

# No Limits 2025

Hosted by  
APC Prosthetics

## Event Program | Friday, 12<sup>th</sup> September

### Make the most of your day by planning ahead.

Browse the sessions and choose in advance to ensure you don't miss the topics that matter most to you. For each time slot, select one session from the available options.

TIME	PROGRAM HIGHLIGHTS	LOCATION
8:30 AM	Doors Open - Tea/Coffee	
9:00 AM	Welcome Remarks with Don and Mick	
9:15 PM	<b>Keynote Presentation: Making Every Step Count</b> Don't miss Paralympic medalist Don Elgin, an ordinary bloke who's managed to achieve some extraordinary things through hard work, grit, and determination	
9:45 AM	In the Workshop: Technical processes Future Technology: CAD/CAM and 3D printing Ambassador Presentation: Andrew Tebbitt	Room 1
	Wound Care with Nurse John Osseointegration International with Warrick Heald TBC Ambassador Presentation: Elizabeth Wright	Room 2
10:45 AM	Morning Tea	
11:15 AM	Interactive Physiotherapy with Cathy Howells	Room 1
	Interactive session "Yoga for Everybody" with Marta Geada	Room 2
	Supplier Demonstrations: Össur and Ottobock	Adaptive Activity Zone
12:00 PM	Lunch	

TIME	PROGRAM HIGHLIGHTS	LOCATION
12:45 PM	Ambassador Panel and Q&A: “What I wish I’d known - Advice for every step of the journey”	Room 1
	Ambassador Panel and Q&A: “Sports, Participation and Building a Community”	Room 2
1:30 PM	What works for Phantom Limb Pain? A review of the evidence	Room 1
	The Psychology of Amputation: Basten Psychology	
	Ambassador Presentation: Adam Smith	
	Prosthetics 101: Lower limb, upper limb & everything in between	Room 2
	Upper Limb Prosthetics with APC Upper X	
	Ambassador Presentation: Jessica Cook	
2:30 PM	Afternoon Tea	
3:00 PM	Interactive session “ <i>Maintaining Mobility</i> ” with Red & Dan	Room 1
	Interactive Physiotherapy with Cathy Howells	Room 2
	Supplier Demonstrations: OPC and TASKA	Adaptive Activity Zone
3:45 PM	Closing Remarks with Don and Mick	

*Please note, while we strive to provide accurate information, some changes may occur.*

#### APC Alexandria

Suite 1A, 170–180 Bourke Road,  
Alexandria NSW 2015  
TEL: 02 8339 4784  
FAX: 02 9475 0795

#### APC Central Coast

Suite 4, 14 Pioneer Avenue,  
Tuggerah NSW 2259  
TEL: 02 4047 8755  
FAX: 02 9475 0916

#### APC Hunter

Suite 4, 240 Pacific Highway,  
Charlestown NSW 2290  
TEL: 02 4969 8700  
FAX: 02 9475 0916

#### APC Northmead

2 Redbank Road,  
Northmead NSW 2152  
TEL: 02 9890 8123  
FAX: 02 9475 0253

#### APC Upper X

Unit G.01, 182–184 Bourke Road,  
Alexandria, NSW 2015  
TEL: 02 8339 4784  
FAX: 02 9475 0795