Medicine	Mastering Low-Dye Taping: Clinical Applications for Podiatry & Lower Limb Loading (1 hr) Mike Ratcliffe Cuxson Gerrard (You need to reserve you spot. Max 14 people) You will need to bring your own scissors and wear clothing that allows access to feet and ankles.
16:10 - 16:50	**The developments in Lipoedema** **Nicola O'Brien** Clinical Director & Cosmetic Aesthetics Specialist.	**Bridging the Gap Between Clinician and Competitor: Understanding the Endurance Athlete's Psyche** **Mike Gratton** Elite runner and past London Marathon winner, GB International, Commonwealth Games medalist, and currently a running coach"	
16:50 - 17:00	**Day 1 Closing Keynote & Day Wrap-Up by Heidi Meckler**		

CPD ACCREDITATION
CPD certificates will be issued upon completion of the event.

EXHIBITION & PARKING
Free parking and entry into trade show access included.

ENQUIRIES & BOOKING
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