

**TUESDAY 6 JUNE 2023****08:30 – 16:45****-2.61-62 & -2.63****Physiotherapy Short Course: Exercise testing – practicalities and applications for clinical practice**

08:30 – 08:35	Welcome to day 1
08:35 – 09:35	Basic exercise physiology – Zoe Saynor, Portsmouth, UK
09:35 – 10:35	Overview of tests and which are recommended (evidence) – Don Urquhart, Edinburgh, UK
10:35 – 10:50	<b>COFFEE BREAK</b>
10:50 – 11:20	Getting CPET ready (all) – Thomas Radkte, Zurich, CH / Zoe Saynor, Portsmouth, UK
11:20 – 12:40	Workshops  Practical of exercise tests – STS and A-Step – Thomas Radkte, Zurich, CH / Brenda Button, Melbourne, AU  CPET practical – healthy – Helge Hebestreit, Würzburg, DE / Marlies Wagner, Graz, AT
12:40 – 13:30	<b>LUNCH BREAK</b>
13:30 – 14:30	Other test data reporting, interpretation and analysis – cases. Inc. A-step/shuttle/6-min walk - Brenda Button, Melbourne, AU / Lisa Morrison, Glasgow, UK
14:30 – 15:30	CPET reporting, interpretation and analysis – cases – Helge Hebestreit, Würzburg, DE
15:30 – 15:45	<b>COFFEE BREAK</b>
15:45 – 16:45	Muscle function testing in CF – Mathiue Gruet, Toulon, FR

**WEDNESDAY 7 JUNE 2023****08:30 – 13:30****-2.62-63****Physiotherapy Short Course: The upper airway: Practical assessment and therapy – From research to daily work practice. Rotterdam 2022**

08:30 – 08:35	Welcome to day 2
08:35 – 09:35	How to use exercise test results for exercise prescription/programmes and how to progress them – Owen Tomlinson, Exeter, UK / Thomas Kent, Exeter, UK
09:35 – 10:05	Psychological barriers to exercise – Trudy Havermans, Leuven, BE
10:05 – 10:50	Breathing pattern issues – Nicky Mills, Leicester, UK
10:50 – 11:00	<b>COFFEE BREAK</b>
11:00 – 12:50	Case study discussions
12:50 – 13:30	Exercise for airway clearance theory and ExACT – Gemma Stanford, London, UK / Zoe Saynor, Portsmouth, UK

**Target audience:** All healthcare professionals interested in the use of exercise testing within clinical practice, including physiotherapists, exercise physiologists, exercise practitioners, physicians.

**Advert:** This course has been designed to give an overview of the practicalities of exercise testing, including CPET and submaximal tests. Discussions around suitability of different tests and interpretation of test data for clinical practice are included alongside talks on factors which influence exercise ability and participation and exercise for airway clearance. The course includes an expert panel discussion about selected clinical cases and participants are invited to submit potential cases for discussion via the abstract submission website.