Cheryl Mason

**Title:** Acupuncture for Pregnancy related Pelvic Girdle Pain and Lower Back Pain

**Conference Timeslot:** 08.45 – 09.45am

**Biography:** Cheryl has extensive prior experience in nursing, midwifery and pain management teams within the NHS. She is also qualified in other complementary therapies and often treatments involve a blend of Acupuncture, Hypnosis and Therapeutic Body work techniques to suit the needs of the individual. Cheryl graduated with the University of Wales Master’s Degree via the esteemed Northern College of Acupuncture, York, where she is now a guest lecturer. Between 2009 and 2015 Cheryl held a Lecturing and clinic supervisor post on the Acupuncture degree course at Leeds Beckett University (formerly Leeds Metropolitan University). During this time she gained the PGCHE teaching qualification. She also trains Physiotherapists, Osteopaths and Chiropractors in Dry needling and Acupuncture as a foundation and Continuing Professional Development courses. Through her experience she has grown a deep respect for the powerful, yet gentle strength of Acupuncture and dry needling to treat a wide range of conditions.

Chris Boynes

**Title:** The Interaction and outcomes of Acupuncture – TCM and IMS – with Deep Oscillation Treatment – a case studies discussion

**Conference Timeslot:** 09.45 – 10.30am

**Biography:** Chris Boynes is a proactive and experienced chartered sports and musculo-skeletal physiotherapist with a previous degree in Physical Education. He has worked with elite athletes across a wide range of sports for more than twenty years. For six years he worked in professional rugby as Club Physio to London Irish RFC. He has toured with the England U19 Football team and worked with GB athletes in disciplines as varied as gymnastics, weightlifting, boxing, field and track athletics and badminton. He recently presented at a conference on Rehabilitation in Professional Sport at Edgehill University and also lectures in sports injuries, sports rehabilitation and taping techniques. He presented DEEP OSCILLATION at the Elite Sports Performance & Rehabilitation Expo 2017.

An expert in sports injury management and sports rehabilitation, Chris recognises the importance of working with young athletes to reduce the risk of potential injury and enhance sports performance. Chris lectures on sports injury management to chartered physiotherapists, osteopaths and other medical professionals in the UK and abroad. He also works closely with the Spinal Foundation, treating patients suffering with complex back problems.

A former marathon runner and martial artist, Chris continues to cycle and run near his home in North Norfolk.

Chris takes a very lateral approach to treatment, using techniques from other disciplines, such as acupuncture and osteopathy, alongside his wide ranging physiotherapy skills and background in physical education and fitness. His priority is always to get rid of pain. Then he will treat the injury, helping patients understand what has caused the problem and working with them to restore normal function.
JOHN R. CROSS

Title: Acupressure in the Treatment of Neurological Conditions

Conference Timeslot: 11.00 – 12.00pm

Biography: John is proud that he was the first chartered physiotherapist to become a registered acupuncturist when gaining a Lic. Ac. from the British College in May 1978. His doctorate, awarded in 1987, was for pioneering work and thesis on the correlation of traditional Oriental and Indian medicine. He is a founder member of AACP and was President in 1998-2000. He is currently President of ACPEM. His CSP Fellowship was awarded in 2005 for his work on the integration of complementary medicine into mainstream physiotherapy.

John is the author of 10 books on acupuncture, acupressure, reflexology, healing and the chakra energy system. He has given practical seminars on all aspects of touch therapy and acupuncture in the UK, Europe and the USA. He has lived in the Isle of Skye since 2002 where he works a 12-acre croft with his wife Andrea.

JOHNNY WILSON

Title: Performance Enhancing Rehabilitation, Developing Stronger, Faster more Powerful Athletes

Conference Timeslot: 13.15 – 14.15pm

Biography: Johnny was born and raised in Ireland and moved to the UK some 17 years ago. He has completed undergraduate degrees in Sports Science and Physiotherapy as well as a PGCE in Primary Education and a Masters in Sports & Exercise Medicine. Johnny has also completed a Post-grad in Manual Therapy with MACP accreditation.

Passionate about helping athletes achieve their goals, the move into professional football was a natural fit. Johnny is a creative “doer” by nature and is most happy when integrating science and innovation to design and implement performance enhancement conditioning sessions.

Johnny has a particular interest in the role of Acupuncture in Professional Sport. He regularly utilizes this intervention as part of his assessment, treatment and rehabilitation of elite athletes, and recently had a case study published on “Acupuncture for Low Back pain in a Professional Footballer” in the Winter edition (2017) in the AIP journal.

As well as all of this, he is currently an associate Lecturer for the University of Nottingham on their Masters course in Sport and Exercise Medicine and is currently chief editor for an international Sports Medicine book with Elsevier due for publication later this year. Johnny regularly speaks at International conferences and was very grateful for the amazing opportunity to present at Barcelona FC in the Camp Nou on “Engaging the athlete in Functional Rehabilitation”.

In his free time, Johnny loves spending quality time with his 5 year old son Aodhan, surfing, carving out long turns in fresh powder, travelling and is beginning his journey training for ultra-distance running events around the world. Coffee lover and loves a tweet!
Dr. Thomas Perreault

Title: Dry Needling Temporomandibular Disorder

Conference Timeslot: 14.35 – 15.35pm

Biography: Dr. Thomas Perreault graduated with a BSc in Kinesiology from The University of Maine in 2004 and earned his Doctoral Degree in Physical Therapy from Franklin Pierce University in 2008. Dr. Perreault is a graduate of the Institute of Orthopedic Manual Therapy Clinical Fellowship in Woburn, Massachusetts and he is a Board Certified Orthopedic Specialist through the American Physical Therapy Association. He is also a Member of The Acupuncture Association of Chartered Physiotherapists and has practiced in the outpatient orthopedic setting for 10 years. Dr. Perreault is currently a Clinical Specialist at Wentworth Douglass Hospital in Dover, New Hampshire for The Northern New England Spine Center with a focus on Dry Needling for chronic spinal pain, temporomandibular disorders and headache. He lectures internationally on Dry Needling for Management of Musculoskeletal Disorders. Dr. Perreault is also lead author on a recent publication The local twitch response during trigger point dry needling: Is it necessary for successful outcomes, which is published in the ever popular Journal of Bodywork and Movement Therapies.

Lynn Pearce

Title: It’s all in the anatomy….the merging worlds of fascia and meridian theory

Conference Timeslot: 15.35 – 16.35pm

Biography: Lynn has taught for the AACP for a number of years and has held a Senior Lecture post at Coventry University when the MSc in Acupuncture was in place. She started her acupuncture training in 1989 in Southampton, and then completed a Licentiate in Acupuncture course with the British College of Acupuncture in London in 1993. She has always strived to find connections between what we understand of the anatomical world of the human body and the Chinese concepts of Qi and how acupuncture can effect this – whatever it is. She works clinically at The Courtyard Centre for Health and Wellbeing in Biggleswade, Bedfordshire, and teaches the AACP Foundation course, and various CPD days. Recently she has qualified as a Clinical Canine Massage Therapist after two years of studying dog anatomy. The ability to effect fascial tissue with manual therapy and acupressure in dogs is profound, and there are always connections to be made with acupuncture theory.

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