Italy

MANUAL THERAPY RETREAT 2027







ACE

Italy

MANUAL THERAPY
RETREAT
2027

WORKSHOP SCHEDULE











PROGRESSION IN MANUAL THERAPY

Moving Beyond a Technique

Focus: *Advancing patient outcomes*

MONDAY, 10TH MAY, 9:45AM 1 HOUR SHAUN BREWSTER

What does progression really mean in manual therapy, and how can we use it to achieve better outcomes for our patients? This opening workshop introduces the overarching theme of the retreat, challenging us to look beyond individual treatment techniques and consider how we can guide patients through a purposeful, adaptable and progressive approach to care.

Explore the key principles of treatment progression, from understanding where a patient is in their presentation and identifying meaningful goals, to selecting appropriate interventions, evaluating their effectiveness and recognising when and how to advance treatment. We'll consider how changes in pain, movement, tolerance and functional capacity can inform our clinical decisions, and why progression is not always about doing more, but about doing what is most appropriate at each stage of recovery.

By bringing together contemporary evidence, clinical reasoning and practical examples, this session will establish a framework for thinking more critically about the way we assess, treat and reassess our patients. More than simply refining our techniques, we'll explore how embracing progression as a guiding principle can help us evolve our clinical practice, strengthen our professional identity and deliver more individualised, effective and meaningful patient care.

#ProgressiveCare #ClinicalPractice #PatientOutcomes #BeyondTechniques











PROGRESSION IN MANUAL THERAPY

Carpal Tunnel Syndrome:

Assessing the Patient, Treating the Symptoms, Protecting the Nerve

TUESDAY 11TH MAY, 9AM 2 HOURS CAREY GIDDENS

Develop a more considered and confident approach to managing carpal tunnel syndrome, with an emphasis on recognising the factors influencing nerve function, identifying appropriate candidates for conservative care, and making informed treatment decisions. Drawing on contemporary evidence, practical assessment and clinical reasoning, this workshop will explore how manual therapists can contribute to effective symptom management while recognising the importance of protecting neural health.

Participants will examine how treatment strategies can be selected, monitored and progressively adapted in response to changes in symptoms, nerve function and functional capacity. Explore how meaningful reassessment can inform each stage of care, from initial symptom management through to improved function and longer-term outcomes, while developing the confidence to recognise when conservative treatment should be reconsidered and further investigation or timely referral is required.

#CarpalTunnel #NeuralAssessment #SymptomManagement #TreatmentStrategies











PROGRESSION IN MANUAL THERAPY

Shoulder Impingement Syndrome:

Assessing the Shoulder, Challenging the Diagnosis, Guiding Treatment

TUESDAY 11TH MAY, 11:15AM 2 HOURS AMANDA KILMINSTER

Challenge traditional thinking around shoulder impingement syndrome and develop a more informed, adaptable approach to managing shoulder pain and dysfunction. Explore how our understanding of this common diagnosis has evolved, and how contemporary evidence can help us look beyond structural explanations to identify the factors influencing each patient's presentation.

Through practical assessment, clinical reasoning and hands-on treatment, participants will explore ways to identify meaningful findings, select appropriate manual therapy and exercise interventions, and evaluate their effectiveness. Discover how ongoing reassessment can guide clinical decisions, allowing treatment strategies to evolve alongside the patient's improvements, progressively restoring confidence, movement and function.

#ShouldImpingement #Assessment #Manual Therapy #ExerciseIntervention











PROGRESSION IN MANUAL THERAPY

Plantar Fasciosis:

Understanding the Condition, Progressing Treatment, Restoring Function

THURSDAY 13TH MAY, 9AM 2 HOURS DALTON YATES

Develop a deeper understanding of plantar fasciosis and explore how contemporary knowledge of tissue pathology, biomechanics and load management can inform a more effective approach to treatment. Moving beyond traditional explanations of plantar heel pain, this workshop examines the factors contributing to symptoms and functional limitations, and how these can guide clinical decision-making and individualised management strategies.

Through practical application, participants will explore the role of manual therapy of the foot, ankle and lower limb, and targeted exercise interventions in managing plantar fasciosis. Discover how treatment strategies can be adapted and progressively advanced as pain, tissue tolerance and functional capacity improve, with consideration for the differing demands of sedentary and athletic populations. With an emphasis on patient education, reassessment and progressive loading, this session will help practitioners develop a more comprehensive approach to guiding patients from initial symptom management toward improved function and a confident return to activity.

#PlantarFasciosis #Treatment #PlantarHeelPain #PatientEducation











PROGRESSION IN MANUAL THERAPY

Gluteal Tendinopathies:

Understanding Tendon Behaviour, Guiding Treatment, Progressing Recovery

THURSDAY 13TH MAY, 11:15AM 2 HOURS OLIVIA CRAPPER

Develop a more comprehensive approach to managing gluteal tendinopathies by exploring the relationship between tendon pathology, mechanical loading and the factors influencing pain and function. This practical workshop examines how contemporary evidence and clinical reasoning can inform treatment decisions, helping practitioners move beyond simply addressing painful structures toward a more purposeful approach to rehabilitation.

Through hands-on application, participants will explore appropriate manual therapy interventions, the importance of managing compressive and tensile loads, and how to interpret patient responses to guide ongoing care. Discover how treatment strategies can be adapted and progressively advanced as symptoms, tendon load tolerance and functional capacity change, while recognising when modifications or alternative approaches may be required. With an emphasis on reassessment and individualised progression, this session will help practitioners develop the confidence to guide patients from initial symptom management toward improved strength, movement tolerance and a sustainable return to activity.

#Tendinopathy #Treatment #PurposefulRehabilitation #IndividualisedCare






PROGRESSION IN MANUAL THERAPY

Four Lenses for Managing Mechanical Low Back Pain: Different Perspectives, Better Clinical Decisions

FRIDAY 14TH MAY, 9AM | 4 HOURS | DALTON YATES, CAREY GIDDENS, AMANDA KILMINSTER, OLIVIA CRAPPER

Effective management of mechanical low back pain requires more than a single treatment approach. It demands an appreciation of the many factors influencing a patient's presentation, and the ability to adapt our clinical decisions as their needs and capabilities evolve.

This **four-part workshop** brings together different members of the ACE teaching team, each offering a unique perspective on the assessment, treatment and rehabilitation of low back pain. Through four complementary approaches, participants will broaden their clinical understanding, expand their practical toolkit and explore how different interventions can be integrated into a purposeful, individualised treatment plan.

Discover how looking at the same condition through different clinical lenses can help you better understand where your patient is today, identify what they need next, and progressively guide them toward improved movement, confidence and function.

Four perspectives. Four approaches. One goal: better patient outcomes.

#Perspective #LowBackPain #Progression #ImprovedPatientOutcomes



PROGRESSION IN MANUAL THERAPY

Management of Lower Back Pain Through Communication:

Building Understanding, Encouraging Change, Improving Outcomes

Effective management of lower back pain begins well before we place our hands on a patient. Explore how purposeful communication can shape the therapeutic relationship, uncover the factors influencing a patient's presentation, and create opportunities for meaningful change throughout their recovery.

Drawing on motivational interviewing principles, effective questioning and patient-centred communication strategies, this workshop will explore how to gather more meaningful information, identify beliefs and behaviours that may influence recovery, and help patients navigate uncertainty, ambivalence and barriers to progress. Participants will develop practical skills in using communication to establish shared goals, encourage engagement and support informed treatment decisions.

Moving beyond the initial consultation, discover how communication can evolve alongside the patient's progress, helping to build confidence, reinforce improvements and support greater independence in managing their condition. This session will challenge practitioners to recognise communication not simply as a supporting skill, but as an essential clinical intervention that can influence outcomes at every stage of care.

#PatientCentred #Communication #MotivationalInterviewing



PROGRESSION IN MANUAL THERAPY

Joint Mobilisation for Lower Back Pain:

Practical Techniques, Purposeful Application

Refine your hands-on skills and explore how lumbar joint mobilisation can be applied with greater precision, purpose and adaptability when managing lower back pain. This practical workshop examines a variety of mobilisation techniques, with an emphasis on positioning, direction, grading and dosage, and how these variables can be tailored to the patient's presentation, comfort and symptom irritability.

Moving beyond the application of individual techniques, participants will explore how mobilisation strategies can be modified and progressively advanced as the patient's symptoms, movement tolerance and functional capacity improve. Through clinical reasoning and ongoing reassessment, develop the confidence to make informed treatment decisions, and recognise when to adapt your approach, and integrate joint mobilisation within your broader treatment plan.

#PatientCentred #JointMobilisation #Dosage



PROGRESSION IN MANUAL THERAPY

Soft Tissue Therapy for Lower Back Pain:

Practical Techniques, Purposeful Treatment

Expand your hands-on treatment skills and explore how soft tissue therapy can be applied with greater purpose and precision when managing mechanical lower back pain. This practical workshop examines a range of soft tissue approaches, considering their potential influence on pain, movement and function, and the clinical reasoning that informs when, why and how we use them.

Moving beyond simply applying techniques, participants will explore how treatment can be modified, combined and progressed in response to changes in a patient's symptoms, tolerance and functional capacity. With an emphasis on practical application and individualised care, this session will help practitioners build a more versatile treatment approach that supports patients through different stages of their recovery.

#PatientCentred #SoftTissueTherapy #TreatmentModification



PROGRESSION IN MANUAL THERAPY

Movement, Exercise and Progressive Loading for Low Back Pain:

Progressing Movement, Building Load Tolerance

Helping patients with lower back pain move beyond symptom relief requires more than effective hands-on treatment. Explore how movement, exercise and progressive loading can be used to restore confidence, develop physical capacity and support lasting improvements in function. Building on concepts introduced in earlier workshops, this practical session examines how to bridge the gap between passive treatment and active rehabilitation.

Participants will explore strategies for selecting, modifying and progressing exercises according to the patient's presentation, movement confidence, physical capacity and individual goals. Discover how changes in symptoms, movement tolerance and functional performance can guide decisions about when to introduce new challenges, increase loading or adapt the rehabilitation plan. With an emphasis on practical application and clinical reasoning, this workshop will help practitioners develop a more adaptable approach to exercise prescription, empowering patients to progressively regain confidence, strength and independence in their movement.

#PatientCentred #SoftTissueTherapy #TreatmentModification

Sunday 9th May	Monday 10th May	Tuesday 11th May	Wednesday 12th May	Thursday 13th May	Friday 14th May	Saturday 15th May	Sunday 16th May
Attendees arrive at the Grand Hotel Vesuvio	**Orientation** 9am - 9:45am	**Exercise Session** 7am - 8am	**Free Day**	**Workshop #4** 9am - 11am	**Workshop #6** 9am - 1pm		**Check out Day**
	Workshop #1 9:45am - 10:45am	**Workshop #2** 9am - 11am	**Book an optional day tour, explore Sorrento or just enjoy a day by the pool...**	**Morning Tea**	**Morning Tea**		**Start dreaming about the next ACE Retreat...**
	Morning Tea	**Morning Tea**		**Workshop #5** 11:15am - 1:15pm			
Retreat Opening: Welcome drinks 5pm - 7pm	**Social activity** 11am -12pm	**Workshop #3** 11:15am - 1:15pm		**Lunch** 1:15pm	**Lunch** 1:00pm		
	Lunch 12pm	**Lunch** 1:15pm		**ACE Race** 3.00pm - 4.30pm	**ACE Olympics** 3.00pm - 4.15pm		
					Next location announcement 4.30pm		
						Farewell Dinner 7.30pm - 9.30pm	

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