



**Foothealth**  
CONFERENCE

# The Foothealth Conference 2025

Transforming healthcare events for over a decade.

Telford International Centre, June 10th and 11th 2025

SPONSORED BY



<b>Main Arena</b>	
<b>Tuesday 10th</b>	<b>Wednesday 11th</b>
<p><b>8.30 – 9.30</b> Registration and Exhibition Trade Show Opening <b>9.30</b> Welcome and Opening Remarks - The Chairperson Heidi Meckler, Podiatrist</p> <p><b>9.45 – 10.20</b> MSK and the ageing foot Dr Paul Harradine, Podiatrist</p> <p><b>10.20 – 10.50</b> Look beyond the eyes: How mental health deeply effects a person on personal growth Adele Beckett , Foot Health Practitioner</p>	<p><b>8.30 – 9.30</b> Registration and Exhibition Trade Show Opening <b>9.30</b> Welcome and Opening Remarks - The Chairperson Heidi Meckler, Podiatrist</p> <p><b>9.45 – 10.20</b> Managing cancer related foot issues Afni Shah-Hamilton, Podiatrist</p> <p><b>10.20 – 10.50</b> How to be a happy human Dave James, Speaker Coach</p>
<b>10.50-11.20 Break</b>	
<p><b>11.20 – 12.00</b> An update in Wound Management Kim Wilde, Senior Lecturer in Podiatry, University of Salford</p> <p><b>12.00 – 12.30</b> Getting the best from your Autoclave MDS Medical</p> <p><b>12.30 – 13.00</b> Giving It to you ‘Straight’ – Bracing for the 21st century Nicola O'Brian, Podiatrist with a special interest in Cosmetic Podiatry</p>	<p><b>11.20 – 12.00</b> A Vascular Update Martin Fox, Vascular Podiatrist, Manchester NHS Hospital</p> <p><b>12.00- 12.30</b> Transforming Podiatry with Ambient AI: Efficient Note-Taking and Enhanced Patient Pathways Michael Abrahams, Podiatrist</p> <p><b>12.30 – 13.00</b> How Shoes can Make or Break Orthotics Bill Bird, shoemaker</p>
<b>13.00-14.00 Lunch</b>	
<p><b>14.00 – 14.45</b> Panel Discussion with FHP’s, Podiatrist and Clinic Owner in working together Jim Leigh, Podiatrist and Clinic Owner, Jane French, FHP, Tony Lacy, Podiatrist through apprenticeship</p> <p><b>14.45 – 15.15</b> Utilising Pressure Measurement to Optimise Orthotic Design George Cummins, Director of Gait and Motion Technology</p> <p><b>15.15 – 15.45</b> How to set your prices so everyone wins Blake Sergeant, Healthcare Business Coach, The Hive</p> <p><b>15.45 – 16.00</b> Chairs Closing Remarks</p> <p><b>16.00 – 17.30</b> Recognition Award Ceremony followed by a networking session with other delegates - Choose from: ‘Be a mentor / be mentored’, ‘Meet the Speakers’ and ‘Meet your locals’. OR a networking session with exhibitors - There will be demonstrations from the companies as well as Qanda’s</p>	<p><b>14.00 – 14.45</b> How menopause can impact foot health Dr. Veronica Newton, Lecturer in Podiatry The University of Salford</p> <p><b>14.45 – 15.15</b> Foot Health in a Changing World Jonathan Brocklehurst, Podiatrist. Associate Lecturer. Editorial Board Member</p>
<b>15.15-15.45 Break</b>	
	<p><b>15.45 – 16.15</b> Careers past the clinic door Michelle Gibson, Podiatrist</p> <p><b>16.15- 16.45</b> Medial Tibial Stress Syndrome Adam Constable, Lecturer at Wolverhampton Uni</p> <p><b>16.45 – 17.00</b> Chairs Closing Remarks</p>

For more information, or to book your spot, go to [www.foot-health.co.uk](http://www.foot-health.co.uk)



**Running**  
CONFERENCE

# The Running Conference 2025

Female Runner Health and Performance

Telford International Centre, June 10th 2025

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GAIT AND MOTION  
TECHNOLOGY LTD

## Main Arena

**9.20 - 9.30**

### Intro and Welcome

The Chair, Craig Ranson, Director of Athlete Health & Director of Performance Data at UK Sports Institute

**9.30 - 10.20**

### REDS and the young female runner

Pippa Woolven, CEO & Founder at Project RED-S

**10.20 - 11.00**

### Running during and after pregnancy

Jo Perkins, Head Physiotherapist Welsh Rugby Union Women's Squad

**11.00-11.20 Morning Break**

**11.20 - 12.10**

### Mental Health and the female runner

Sue Wood, Clinical Psychologist, Changing Minds

**12.10 - 12.40**

### SPONSORED: Orthotic Considerations for Female Performance and Health, Gait and Motion

George Cummins, Director of Gait and Motion Technology

**12.40-13.20 Lunch**

**13.20 - 14.10**

### KEYNOTE: Elite female athlete perspective

**14.10 - 14.40**

### Medial tibial pain in the female runner

Paul Harradine, Podiatrist

**14.40-15.00 Afternoon Break**

**15.00 - 15.40**

### Shoe choice considerations for the female runner

Helen Branthwaite, MSK Podiatrist and Senior Lecturer University of Staffordshire

**15.40 - 16.15**

### Strength Training and the female runner

Angela Sorensen, Strength and Conditioning Coach and Lecturer Middlesex University

**16.15 - 16.20**

### Closing remarks

Craig Ranson

For more information, or to book your spot, go to [www.foot-health.co.uk](http://www.foot-health.co.uk)



## FULL DAY WORKSHOPS

### Dermatology Masterclass - with Ivan Bristow

With the wealth of knowledge Ivan has within Dermatology, and his passion for teaching, this full day workshop will be one not to miss! There are 4 main areas that Ivan will be focusing on:-

09.30	<b>Welcome and Introduction</b> - Ivan Bristow
09.40	Emollient Workshop with Ivan's specialist nurse. An in depth discussion and hands on workshop.
11.00	<b>Break</b>
11.30	Fungal Infections
12.30	<b>Lunch</b>
13.30	Inflammatory Skin Conditions
14.30	<b>Break</b>
15.00	General Skin Conditions
16.00	<b>Summary and Close</b>

If you have anything in particular you would like Ivan to focus on in the general skin conditions, he asks that you email me on [donna@foot-health.co.uk](mailto:donna@foot-health.co.uk) and he will try and incorporate it.

## HALF DAY WORKSHOPS

### Hapla Padding and Retentive Strapping for the Lower Limb Morning Only - 9.20am - 12.20pm

Mike Ratcliffe from Cuxson is back to give his 3hour practical session.

Students will be enabled to demonstrate and evaluate the appropriate application of selected Hapla paddings and retentive strapping as part of a combined therapeutic approach to lower limb pathologies, using information and practical skills provided on the training session, for immediate use in their clinical environment.

09.15	<b>Introduction</b> - The function of padding and retentive strapping
09.30	<b>Demonstration and Workshop</b> - The plantar metatarsal pad and the metatarsal shaft pad (to encourage digital extension and offer restoration of the tarso-metatarsal joint function)
10.15	<b>Demonstration and Workshop</b> - Manufacture of the replaceable toe prop (to extend digits and reduce digital apical, dorsal interphalangeal and plantar metatarsophalangeal joint pressure)
11.00	<b>Demonstration</b> - Manufacture of the valgus filler pad (for talar head support and reduction of heel weight bearing)
11.15	Break
11.45	<b>Demonstration and Workshop</b> - Protective padding for hallux abducto-valgus/Tailor's bunion - the 'nested' cavity pad and the replaceable pad alternative
12.15	<b>Demonstration and Workshop</b> - A rapid application of the plantar cover pad with retentive strapping for plantar pressure reduction using felt and foam padding.
12.30	<b>Summary and Close</b>



## HALF DAY WORKSHOPS

### **Toeflex with Only Footcare. Morning session 09.45 - 12.40**

Toeflex is perfect for toenail reconstructions as is lighter, stronger and easier to use than any traditional gel product in use today. Toeflex is a poly-acryl Gel, it is neither an acrylic nor a gel. It is a hybrid-system which combines the best of both worlds in a revolutionary all-in-one system that is a total game changer in your clinic or domiciliary practice.

### **Onyfix with Only Footcare. Afternoon session 13.45 - 14.00**

The Onyfix toenail correction system is a versatile and innovative product that enables completely painless treatment of almost all forms of involuted and ingrown toenails. Pain free with rapid results & suitable for diabetics. As your nail grows, it will retrain your nail back into a natural position and shape.



## FULL DAY WORKSHOPS 09.30 - 16.30

### Growing your Business

Are you looking to take your business to the next level? Join our exclusive workshop and learn proven strategies from industry experts on how to attract new patients, increase revenue, and build a thriving practice.

09.30	<b>Welcome and Introduction</b> - Dave James
09.40	Confident communication to help grow your business - Dave James, Podiatrist, Coach & Mentor
10.40	<b>Break</b>
11.10	Growing Your Practice with Purpose - Emily Ball and Paul Pinkard, Leading Practice Ltd
12.10	<b>Lunch</b>
13.30	Why Your Marketing Tactics Fail - What you're missing - Jill Woods - Marketing strategist & coach for healthcare practice owners
15.00	<b>Break</b>
15.30	Keeping the Momentum going - Saj Afzal, Podiatrist with over 34 years of clinical expertise.
16.30	<b>Summary and Close</b>

### MSK Everyday

Join us for a comprehensive exploration of MSK topics relevant to everyday practice. Learn from industry leaders and expand your skillset to deliver optimal patient outcomes.

09.30	<b>Welcome and Introduction</b> - Dr. Paul Harradine
09.40	Static Assessment of the foot and ankle - Dr. Paul Harradine
10.40	<b>Break</b>
11.10	5 Keys to orthotic prescription - Ian Handler, Podiatrist
12.10	<b>Lunch</b>
13.10	Vascular discussion & brief demonstration - Martin Fox
13.40	MTSS and ankle sprains - Adam Constable
14.40	<b>Break</b>
15.00	Adult Acquired Flat Foot - Ian Sadler, Podiatrist
16.00	<b>Summary and Close</b>



## Medical Acupuncture run by Steve Bailey, physiotherapist, podiatrist and acupuncturist

This full day foundation course, run by Steve Bailey, for podiatrists and physiotherapists, provides healthcare professionals with continued professional development training in acupuncture for the management of musculoskeletal and associated disorders. In this course, a Western medical diagnosis is encouraged, and the use of classical acupuncture will be presented from an evidence-based understanding to equip you with a general understanding of acupuncture and how it has evolved over the centuries.

You will be introduced to techniques showing how dry needling and classical acupuncture points can be combined and integrated into your daily practice. This can then be followed up with some online modules to embed your knowledge.

The day will consist of background knowledge and understanding of medical acupuncture, types of injuries it is used for, demonstrations, lots of practicing, and take home modules to continue your learning.

## HALF DAY WORKSHOPS 09.20 - 12.20

### Taping therapies for lower limb and lower back pathologies and injuries Morning only session 9.20 till 12.20

Craig Ranson and Michael Ratcliffe deliver a different kind of taping on Day 2, using HaplaWave Elastic Tape, HaplaBand Semi-Rigid Tape, Zopla Rigid Tape and Chirofix used as Under Tape

09.30	<b>Introduction</b> - The function of (semi) rigid and elastic taping
09.10	<b>Demonstration and Workshop</b> - Strapping for insertional and mid-portion Achilles tendon pain (including gastrocnemius strain) using elastic 'kinesio' tape
09.50	<b>Demonstration and Workshop</b> - Strapping for acute and chronic (including prophylactic) lateral ankle sprain to provide ligament protection using rigid tape and elastic 'kinesio' tape
10.30	<b>Demonstration</b> - taping for lower back pain using elastic 'kinesio' tape
10.50	<b>Break</b>
11.00	<b>Demonstration and Workshop</b> - Low Dye (anti-pronation) taping to offload the plantar fascia in plantar fasciopathy (heel pain) incorporating spring ligament and talar head/navicular support
11.30	<b>Demonstration and Workshop</b> - Strapping for patella mal-tracking and patella tendon offloading
12.10	<b>Demonstration</b> - taping to manage hamstring musculature strain using biceps femoris as an example
12.30	<b>Summary and Close</b>



Foothealth and Running  
CONFERENCE

# RESUSCITATION AND MEDICAL EMERGENCIES CPD

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Jon has been running the same course at The Foot Health Conference for many years now, and it is very popular. As Clinicians, you are expected to follow the guidance from the Skills for Health document and this course meets and indeed exceeds the competencies required by Podiatrists. The course delivered is the minimum required by the HCPC and the Royal College for those clinicians who administer local anaesthetic.

This comprehensive half-day course will include a slide presentation, scenario-based discussions and practical sessions. The main topics discussed are:-

Recognition of the ill patient and ABCDE structured approach to management

Recognition and management of common medical emergencies inc. Asthma, Acute

Coronary Syndromes, Hypoglycaemia, Stroke, Anaphylaxis (to include the use of adrenaline)

CPR & AED

Child modifications for resuscitation and Recovery Position

**For more information, or to book your spot, go to [www.foot-health.co.uk](http://www.foot-health.co.uk)**