

ECU2024

Developing EPIC Chiropractic across Europe

THURSDAY 9 MAY 2024

09:00-17:30	Research & Education Day	Auditorio 3
	The programme can be downloaded from the Academic Programme page	
17:00-19:30	Pre-registration	
18:00-19:30	Welcome Reception - Exhibition	Exhibition area

FRIDAY 10 MAY 2024

09:00-10:15	PLE01	Opening and Keynote Lecture	Auditorio 2
		Chair: Vivian Kil	
09:00-09:15		Vivian Kil	ECU President's welcome
		Guillermo Busto	AEQ's President's welcome
09:15-09:45	PLE01-01	Bruno Hortelano	Opening keynote lecture: The Olympic Dream and Chiropractic
09:15-10:15	PLE01-02	Arantxa Ortega	Presentation of the Spanish Research foundation Fujitega and it's line of research
10:15-10:45		Break - Posters - Exhibition	
10:45-12:30	PLE02	From Plate to Pain: Decoding the Gut-Neurology Connection for Chiropractic Care	Auditorio 2
		Chair: Igor Dijkers	
10:45-11:30	PLE02-01	Paul Hrkal	Keynote Lecture: The Evidence-informed, Functional Medicine Approach to Harnessing the Gut-Brain Axis For Clinical Practice
11:30-11:55	PLE02-02	Simon Billings	Neuro-inflammation: The bio-psychosocial model through the lens of evolution
11:55-12:20	PLE02-03	Faye Deane	The gut microbiota and pain modulation
12:20-12:30			Q&A
12.30-14.00		Lunch break - Posters - Exhibition	
14.00-15.30		Parallel sessions	
14.00-15.30	PAR01	Spinal stenosis - Diagnose and Treatment from a medical perspective	Auditorio 2
		Luis Alvarez Galovich	
14.00-15.30	PAR02	Mild Traumatic Brain Injury - A potential area of activity for Chiropractors?	Auditorio 3
		<i>(Session will be repeated at 16.00 hrs. - PAR07)</i>	
		Cameron Marshall	

14.00-15.30	PAR03	Research Presentations	Break-out room 1
		Chair: Henrik Lauridsen	
14:00-14:10	PAR03-01	Cecile Krage Øverås	Health economic analysis of the AI-based SELFBACK app as self-management support for people seeking care for low back pain
14:10-14:20	PAR03-02	Joshua Plener	Information is power: a qualitative study exploring the lived experiences of patients with degenerative cervical radiculopathy
14:20-14:30	PAR03-03	Javier Muñoz Laguna	Feasibility of blinding spinal manual therapy interventions among participants and outcome assessors: a single-centre, randomised
14:30-14:40	PAR03-04	Cesar Hincapié	Incidence and risk factors of lumbar disc herniation with radiculopathy in adults: a best evidence synthesis systematic review
14:40-14:50	PAR03-05	Anders Bay Als	Adaptation and preliminary validation of the young spine questionnaire and young disability questionnaire-spine in adolescents
14:50-15:00	PAR03-06	Lise Hestbaek	Growing pains in Danish preschool children - A descriptive study
15:00-15:10	PAR03-07	Luana Nyirö	The reweighting effect: spinal manipulation enhances lumbar proprioception
15:10-15:20	PAR03-08	Kenneth Young	Mechanisms of manipulation: A systematic review of the literature on immediate anatomical structural/positional changes in response
15:20-15:30			Q&A
14.00-15.30	PAR04	Diagnostic Imaging bits - case presentations	Break-out room 3
		Inger Roug	Case presentations: Sarcopenia and osteoporosis and other cases
15:30-16:00		Break - Posters - Exhibition	
16.00-17.30		Parallel sessions	
16:00-17:30	PAR05	Lumbar spinal stenosis vs. disc herniation	Auditorio 2
		Carlo Ammendolia	Degenerative lumbar spinal stenosis verses sciatica due to lumbar disc herniation: clinical features, pathological mechanisms, and chiropractic management
16:00-17:30	PAR06	FICS	Auditorio 3
16:00-16:30	PAR06-01	Faye Deane	Food for thought: the influence of the microbiome on athletic performance
16:30-17:30	PAR06-02	Martin Isakkson, FICS President	Functional adjusting of the hip and an evaluation of the lower extremity biomechanical chain
16:00-17:30	PAR07	Mild Traumatic Brain Injury - A potential area of activity for Chiropractors?	Break-out room 1
		Cameron Marshall	
16:00-17:30	PAR08	SIG Paediatrics - Master Class	Break-out room 3
		Paediatric concussion: assessment, treatment and the biopsychosocial approach to management	
		Sue Weber	
		Amy Miller	
19:30-23:00		Spanish Evening	

SATURDAY 11 MAY 2024

09.00-10.30	PLE03	Pillow Talk: Decoding the Relationship Between Sleep and Pain		Auditorio 2
		Chair: Carlos Gevers-Montoro		
09:00-09:30	PLE03-01	Adit Margaliot	Keynote Lecture: Sleep and What We Know	
09:30-09:55	PLE03-02	Jo Nijs	Pain never sleeps: Why and how to integrate sleep management in the treatment for patients with chronic pain	
09:55-10:20	PLE03-03	Carlos Gevers-Montoro	No rest, no gain: Unraveling the sleep-pain conundrum in chronic low back pain	
10:20-10:30			Q&A	
10:30-11:00		Break - Posters - Exhibition		
11.00-12.30	Parallel sessions			
11:00-12:30	PAR09	Cognitive Functional Therapy		Auditorio 2
		Kieran O'Sullivan	Cognitive Functional Therapy for LBP: What is it? Does it work? Who can use it?	
11:00-12:30	PAR10	Adjusting to Neutral workshop: Resolving Spinal Stability Post-Trauma: Prioritising Stability Over Range of Motion		Auditorio 3
		Russ Hornstein		
11:00-12:30	PAR11	Motivational Interviewing - Effective Communication		Break-out room 1
		Lesley Haig		
11:00-12:30	PAR12	SIG Neurology - Master Class Connecting the Dots: Neurological Perspectives on Stress, Anxiety, and Burnout in Clinical Practice		Break-out room 3
		Anna Papadopoulou		
12:30-14:00		Lunch break - Posters - Exhibition		
14.00-15.30	Parallel sessions			
14:00-15:30	PAR13	Sleep Hygiene for the professional and patients		Auditorio 2
		Adit Margaliot		
14:00-15:30	PAR14	Adjusting to Neutral workshop: Optimizing Spinal Biomechanics for Enhanced Proprioception and Autonomic Function		Auditorio 3
		Russ Hornstein		
14:00-15:30	PAR15	SIG Clinical The EPIC Management of Headaches: An interactive Workshop		Break-out room 1
		David Byfield Jonathan Field Mark Jessop Mark Thomas		
14:00-15:30	PAR16	Nutrition in Chiropractic Practice		Break-out room 3
		Simon Billings	Neuro-inflammation: The bio-psychosocial model through the lens of evolution	
15:30-16:00		Break - Posters - Exhibition		

16.00-17.30	PLE04	Breaking Bad: Understanding and Addressing Burnout Among Healthcare Professionals	Auditorio 2
		Chair: Mirjam Baechler	
16:00-16:30	PLE04-01	Agnes Parent-Thirion	Keynote Lecture: From workplace burnout to job quality
16.30-16:55	PLE04-02	Elisabeth Angier	Fuel the fire and keep burning brightly: avoiding professional burnout
16:55-17:20	PLE04-03	Ricardo Fujikawa	Burnout Syndrome – case report
17:20-17:30			Q&A
17:30-17.45	PLE05	Awards & Closing	Auditorio 2
17:30-17:45		Vivian Kill	Awards & Closing speech