



# Western Counties Society of Osteopaths

Spring conference

Saturday 16th March 2019

The Bampfylde Hall, Hestercombe House, Taunton TA2 8LQ

Programme:

**0900 - 0930:** Registration and tea/coffee.

**0930 - 1030:** Dan Gorvett. BSc(Hons) TCM MBAcC. Treatment of back pain using Chinese Medicine.

**1030 - 1130:** Ian Vasey. Chiropractor. An introduction to shockwave therapy.

**1130 - 1145:** Tea/coffee.

**1145 - 1300:** Ian Vasey. Demonstration of shockwave therapy.

**1300 - 1400:** Buffet lunch.

**1400 - 1530:** Rebecca Popplewell. DO. Practical session using apparatus accumulated by Rebecca over 30 yrs including pilates barrel, foam roller, tens machine and gua sha stones to demonstrate stretches/exercises to address postural anomalies.

**1530 - 1545:** Tea/ coffee.

**1545 - 1645:** Bring your own 'gadgets' to demonstrate and share ideas of what works with you.