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**

THE FOOTHEALTH & RUNNING CONFERENCES

TIME	THE FOOT HEALTH CONFERENCE	THE RUNNING CONFERENCE	WORKSHOPS & INTERACTIVE
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
www.foot-health.co.uk | donna@foot-health.co.uk | +44 (0)7817 530 801

THE FOOTHEALTH & RUNNING CONFERENCES

8am to 8.55am Registration and Trade Exhibition

TIME	THE FOOT HEALTH CONFERENCE	1/2 DAY WORKSHOPS	INTERACTIVE TRACK
08:50 - 09:00		Welcome and Notes Chairperson: Heidi Meckler Podiatrist	
09:00 - 09:45	**Callus Patterns: What Skin Signs Tell Us About Biomechanics & Gait** **Kieran Carew** Orthotics & Biomechanics Educator	**Understanding & Managing Cancer Complications** **9.30am to 12.30pm** **Afni Shah** Cancer Care Specialist Podiatrist See Page 4 for more information (You must reserve your space)	
09:45 - 10:30	**What is your patient telling you?** **Dr. Jean Mooney** Consultant Podiatrist / Practitioner		**How to measure & select Piedro footwear (45mins)** **Piedro Footwear Team**
10:30 - 11:00	Refreshments & Trade Show Break		
11:00 - 12:00	**Panel Discussion: Life outside the clinic** **Dr. Paul Harradine & Wendy Palser** Army life, Sports Pod & Prison Service		**How to scan & CAD design 3D printed Orthoses (1hr)** **Clifton Bradeley**
12:30 - 13:30	Lunch & Trade Show Break		
13:30 - 14:15	**Beyond Antifungals: The Science of Microbiological Preparations in Treating Onychomycosis** **HFL Laboratories**	**Nail Bracing** **13:30 to 16:30** **Nicola O'Brian** Clinical Director & Cosmetic Aesthetics Specialist See Page 4 for more information (You must reserve your space!)	Integrating High Power LED Photobiomodulation (aka Red-Light Therapy) for clinics and home use (1hr) Danetre Health Products Authorised UK Distributor Photizo Light Therapy
14:15 - 14:45	**30years in 30 minutes (and what not to do!)** **Damian Murray** Healthcare practice owner and podiatrist		
14:45 - 15:15	**Stronger Together: Power of local branches** **Alex Hepburn** Chairman of Regional Branches		
15:15 - 15:45	**Streamlining Clinic Communications: Why I Built a Dedicated Answering Service for My Practice** **Michael Calvert** Owner/proprietor of North Wales Foot Care		

15:45 - Day 2 Closing Keynote & Day Wrap-Up by Heidi Meckler

THE FOOTHEALTH & RUNNING CONFERENCES

Specialist Half-Day Practical & Interactive Workshop Programme
www.foot-health.co.uk

June 15th & 16th, 2027

JUNE 15TH | 09:30 - 12:30 (AM)

Marketing Masterclass with Practice Autopilot™

Damian Murray
CEO, Practice Autopilot

Practice Autopilot is explicitly built around three operational pillars:

- Patient Acquisition:
  Search visibility, website/funnel building, AI receptionist, and content strategy.
- Patient Retention:
  Automated Google review requests, patient reactivation campaigns, and recall systems.
- Practice Performance:
  Daily financial/KPI dashboards, benchmark reporting, and systemizing clinic operations.

Half-Day Masterclass Block

JUNE 16TH | 09:30 - 12:30 (AM)

Understanding & Managing Cancer: Treatment-Related Complications

Afni Shah
Cancer Care Specialist Podiatrist

A practical guide to identifying, assessing, and treating lower limb side effects from oncology treatments.

- Toxicities Assessment:
  Recognising chemo-induced peripheral neuropathy, hand-foot syndrome, and nail toxicities.
- Clinical Adaptation:
  Modifying routine podiatric care and footwear advice for vulnerable oncology patients.
- Multidisciplinary Care:
  Effective communication pathways between podiatry and oncology care teams.

Half-Day Clinical Workshop

JUNE 16TH | 13:30 - 16:30 (PM)

Nail Bracing Workshop using PediSafe

Nicola O'Brien
Clinical Director & Cosmetic Aesthetics Specialist

Hands-on practical training covering conservative non-surgical correction techniques for involuted and ingrown nails.

- Bracing Systems:
  Application techniques for composite, wire, and strip bracing methods.
- Practical Fitting:
  Step-by-step preparation, adhesive selection, tensionsing, and patient aftercare.
- Clinic Integration:
  Pricing, marketing, and incorporating nail bracing into your clinic service menu.

Half-Day Practical Workshop

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