

# Programme Overview

## THURSDAY 8 NOVEMBER

08.30 – 10.00	<b>Registration of the participants</b>
10.00 – 10.05	<b>Opening</b>
10.05 – 10.30	<b>KEYNOTE LECTURE: Ronnie Gardiner</b> <i>The Ronnie Gardiner Method</i>
10.30 – 11.00	<b>KEYNOTE LECTURE: Prof. Andrea Maier MD PhD</b> <i>Micro-rehabilitation to maximize healthspan</i>
11.00 – 11.30	<b>KEYNOTE LECTURE: Rienk Dekker MD PhD</b> <i>Physical Activity in Rehabilitation: the ultimate medicine?</i>
11.30 – 11.40	<b>Pitch presentations of the 10 Best Posters (plenary)</b>
11.40 – 12.55	<b>Poster walk and exhibition: Networking Lunch Break</b>
12.55 – 15.30	<b>Parallel Session A: Workshops</b> <ul style="list-style-type: none"><li><b>A1.</b> S.M.A.S.H. (= Smoking prohibited, Move more, Alcohol in moderation, Sleep well, and Healthy nutrition): smashing ideas for a healthy life style</li><li><b>A2.</b> Advanced exercise testing and training in rehabilitation</li></ul>
12.55 – 13.55	<b>Parallel Session A: Free paper sessions</b> <ul style="list-style-type: none"><li><b>A3.</b> Free paper session</li><li><b>A4.</b> Free paper session</li><li><b>A5.</b> Free paper session</li><li><b>A6.</b> Free paper session</li><li><b>A7.</b> Free paper session</li><li><b>A8.</b> Free paper session</li></ul>
14.00 – 15.30	<b>Parallel Session B: Workshops and mini-symposia</b> <ul style="list-style-type: none"><li><b>B3.</b> The start of the national cerebral palsy registry in The Netherlands</li><li><b>B4.</b> Home-based training in children with unilateral cerebral palsy: chances and challenges</li><li><b>B5.</b> Individualized training for residents in rehabilitation medicine: A new approach by Klimmendaal-Radboudumc-Rijnstate-Sint Maartenskliniek-Tolbrug (OOR-ON)</li><li><b>B6.</b> eRehabilitation: development, evaluation and implementation of eHealth in rehabilitation</li><li><b>B7.</b> Neuropathic pain among people with spinal cord injury: innovations in assessment and treatment</li><li><b>B8.</b> The Ronnie Gardiner Method, sets the brain in motion!</li></ul>
15.30 – 16.15	<b>Poster walk and exhibition: networking break</b>
16.15 – 17.45	<b>General Assembly NSRM</b>

## FRIDAY 9 NOVEMBER

**07.30 – 08.30**      **Registration of the participants**

**07.30 – 08.00**      **Bootcamp (*starts at main entrance Martiniplaza*)**

**08.30 – 10.00**

### **Parallel Session C: Workshops and mini-symposia**

- C1.** New priorities in paediatric research
- C2.** To participate or not to participate: that is the challenge why and how to promote meaningful participation of children and young adults with disabilities?
- C3.** Behavior change towards a healthy lifestyle: needs more than just an advice
- C4.** Innovative interventions to support informal caregivers
- C5.** Working towards healthy living in patients with chronic pain: A stepped care approach
- C6.** The role of rehabilitation in the changing world of SMA
- C7.** Gait analysis and adaptations; using new ideas to tackle old problems in gait classification and training
- C8.** Handcycling: the way to go from a physiological and biomechanical perspective

**10.00 – 10.45**

**Coffee break and visiting commercial exhibition**

**10.45 – 11.45**

### **Parallel Session D: Debate and PhD thesis session**

- D1.** PhD thesis session: Presentations of the best PhD theses in the Netherlands
- D2.** Debate: 'Healthy living for everyone!! Really?'

**11.50 – 12.20**

**KEYNOTE LECTURE: Prof. Mark Nash MD PhD**

*Cardiometabolic Disease Management Following Spinal Cord Injury: Exercise and Nutritional Imperatives*

**12.20 – 13.20**

**Poster walk and exhibition: Networking Lunch Break**

**13.20 – 14.50**

### **Parallel Session E: Workshops and mini-symposia**

- E1.** Strength and fatigue of the upper limb in children with Unilateral Spastic Cerebral Palsy. New insights in measurement and training
- E2.** Sexual Health Care in physical rehabilitation medicine: pitfalls and challenges
- E3.** Value Based Health Care in Rehabilitation: From Hype to Reality
- E4.** Measuring cognitive functioning in rehabilitation: brief screening and outcome measurement
- E5.** The application of sensors to objectively monitor orthopaedic footwear adherence in research and clinical practice
- E6.** Rehabilitation, Sport & Active Lifestyle: now and in the future
- E7.** Patient Participation in Research: Challenges and Opportunities
- E8.** PROFITS: opportunities to improve prediction and services early post stroke.

**14.50 – 15.30**

**Poster walk and exhibition: Networking Break**

**15.30 – 15.40**

**Awarding best PhD thesis, best presentation and best poster**

**15.40 – 16.10**

**KEYNOTE LECTURE: Prof. Mai Chin A Paw PhD**

*Confusion, Contradiction and Consternation – Promoting physical activity or reducing sedentary behaviour for child health?*

**16.10 – 16.40**

**KEYNOTE LECTURE: Olaf Verschuren PHD**

*Exercise, Nutrition, and Sleep are Critical to Success*

**16.45**

**End of the congress**