

## The super conference – stepping outside our comfort zones

I would like to praise Physiotherapy New Zealand and their organising committee for their stimulating and enjoyable *Linking the Chain* “super” Conference held 19-21 September 2014. I know there was trepidation amongst some members at the thought of combining all the special interest groups into one big conference, but it worked, and it worked well. Let's face it, when you need further information in your area of physiotherapy interest you usually know the best authors / experts / textbooks to refer to, or at least you know where or who to turn to. But when a patient presents with a complex or new condition, or with an array of co-morbidities, it is not easy to search for appropriate information in a new area of practice. Where does one start with the plethora of information now available to us? Well, one could start at a “super” conference; listen to presentations in areas that you would not traditionally attend, starting talking to other physiotherapy colleagues from other areas of interest, and meet experts in other fields.

At the recent Physiotherapy New Zealand Biennial Conference I attended a lively presentation by Diane Lee on “An introduction to the Integrated Systems model and how to find the primary driver for linking chains for optimal function” – Diane had us all standing feeling sacroiliac alignment and effects of posture and movement on our neighbour .... that made me think about the influence of my neighbour's shoes on her posture (Chris Sole had presented on “The effect of footwear asymmetry on dynamic postural stability”) ..... and then I thought how much movement practice would it take to change this alignment (Julie Bernhard had presented “Physical activity in rehabilitation: Why, when, what and how?”) ..... which got me thinking about whether we approach our patients in a truly patient-centred manner or do we actually coerce patients into doing what we need them to do (Lynley Anderson had really got me contemplating this dilemma with her presentation on “Coercion or persuasion: Physiotherapy and mobilising reluctant patients”) ..... perhaps motivational interviewing would be of assistance here (Eileen Britt “An Introduction to Motivational Interviewing”) or maybe learning from the Context Therapy Approach (Johanna Darrah). I think you get the picture; a “super” conference is a good place to start gathering information and knowledge in a wide variety of areas of practice.

Likewise, this November 2014 issue of the New Zealand Journal of Physiotherapy covers a multitude of topics that are both interesting and pertinent to practice, no matter your area of interest. With the rapidly changing face of physiotherapy practice, the increase in number of patients presenting for physiotherapy with a variety of multiple co-morbidities, and our

profession's increasing need to move further into the realms of health promotion (Dean et al 2014; Nicholls and Larmer 2005; Patrick et al 2001) it behoves us, as physiotherapists to increase not only the depth but also the breadth of our knowledge. I hope you enjoy reading this issue of our journal and thereby widening your horizons.

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Editor

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