

No Limits 2025

Hosted by
APC Prosthetics

Event Program | Friday, 12th September

Keynote Speaker



DON ELGIN

Don't miss Paralympic medalist Don Elgin, motivational speaker, author, husband, and proud dad of four. He's also an ordinary bloke who's achieved some extraordinary things through hard work, grit and determination.

Ambassadors



ADAM SMITH

Adam is an energetic and charismatic individual with a diverse professional background, most recently working in juvenile corrections. In 2023, Adam contracted Influenza A which led to sepsis and the amputation of all four limbs to save his life. Since then, he has tackled recovery with determination, one step at a time. An avid gym-goer and returning boxer, Adam also spends much of his time in nature hiking and honing his skills in photography - producing exceptional images that reflect his passion.

ELIZABETH WRIGHT

Elizabeth Wright is an Australian Paralympic medallist and ABC journalist dedicated to reshaping how disability is understood and represented. Born with limb difference, she has been a lifelong advocate for inclusion. After retiring from elite sport, Elizabeth reinvented herself as an artist, academic, writer, and magazine editor during 13 years in the UK. Returning to Australia, she now brings a global perspective on disability, diversity, and allyship to her work at the ABC. Elizabeth educates and inspires, offering practical strategies to create welcoming, inclusive spaces where accessibility & representation drive meaningful change.



ANDREW TEBBIT

Andrew Tebbit was born in Redcliffe, QLD, in 1975 and grew up in Ipswich, west of Brisbane. He is married with three children and now lives in Port Macquarie, NSW. Andrew joined the Army in 2000 at the age of 25 and served until his medical discharge in 2015. He became an amputee in 2020 and has since gone on to compete in the Invictus Games twice — representing Australia in The Hague, Netherlands, and Düsseldorf, Germany.

JESS COOK

Jess Cook, 36-year-old Marketing professional, Mum of one with another on the way, received a phone call that turned her life upside down. One year on, hear how she reflects on that harrowing moment and how she made it through her darkest and first year as an amputee.





JALAL NAKHAIE

I have been a right below-knee amputee (RBKA) since October 2018. A devoted husband and father of two boys, I am also a passionate engineer who enjoys my work and values practical problem-solving both in life and in the field. My journey through rehabilitation has shaped my perspective on resilience, adaptability, and self-awareness. I enjoy enabling others by sharing insights from lived experience and believe in the power of open, supportive conversations. I aim to bring a thoughtful and down-to-earth voice to discussions about life after limb loss.

LINDA CROFTS

Linda is a wife, mother of two, and proud grandmother whose life changed in 2014 after a below-knee amputation. A lifelong fitness enthusiast, she returned to work as a personal trainer just six months after her accident and even completed a 50km bike race that same year. In 2015, she underwent osseointegration surgery, which greatly enhanced her mobility and confidence as an amputee. Today, she continues to lead an active lifestyle, with CrossFit, boating, travel, and cherished time with family and friends.



BEATRIX GEBHARDT

Beatrix Gebhardt was born in Gibraltar and spent much of her life in England before moving to Australia in 2008. She is a proud mum to two boys, Liam (9) and Ethan (6). Born with fibular hemimelia, Beatrix became a below-knee amputee at 18 months and has lived with amputation for over 40 years. Through resilience and adaptability, she has built a full, active life. Today, she runs Amazing Amputee, a business providing disability education talks in schools, promoting understanding and inclusion. Beatrix shares her story to inspire, encourage, and highlight how challenges can create opportunities for growth.

Interactive Sessions



CATHY HOWELLS - OAM

Cathy Howes is one of Australia's most knowledgeable and experienced amputee physiotherapists, with over 30 years dedicated to amputee management. She led the amputee unit at Royal Prince Alfred Hospital from 1988–1994 before moving into private consultancy. Cathy is a keynote lecturer in the annual lower extremity prosthetics course at UNSW and has presented widely at Australian and international conferences. At APC Prosthetics, she developed and implemented the training program for all microprocessor knee users. Her passion for achieving optimal outcomes has been integral to preparing many Australian Paralympians for success.

Interactive physiotherapy:

This interactive session is designed to support amputees at all levels of mobility, focusing on inclusive exercise approaches that build strength, confidence, and independence. Participants will be guided through tabata-style training, followed by gait training exercises that address posture, balance, and walking efficiency with a prosthesis. Attendees will leave with a toolkit of strategies to incorporate into their daily routines, empowering them to take an active role in their rehabilitation and long-term health.

JADE “RED” WHEATLY

Jade Wheatly known as “Red Dog” to his friends is a bilateral below-knee amputee who sustained his injuries in a traumatic accident nearly two decades ago. Returning to the surf played a vital role in Red's physical and mental recovery, reigniting his passion for the ocean and movement. A strong advocate for staying active and engaged, Red has supported the Össur Mobility Clinic, raised awareness for adaptive surfing, and continues to highlight the importance of maintaining an active lifestyle after amputation. His story reflects resilience, community spirit, and a commitment to helping others embrace activity and independence.





DANIEL MOFFAT-MARTIN

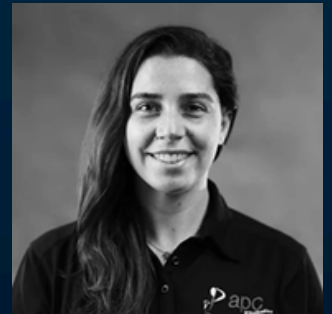
Daniel Moffatt-Martin is an ESSA-accredited Sport Scientist and ASCA Level 2 Strength and Conditioning Coach with over 10 years' experience in high-performance sport and rehabilitation. Currently completing a Master's in Clinical Exercise Physiology, he has consulted for organisations including Red Bull and Surfing Australia, and works as a Sport Scientist at the Hunter Academy of Sport. A business owner and lifelong athlete, he is passionate about helping people reduce pain, recover from injury, and unlock their full potential. At 37, he is also a proud husband and father of two daughters, passionate about helping others move better, feel stronger, and live without limits

Maintaining Mobility – Red and Dan:

An interactive session highlighting the importance of monitoring, maintaining, and improving mobility. Focusing on core strength, proprioceptive awareness, and functional exercises, participants will learn practical strategies to build confidence, reduce risk of falls, and support long-term independence through sustainable movement habits.

MARTA GEADA

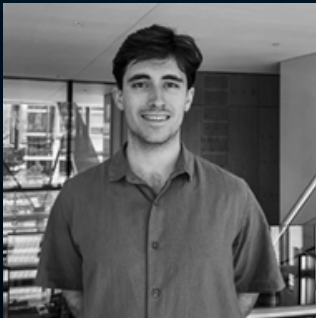
Marta graduated in 2012 in Lisboa, in Portugal, where she was born and raised. Marta then spent 5 years in London, working at the Royal National Orthopaedic Hospital, with a focus on paediatric prosthetics. Marta joined the APC Prosthetics team in September 2017 and is now focused on Lower Limb Prosthetics and is a key part of the Osseointegration multidisciplinary clinic at Macquarie University Hospital. Marta believes in individual patient care and that great work can best be achieved by a team effort. In addition to her prosthetic work Marta also runs Om Inc. Yoga, an inclusive and holistic yoga practice.



Yoga for Amputees:

A yoga class that includes gentle movement, breathing exercises and a short meditation. Here we focus on re-connecting with the body and expanding our mobility. When you choose you, when you take time for practices that make you feel good, when you notice your breath, your body, your mind will be able to support you in all areas of your life way beyond the yoga mat.

External Presenters



JACK DEVONSHIRE

Jack is a PhD candidate at UNSW and Neuroscience Research Australia's Centre for Pain IMPACT. His research aims to enhance phantom limb pain management through the government-funded TITAN trial, investigating treatments for phantom limb pain. Jack employs mixed-methods approaches such as process evaluation to translate clinical trial findings into practical changes in clinical practice. Alongside his research, Jack is an Accredited Exercise Physiologist at the UNSW Fatigue Clinic, where he supports people with chronic fatigue and post-viral conditions.

What works for Phantom Limb Pain? A review of the evidence.

Mr Devonshire will discuss what current research literature tells us about treatments for phantom limb pain, highlighting treatments that may effectively reduce pain and identifying areas where further research is needed.

NATASHA HATCHER

Natasha Hatcher is a psychologist with interests in health psychology and anxiety and trauma related mental health disorders. She received her master's degree in Clinical Psychology from Macquarie University. Natasha has worked predominantly in private practice where she has supported individuals with the psychological challenges that accompany different illnesses and injury such as limb injuries, spinal cord injuries and diabetes. She also has experience in a public hospital setting supporting individuals and their families in adjusting to the challenges of a cancer diagnosis.



The psychology of rehabilitation following unwanted limb changes

Presentation Summary: Natasha will discuss the ways in which losing a limb presents unique challenges and requires rehabilitation across many different areas of life, informed by those with lived experience and cognitive science. Natasha will then explore the different ways in which rehab can support not only your physical wellbeing, but your mental and emotional wellbeing too.



JOHN SHEEHY

29 years' experience in aged care and rehabilitation, specialising in amputee rehab and wound management. Clinical lead in care for amputees in Sydney Local Health District (Royal Prince Alfred, Concord, Balmain, Canterbury Hospitals and Community Outpatients) working with Agency for Clinical Innovation, Australian Rehabilitation Outcome Centre, Australian Rehabilitation Nurses Association, other Local Health Districts and rehabilitation and amputee networks across the state. Part of a strong state leading team of professionals, passionate about the promotion and empowerment of amputees individually and as a group.

Wound Care and Management

John provides practical strategies for preventing and managing wounds in the residual limb. Topics include skin care, early identification of pressure areas and infection prevention. Attendees will gain tools to maintain limb health, support rehabilitation, and improve long-term prosthetic outcomes.

Industry Partners



SARAH MULROY-LANG

Sarah is Clinical Specialist and Academy Lead in Prosthetics at Össur. She graduated with First Class Honours in Prosthetics and Orthotics from the University of Salford (UK). Sarah gained extensive clinical experience at Queen Mary's Hospital, Roehampton, before working at the Defence Medical Rehabilitation Centre, Headley Court, treating complex traumatic amputees. She later worked at Charing Cross Hospital, London, combining clinical education with management of complex caseloads. An active contributor to BAPO and the Inter-Regional Prosthetic Audit Group, Sarah relocated to Australia in 2016, where she delivers clinical education/training programs across Australia/New Zealand with Össur.

Navii Knee and ProFlex Terra Foot

Össur's latest innovations in action! The Navii microprocessor knee (MPK) and the Pro-Flex Terra foot—are designed to empower users with greater mobility, confidence, and freedom, including environments like water, sand, and uneven terrain. This session includes a live demonstration by a user who utilises both technologies daily, offering firsthand insight into their real-world experiences.

KRIS CAROLL

Kris has been in the Prosthetics industry for more than 10 years and is still loving it, he works at OPC Health within the Prosthetic sales department. OPC Health not only supplies prosthetic products but also acts as a clinical partner. They offer educational programs and promote professional development within the industry.



Ethnocare Liner

Try out the EthnoCare Overlay, a transtibial socket insert worn over the liner. It features a patented air expansion system that enables users to adjust fit on-the-go, enhancing comfort, socket fit, cushioning, and stability. It's compatible with most liners and sockets, offering a superior alternative to traditional volume management methods



AMY LAWLESS

Amy Lawless joined the Ottobock Australia team in January of 2019. Initially focused on providing education through the Ottobock Academy, supporting the Ottobock custom silicone range and working clinically at SPAO, Amy moved to her current role as Business Development Manager for NSW, ACT & NT at the start of 2023. Amy's current role sees her attending O&P facilities around her territory to support fittings and educate in a variety of Ottobock components/training principles. Amy finds work to be very rewarding and enjoys working with clinical teams to support optimal outcomes for their clients.

Digital Connections

Explore Ottobock's innovative apps designed for amputees and clinicians. Movao connects users worldwide, offering community, peer support, and resources. Cockpit Connect enables clinicians to monitor and support prosthetic users remotely, ensuring personalised care.



DOUGLAS HILSON

Doug has been working with TASKA Hands for the last 9 years – from beginnings of designing the first two hands, to now working within the support and product specification team, he has a broad range of knowledge over how the TASKA Hand performs best in all situations.

Based in New Zealand at the TASKA headquarters, Doug ensures that users come first with the products design and performance – and is always open to new ideas of how the TASKA Hands are being used, and what could make the hands even better for doing more throughout users journey.

The TASKA Hand

Come and see how easy it is to set up a TASKA hand to get you on your journey quicker. Doug will demonstrate the MyTASKA app, as well as a new feature which locks the hand in a secure position on demand.

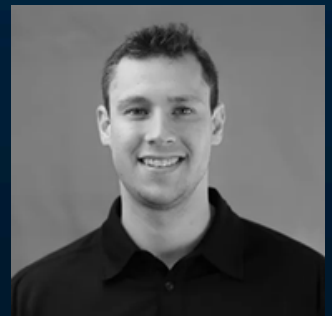
APC Presenters

RHYS CLENTON

Raised in Newcastle, Rhys has worked in the prosthetics and composite industry since graduating high school in 2009. With his extensive knowledge in composites, Rhys adapts his knowledge into the manufacturing of prosthetics. In 2019, Rhys joined APC as a Prosthetic Technician, later advancing to Technical Services Manager at APC Central Coast, a role he now holds at APC Hunter.

Technical Process - How We Make Your Leg

This session takes a behind-the-scenes look at the technical processes involved in prosthetic fabrication. From socket design to component selection and finishing, a attendees will gain insight into the craftsmanship, precision, and innovation that bring prosthetic devices to life for everyday use.



JOEL SNOW

Joel started his career at APC Prosthetics as a recipient of the APC Clinical Internship. Joel has a diverse skillset which includes: teaching, metalwork, prosthetic tech work – and brings his ability to adapt and problem solve into his clinical practice. Joel works with lower and upper limb clients and has a strong focus on innovation, specialising in CAD/CAM and 3D design to advance prosthetic solutions.

CAD/CAM, 3D and Future Technology

This presentation explores how APC Prosthetics is harnessing digital technology to transform prosthetic care. From CAD/CAM design to 3D printing, APC is integrating innovation into everyday practice, continuing to deliver precise, efficient, and customised prosthetic solutions. The session will also look ahead at emerging trends in the prosthetics field and what this means for clients and the profession moving forward.

ALEX GREIVE

Joining APC Northmead in 2020, Alex is one of the first graduates to undertake the APC Clinical Internship. Alex's career passions are to be actively involved in patient activities – from taking the first steps to participating in competitive sports. He practices these skills in focused arenas such as AMP CAMP, Össur Mobility and Surf Clinics.

Upper Limb Prosthetics – with Upper X

Alex explores the often lesser-known area of prosthetic care, and the a vital role upper limb prostheses play in restoring function and independence. This presentation will explore the unique challenges in upper limb prosthetics, highlight innovations, and showcase APC's commitment to supporting clients with upper limb differences through specialised expertise





ROB HODGSON

Rob graduated from LaTrobe University in 2006 with a Bachelor degree in Prosthetics and Orthotics. Rob worked as a Senior Prosthetist at Albury Prosthetics and Orthotics Service from 2006 – 2018 and was a member of the Components Committee Panel for Enable NSW from 2010-2018. Rob was chosen to help support athletes at the 2018 Commonwealth Games held on the Gold Coast, QLD, providing clinical support and repairs. Rob joined Össur Australia in September 2018 as a Clinical Specialist supporting clinicians and providing clinical education programmes. Rob has been working with APC Prosthetics since 2025 providing support and clinical expertise to the Northmead team.

Prosthetics 101 – Introduction to Prosthetics

This presentation will provide an overview of the wide spectrum of prosthetic devices – from commonly prescribed lower limb solutions to the more specialised and unique designs that showcase the diversity of the field. Drawing on real-world examples, it will highlight APC Prosthetics' expertise across lower limb, upper limb, and creative customisation. Participants will gain insight into the

*Thankyou
For Coming*

