IFOMPT AFRICA SYMPOSIUM, CAPE TOWN APRIL 17-18, 2026

Welcome to the IFOMPT Africa Symposium happening at Southern Sun Cape Sun in Cape Town in 2026. Get ready to dive into the latest trends and advancements in musculoskeletal physiotherapy!

We have an exciting line up of local and international speakers!

It's going to be two days filled with insightful sessions and networking opportunities with fellow professionals.

Don't miss out on this chance to expand your knowledge and connect with like-minded individuals. See you there!

All ticket fees include refreshments and lunches, and a certificate with CPD accreditation points.

www.ifomptafrica.org

EVENT OVERVIEW

Thursday 16 April 2026:
Africa Connect Day (By Invitation Only)

Thursday 16 April 2026: Pre Symposium Workshop Presented by Associate Professor Laura Finucane (Red Flags or Red Herrings, a One-day Workshop)

Friday 17 April 2026: IFOMPT Africa Symposium Day 1

Saturday 18 April 2026: IFOMPT Africa Symposium Day 2

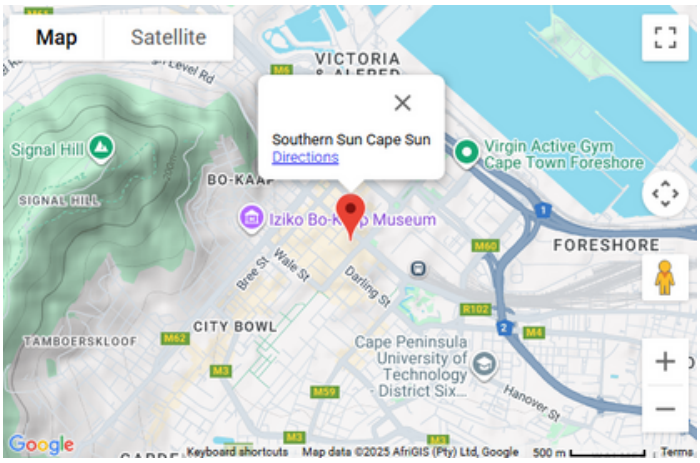
Sunday 19 April 2026: Post Symposium Workshop Presented by Professors Duncan Reid and Richard Ellis (From Neck to Nerve: Practical Approaches to Cervical Spine and Arm Pain)

Secure Your Seat Now

www.ifomptafrica.org

OUR VENUE

Southern Sun Cape Sun



Standard Room 2 Double Beds Non-Smoking

2 Double Beds • Sleeps 4

2 double beds, non-smoking

Room Details

SPECIAL OFFER - IFOMPT Accommodation, incl. Breakfast

Rates include VAT and exclude 1% Tourism Levy. Ts&Cs apply.

ZAR 2,250
Per Night
Including taxes and fees

BOOK NOW

Free Unlimited WiFi · Safe in Room · Air Conditioning · Desk or Workplace · Hair Dryer

ACCESS BOOKING LINK HERE

www.ifomptafrica.org

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Ergotherapy Solutions

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South African Society of Physiotherapy

Neuromusculoskeletal Physiotherapy Group

INDIVIDUAL PRESENTATIONS

Associate Professor Paolo Sanzo (Canada/IFOMPT President)	Beyond the Joint – Re-Defining Musculoskeletal Physiotherapy in the New Millennium
Associate Professor Nathan Hutting (The Netherlands/IFOMPT Vice President)	Safety First! From Suspicion to Action in Vascular Screening for Neck Pain.
Bronagh Quinn (New Zealand)	The Neurosensory Aspects of Concussion: What Do We Need to Know to Enable a Successful Recovery?
Bart Vanthillo (Belgium)	Aspecific Neck Pain: Translating Evidence into Clinical Practice through Pattern Recognition and Clinical Reasoning
Associate Professor Laura Finucane (United Kingdom)	When MSK Isn't MSK: Mastering the Early Detection of Serious Spinal Pathology
Dusty Quinn (New Zealand)	The Role of the Cervical Spine in Concussion
Panel of International Speakers	Musculoskeletal Physiotherapy Perspectives from Around the World

INDIVIDUAL PRESENTATIONS

Professor Richard Ellis (New Zealand)	Implementing Conservative Management of Osteoarthritis in Physiotherapy Practice: Insights from the Aotearoa New Zealand OA Guidebook
Dr Pierre Röscher (Australia/South Africa)	Beyond the Pelvis: Why Screening for Pelvic Floor Dysfunction Changes Everything
Dr Annalie Basson (South Africa)	Paediatric Spinal Manipulation and Mobilisation: Evidence, Safety, and Clinical Reasoning
Associate Professor Tim Noblet (United Kingdom)	Advancing MSK Practice: Evidence, Experience, and Global Pathways to Expertise
Associate Professor Laura Finucane (United Kingdom)	When MSK Isn't MSK: Mastering the Early Detection of Serious Spinal Pathology
Associate Professor Nathan Hutting (The Netherlands)	Reframing Manual Therapy: Putting the Person at the Centre
Cobus Breytenbach (South Africa)	Brace Yourself... Or Maybe Don't: A Fresh Look at ACL Management
Associate Professor Paolo Sanzo (Canada/IFOMPT President)	The Foot Bone Is Connected To The... An Integrated Clinical Reasoning Approach to Plantar Fasciitis

MASTERCLASS LIVE ON-STAGE CASE DEMONSTRATIONS

I Still Have a Headache, and I'm Dizzy… Why Am I Not Better?

Presented by Prof Duncan Reid (New Zealand), Dr Ina Deiner (South Africa), and Dusty Quinn (New Zealand)

A 90 minute live on-stage demonstration and case study clinical reasoning session

A Musculoskeletal Approach to Orofacial Pain

Presented by Timoreta Gray (South Africa) and Bart Vanthillo (Belgium)

A 60 minute live on-stage demonstration and case study clinical reasoning session

MASTERCLASS PANEL CASE DISCUSSION

The Art of Uncertainty: Clinical Reasoning for Musculoskeletal Practice in a Changing World

Presented by Associate Professor Laura Finucane (United Kingdom), Associate Professor Paolo Sanzo (Canada) and Professor Richard Ellis (New Zealand)

A 90 minute live on-stage case study clinical reasoning session

SESSION DETAILS

Opening Keynote: Beyond the Joint – Re-Defining Musculoskeletal Physiotherapy in the New Millennium. (Friday 17 April 2026)

Presented by Associate Professor Paolo Sanzo (Canada)

Step into the future of physiotherapy with this thought-provoking keynote that challenges traditional boundaries and reimagines the role of musculoskeletal practitioners in a rapidly evolving healthcare landscape. A/P Paolo Sanzo will take you on a dynamic journey beyond the joint, exploring how global trends such as ageing populations, chronic disease, digital health, and patient empowerment are reshaping expectations and opportunities for physiotherapists worldwide.
Discover what it means to lead in the new millennium: from advanced practice and autonomous decision-making to interprofessional collaboration and systems-level thinking. Learn the competencies and behaviours that will define tomorrow's physiotherapy leaders, diagnostic reasoning, imaging referral, prescribing, and more.
This session will also delve into how evidence-based practice and value-driven care models are transforming patient outcomes and service design, while highlighting the exciting frontiers of innovation, research leadership, and artificial intelligence integration.
Prepare to envision the future of musculoskeletal physiotherapy and reflect on your own professional development strategies to thrive in this era of change. This is not just a lecture, it's a call to action for every clinician ready to shape the next chapter of our profession.

Safety First! From Suspicion to Action in Vascular Screening for Neck Pain. (Friday 17 April 2026)

Presented by Associate Professor Nathan Hutting (The Netherlands)

Neck pain is common, but hidden beneath its surface can lie rare, life-threatening vascular conditions that demand vigilance and decisive action. In this powerful keynote, A/P Nathan Hutting takes you beyond routine assessment into the critical realm of vascular screening, where clinical suspicion can save lives.
Through cutting-edge insights and practical strategies, this session will equip you to recognize subtle warning signs in patients presenting with neck pain, headache, or orofacial symptoms, cases that may appear musculoskeletal but conceal compromised blood flow or vascular pathology.
You'll learn how to integrate evidence-based screening into your practice, master key elements of patient interviews and physical exams, and communicate with clarity and confidence when safety is at stake. Nathan will also share best practices for delivering informed advice and fostering trust, ensuring your clinical decisions are both safe and effective.
This is more than a lecture, it's a wake-up call for every clinician committed to protecting patients and elevating standards of care. Join us and transform suspicion into action.

SESSION DETAILS

The Neurosensory Aspects of Concussion: What Do We Need to Know to Enable a Successful Recovery? (Friday 17 April 2026)

Presented by Bronagh Quinn (New Zealand)

Concussion is complex, and recovery can stall without a clear understanding of its neurosensory dimensions. In this practical webinar, Bronagh will unpack the pathophysiology of concussion and guide you through the essential neurosensory assessments that shape effective rehabilitation.
You'll learn how to:

- Recognize and manage symptoms across multiple systems.
- Identify factors that contribute to fatigue and prolonged recovery.
- Apply targeted rehabilitation exercises to restore function and prevent setbacks.

This session bridges science and clinical application, equipping you with the tools to deliver safe, evidence-based care and optimize recovery outcomes for your patients.

Aspecific Neck Pain: Translating Evidence into Clinical Practice through Pattern Recognition and Clinical Reasoning. (Friday 17 April 2026)

Presented by Bart Vanthillo (Belgium)

Evidence-based practice is more than research, it's the art of blending science with clinical expertise and patient values. In this engaging case-based presentation, Bart Vanthillo brings this concept to life by exploring two patients with similar presentations of aspecific neck pain.
Through a structured clinical reasoning process, Bart will demonstrate how pattern recognition and patient-centered decision-making lead to distinctly different management strategies—even when the evidence base is the same. You'll see how hands-on and hands-off approaches can be tailored to individual needs, and why clinical expertise and patient circumstances are critical for achieving optimal outcomes.
This session is a practical deep dive into the real-world application of EBP, where theory meets the complexity of human experience.

SESSION DETAILS

When MSK Isn't MSK: Mastering the Early Detection of Serious Spinal Pathology. (Friday 17 April 2026)
Presented by Associate Professor Laura Finucane (United Kingdom)

Not every musculoskeletal presentation is what it seems. A small but significant proportion of patients in MSK services have serious spinal pathology and detecting it early can change everything. In this essential session, Laura Finucane introduces the International Framework for Serious Pathology, an evidence-informed clinical reasoning tool designed to support clinicians when uncertainty looms.
You'll learn how to:

- Apply the principles behind the framework to identify red flags early.
- Use the "level of concern" concept to guide next steps with confidence.
- Employ practical tools and strategies when faced with diagnostic ambiguity.

This presentation offers a contemporary, structured approach to safeguarding patients and improving outcomes, because missing serious pathology is not an option.

The Role of the Cervical Spine in Concussion. (Friday 17 April 2026)

Presented by Dusty Quinn (New Zealand)

Concussion is far more than a brain injury, it's a complex condition affecting multiple systems, including the cervical spine. In this compelling session, Dusty Quinn explores the critical link between cervical dysfunction and concussion symptoms such as headaches and dizziness, and why physiotherapists play a vital role in recovery.
You'll learn how to conduct a systematic cervical assessment, from thorough history taking to functional motor and sensorimotor evaluations, ensuring accurate diagnosis and targeted management. Dusty will also outline evidence-based strategies for treating cervical spine involvement in concussion and highlight physiotherapy's essential contribution to safe return-to-play and pre-injury status.
This is your opportunity to deepen your understanding of concussion beyond the brain and elevate your clinical approach to one of sports medicine's most challenging conditions.

SESSION DETAILS

Masterclass On-Stage Case Presentation 1
"I Still Have a Headache, and I'm Dizzy... Why Am I Not Better?" (Friday 17 April 2026)

Presented by Prof Duncan Reid (New Zealand), Dr Ina Deiner (South Africa), and Dusty Quinn (New Zealand)

Step into the complexity of cervical spine disorders with this highly interactive, on-stage masterclass. Guided by three leading experts, you'll work through a challenging real-world case where neck pain, dizziness, and persistent headache collide, testing your clinical reasoning at every turn.
This session goes beyond theory. You'll actively engage in differential diagnosis, screening for red flags, and interpreting nuanced symptoms that may point to cervicogenic dysfunction, vestibular issues, or post-concussion complications. Watch and participate as the team demonstrates essential clinical tests, then join the discussion on why accurate performance and interpretation matter, and why pain response alone isn't enough.
By the end, you'll sharpen your ability to:

- Apply evidence informed reasoning to complex presentations.
- Differentiate dizziness and headache origins using targeted tests.
- Integrate screening, assessment, and diagnostic frameworks for safer, smarter care.

This is not just a workshop, it's a live on-stage experience that will challenge your thinking and elevate your clinical practice.

Masterclass On-Stage Case Presentation 2
A Musculoskeletal Approach to Orofacial Pain. (Friday 17 April 2026)

Presented by Timoreta Gray (South Africa) and Bart Vanthillo (Belgium)

Orofacial pain is common but diagnosing and managing it is anything but simple. In this insightful session, Timi Gray and Bart Vanthillo will unravel the complexity behind orofacial pain presentations, guiding you through the distinguishing signs and symptoms that separate musculoskeletal disorders from other causes.
You'll dive deep into the DC/TMD classification system, learning how to apply it for accurate differential diagnosis and evidence-based treatment planning. The presenters will showcase practical strategies for managing temporomandibular dysfunctions, blending hands-on and hands-off approaches for optimal outcomes. To bring theory into practice, a live case presentation will demonstrate clinical examination procedures and treatment options, giving you actionable skills to take back to your clinic.

SESSION DETAILS

Musculoskeletal Physiotherapy Perspectives from Around the World.
(Saturday 18 April 2026)

Presented by our Panel of International Speakers.

Join our panel of international speakers as we explore the evolving landscape of musculoskeletal physiotherapy across the globe. This session dives into how specialization, advanced practice, and extended scope roles are shaping patient care and professional identity in different health systems.
We'll tackle key questions:

- How do training pathways differ internationally?
- What does advanced practice look like in various contexts?
- How is scope of practice expanding—and what does that mean for collaboration?
- And importantly, how do we value our time? What are the trends in patient fees and reimbursement models worldwide?

Expect a thought-provoking discussion that compares global approaches, highlights innovative practices, and examines the future of musculoskeletal physiotherapy in a rapidly changing healthcare environment.

Implementing Conservative Management of Osteoarthritis in Physiotherapy Practice: Insights from the Aotearoa New Zealand OA Guidebook.
(Saturday 18 April 2026)

Presented by Professor Richard Ellis

Osteoarthritis (OA) is one of the world's leading causes of disability, but effective management doesn't always mean surgery. In this practical and evidence-informed session, Professor Richard Ellis introduces the Aotearoa New Zealand OA Guidebook, a culturally responsive framework developed through co-design with clinicians, researchers, and people living with OA.
Drawing on NICE and OARSI guidelines, this session will show you how to:

- Deliver tailored education that empowers patients and dispels myths.
- Prescribe individualized therapeutic exercise programs for all stages of OA.
- Integrate lifestyle strategies, including weight management and activity modification.
- Use manual therapy appropriately, always alongside exercise to optimize outcomes.
- Embed person-centered care that reflects cultural values and supports long-term wellbeing.

This is your roadmap to implementing conservative OA management that is evidence-based, culturally sensitive, and physiotherapy-led.

SESSION DETAILS

Beyond the Pelvis: Why Screening for Pelvic Floor Dysfunction Changes Everything. (Saturday 18 April 2026)

Presented by Dr Pierre Röscher (Australia/South Africa)

Pelvic girdle pain is often approached as a purely musculoskeletal issue—but what if the real driver lies deeper? In this insightful session, Dr Pierre Röscher will uncover the critical role of the pelvic floor in MSK presentations and why screening for dysfunction is essential for comprehensive care.
You'll learn:

- How pelvic floor dysfunction can contribute to persistent pelvic girdle pain and related symptoms.
- Key screening questions and clinical indicators to integrate into your MSK assessment.
- Practical strategies for interdisciplinary referral and patient education.
- How early identification can improve outcomes and prevent chronicity.

This session challenges clinicians to look beyond the obvious and consider the "hidden floor" in every pelvic girdle pain case.

Paediatric Spinal Manipulation and Mobilisation: Evidence, Safety, and Clinical Reasoning. (Saturday 18 April 2026)

Presented by Dr Annalie Basson

Spinal manipulation and mobilisation in paediatric populations have long been debated—but what does the evidence really say? In this critical session, Dr Annalie Basson unpacks the International Federation of Orthopaedic Manipulative Physical Therapists (IFOMPT) and International Organisation of Physiotherapists in Paediatrics (IOPTP) joint position statement, developed through a rigorous, multi-stage guideline process.
You'll explore:

- The benefits and potential harms of spinal manipulation and mobilisation in infants, children, and adolescents.
- Why manipulation should never be performed on infants and why cervical and lumbar manipulation are contraindicated in children.
- When mobilisation or thoracic manipulation may be appropriate for musculoskeletal conditions in older children and adolescents.
- How to apply evidence-informed clinical reasoning to ensure safe, effective, and ethical practice.

This session provides clarity on a controversial topic, equipping clinicians with practical guidance rooted in research and international consensus, because when it comes to paediatric care, safety and evidence must lead the way.

SESSION DETAILS

Reframing Manual Therapy: Putting the Person at the Centre.
(Saturday 18 April 2026)

Presented by Associate Professor Nathan Hutting

Join us as we uncover how musculoskeletal physiotherapy is evolving across borders. This session dives into advanced training pathways, specialization, and extended scope roles—exploring what recognition looks like in different countries. We'll compare global systems, discuss how physiotherapists achieve advanced practice status, and tackle the big question: how do we value our time? From training models to patient fees and reimbursement structures, discover what sets each region apart and what we can learn from one another.

Advancing MSK Practice: Evidence, Experience, and Global Pathways to Expertise.
(Saturday 18 April 2026)

Presented by Associate Professor Tim Noblet (United Kingdom)

Join us for an exciting deep dive into the future of advanced MSK practice! This session explores cutting-edge applications, the latest evidence, and the real-world impact on patient experience and satisfaction. Discover how our newly developed micro-credentials in Pain Management, Rheumatology, and Urgent Care empower IFOMPT-level physiotherapists to elevate their clinical expertise.
We'll also unveil exclusive opportunities for IFOMPT Member Organizations—including access to these credentials and the international MACP portfolio routes to Advanced Practice MSK for clinicians in countries without IFOMPT programs. Whether you're passionate about clinical excellence, global collaboration, or shaping the next generation of advanced practitioners, this talk will show you how to make it happen.

SESSION DETAILS

Brace Yourself... Or Maybe Don't: A Fresh Look at ACL Management. (Saturday 18 April 2026)

Presented by Cobus Breytenbach

ACL injuries remain one of the hottest topics in sports and orthopaedic medicine—and the debate is intensifying. With new evidence challenging routine early reconstruction, clinicians face complex decisions around rehabilitation-first strategies, patient selection, and shared decision-making. In this fast-paced, evidence-driven session, we'll cut through the noise and deliver the latest insights on modern conservative management. Discover which patients can thrive without surgery, explore cutting-edge rehabilitation frameworks including the Cross-Bracing Protocol, and critically examine success rates and limitations. Most importantly, we'll translate research into practical tools for real-world decision-making—covering risk communication, return-to-sport expectations, and strategies for truly patient-centred care. If you want clarity in the midst of uncertainty, this is the session you can't miss.

The Foot Bone Is Connected To The... An Integrated Clinical Reasoning Approach to Plantar Fasciitis. (Saturday 18 April 2026)

Presented by Associate Professor Paolo Sanzo

Plantar fasciitis is one of the most common causes of heel pain—but managing it effectively requires more than a one-size-fits-all approach. In this focused keynote, Paolo Sanzo will guide you through an evidence-informed clinical reasoning framework that integrates biomechanics, psychosocial factors, and patient-centered care.
You'll learn how to:

- Critically appraise the latest research on plantar fasciitis pathophysiology, risk factors, and prognosis.
- Apply structured reasoning to rule out red flags and identify contributing factors.
- Perform accurate assessments using functional tests, palpation, and load evaluation.
- Design individualized treatment plans that combine exercise prescription, load management, manual therapy, education, and adjunctive therapies.
- Monitor progress and adapt interventions using outcome measures and patient-centered milestones.

This session is your roadmap to transforming plantar heel pain management from routine to exceptional.

SESSION DETAILS

Masterclass On-Stage Clinical Reasoning

The Art of Uncertainty: Clinical Reasoning for Musculoskeletal Practice in a Changing World. (Saturday 18 April 2026)

Presented by Associate Professor Laura Finucane (United Kingdom), Associate Professor Paolo Sanzo (Canada) and Professor Richard Ellis (New Zealand)

Clinical uncertainty is inevitable, and paradoxically, it grows as our knowledge expands. This masterclass challenges clinicians to rethink how we approach complex cases where symptoms defy clarity and easy answers.
Through a structured case discussion, our international panel will unpack the realities of uncertainty, share proven strategies to navigate ambiguity, and showcase the unique skills musculoskeletal physiotherapists bring to instill confidence in uncertain situations.

Combining expert insights with interactive audience engagement, this session will challenge assumptions, spark dialogue, and equip you with practical tools to embrace uncertainty as an opportunity, not a barrier.

Leave with renewed confidence, actionable frameworks, and a deeper understanding of how physiotherapy can remain relevant and impactful in a rapidly changing healthcare landscape.

PRE SYMPOSIUM WORKSHOP

16 April 2025

Associate Professor Laura Finucane, MSc, MMACP

Red Flags or Red Herrings?

Identifying serious pathology as a cause of a person's musculoskeletal presentation is complex. Clinicians working in musculoskeletal services can play an important role in early identification of serious pathology ensuring that people achieve the best possible outcome. However, early identification is challenging as serious pathologies masquerade as a musculoskeletal condition. This workshop will review the challenges faced by clinicians and will use the international framework for serious pathologies to support decision making. This is an interactive workshop in which attendees will review case studies and will be asked to consider the context within which red flags exist and clinically reason the relevance of the information gathered to determine if any action is required.

Objectives

- Develop a better understanding of serious pathologies of the spine that can mimic simple musculoskeletal disorders to facilitate early diagnosis.
- Enhance clinical reasoning skills to consider serious pathology as a differential diagnosis.
- Develop a comprehensive subjective strategy to explore serious pathology risk.
- Develop a better understanding of risk factors for serious pathology.

Click Here to Get Your Ticket (Seats are Limited)

What is included?

All coffee/teas and snacks
Fully catered lunch (*additional costs apply to special meals)
Course manual
CPD Certificate 7 CEU's (sent electronically after event)
Parking

POST SYMPOSIUM WORKSHOP

19 April 2026

Professor Duncan Reid and Professor Richard Ellis
Department of Physiotherapy, Auckland University of Technology

From Neck to Nerve: Practical Approaches to Cervical Spine and Arm Pain

This one-day course will cover the differential diagnosis, assessment and management of patients presenting with mid to lower cervical spine pain and radiating arm pain. This will predominantly be a practical course. The key manual assessment tests for referred and radicular pain and radiculopathy will be covered. This will include appropriate neurological screening tests and neurodynamic tests. Manual assessment of the neck will be covered to assess the potential sources of pain and management techniques to reduce arm pain. Current best practice evidence will be presented incorporating clinical reasoning via case studies.

By the end of the course participants will be able to:

- Have a greater understanding of the differential diagnosis of radiating arm pain
- Be able to perform appropriate evidence based musculoskeletal assessments of the cervical spine and neural tissues of the upper limb to assist the diagnosis.
- Plan and demonstrate the appropriate management/treatment techniques for these conditions
- Demonstrate improved levels of clinical reasoning via case study analysis

Click Here to Get Your Tickets (Seats are Limited)

What is included?

All coffee/teas and snacks
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Parking

TICKET FEES

IFOMPT AFRICA SYMPOSIUM (Friday 17 April 2026 - Saturday 18 April 2026)

Early Bird - NZ$400 (closes 15 February 2026)
Standard Seat - NZ$450 (closes 1 March 2026)

All ticket fees include refreshments and lunches, and a certificate with CPD accreditation points.

Pre Symposium Workshop-RED FLAGS OR RED HERRINGS

Laura Finucane MSc, MMACP

Thursday 16 April 2026

Early Bird - NZ$210 (15 tickets available)
Standard Seat - NZ$250 (15 tickets available)

All ticket fees include refreshments and lunches, and a certificate with CPD accreditation points.

Post Symposium Workshop-FROM NECK TO NERVE:
Practical Approaches to Cervical Spine and Arm Pain

Professor Duncan Reid
Professor Richard Ellis

Sunday 19 April 2026

Early Bird - NZ$210 (15 tickets available)
Standard Seat - NZ$250 (15 tickets available)

All ticket fees include refreshments and lunches, and a certificate with CPD accreditation points.