

No Limits 2025

Hosted by
APC Prosthetics

Event Program | Friday, 12th 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	Keynote Presentation: Making Every Step Count 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: Elizabeth Wright	Room 1
	Wound Care with Nurse John Prosthetics 101: Introduction to Prosthetics Ambassador presentation: Jessica Cook	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 Supplier Demonstrations: Össur and Ottobock	Room 2 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	
	Osseogration International	Room 2
	Upper Limb Prosthetics with APC Upper X	
	Ambassador Presentation: Andrew Tebbit	
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.

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