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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: CADCAM and 3D printing Hiking, Running, Boxing: Adam talks activity-specific prostheses	**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	**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	The Psychology of Amputation: Basten Psychology What works for Phantom Limb Pain? A review of the evidence Ambassador Presentation: Adam Smith	Room 1
	Upper Limb Prosthetics with APC Upper X Ambassador Presentation: Andrew Tebbit Osseogration International	Room 2
2:30 PM	Afternoon Tea	
3:00 PM	Interactive session *"Maintaining Mobility"* 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.

SCAN THE QR CODE
*to learn more about
our Presenters*