

# Ontario Society of Chiropractors



APRIL 28-29, 2023

WALKING INTO THE FUTURE  
37TH ANNUAL CONFERENCE



Ontario Society  
of Chiropractors

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## 2023 OSC CONFERENCE

Last year saw a return to an in-person conference for the first time following two years of virtual conferences due to a global pandemic. Our 2021 conference sold out and was a great success largely impart to the hard work and dedication of our continuing education committee, the OSC board of directors, and all the delegates, speakers, and exhibitors involved. This shows the amazing resiliency of our profession.

I am very pleased to welcome all of you to our 37 th annual Spring Conference for another sold out year of in-person sessions. On Thursday, April 27 th we are running a couple of pre-conference workshops followed by a CPR session. Then on Friday, April 28 th , for two days, the conference will consist of two tracks with presenters coming from all over the United Kingdom, the United States, and Canada. Once again, we're happy to share that our registrar, Nicole Zwiers, will be presenting for the delegates. Please be sure to join us on Friday when we host the OSC Annual General Meeting, followed by a cocktail reception with live music. This reception is a highlight of the event, and we hope to see you all there. We will also be welcoming our new 2023 graduates to the profession with a Welcome to the Profession presentation. The highly attended expert panel session will also take place to close out the conference on Saturday. Following the success of last year's special reception for the 25 th year graduates, we will continue this year as we congratulate the graduates from 1998.

We are delighted to have you all here with us this weekend. We hope you find this year's conference educational and informative.

Sincerely,



Jana Charyk  
OSC, President



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## PRE-CONFERENCE WORKSHOPS\*

THURSDAY: APRIL 27, 2023

\* Extra fees apply

### WORKSHOP #1 - Manual Therapy for Chiropractors: A Hands-on Approach to Common Foot Conditions (12:00pm - 5:00pm in Violet/Orchard Room)

- Anatomy refresh
- Refresh and overview of assessments (ranges of motion, fascia and muscles)
- Overview of massage techniques (indications/contraindications/best practices of use)
- Treatment protocols using hands on manual therapy, taping and remedial exercise for the following:
  - plantar fasciitis
  - metatarsalgia
  - HAV
  - shin spints
  - post tib tendon dysfunction
  - achilles tendinopathy



#### Presented by: Antonietta Galati D.Pod.M.

Antonietta graduated from the Michener Institute in 2010 where she received her Advanced Graduate in Podiatric Medicine. Her background includes a degree from York University and diploma in Massage Therapy. She is currently working towards her Graduate Certificate in Clinical Education Management.

Her passion for being at the forefront of care with Chiroprody and foot health lead her to become the Clinical Coordinator/Manager at the Michener Institute of Education at UHN, where she concurrently works as management and clinical faculty. This allows her to be on the frontline of education in the field of Chiroprody, while providing her patients with up to date progressive care.

Being a Specialized Health Care Professional, Antonietta has the experience of caring for all types of patient concerns and foot related issues, but definitely has a passion for Diabetes related foot care/Wound Management, Biomechanics and Sports Therapy.



## PRE-CONFERENCE WORKSHOPS\*

THURSDAY: APRIL 27, 2023

\* Extra fees apply

### WORKSHOP #2 - Pre-Conference Physio Taping Workshop (12:00pm - 5:00pm in Violet/Orchard Room)

#### Objectives and Course description:

Spider tape, K-tape and Essity Leukotape-K are brands of Kinesiology taping. A leader in this tape and research, Essity Leukotape-K has proven benefits for reducing joint pain, improving muscle function and decreasing swelling. Compliment your chiropody practice by managing patients foot pain and function quickly and effectively. This course introduces the principles and methods of kinesiology taping with emphasis on ankle and foot conditions. Participants will then practice taping applications for foot and ankle conditions. They will learn how Leukotape- K can be combined with other sports tape and how the principles can be incorporated to help other conditions such as diabetic neuropathies and those pertinent to the audience.

#### At the end of the course participants will:

1. Understand the principles and basic method of Kinesiology taping
2. Have the understanding of how kinesiology taping and sports taping can maximize management of foot and ankle conditions
3. Be able to put into practice taping techniques for the foot and ankle
4. Learn introductory lymph taping and an overview of complimentary use of Essity Leukotape -K tape with socks/ orthotics for conditions such as diabetic neuropathies and metatarsalgia.



#### Presented by: Jennifer Howey, PT, CAFCI

Jennifer Howey is the owner of InsideOut Physiotherapy & Wellness Group in downtown Toronto. An avid believer in health promotion, Jennifer has been featured on CBC, Global National, and multiple presses. She was a lead on Team Medical for the 2015 PanAm/ Para PanAm Games. Jennifer is a National Master trainer for Essity Leuko-tape kinesiology taping where she developed the Advanced Sport, and Foot specific courses. Jennifer believes strongly in the professional contribution of Physiotherapists and has been featured in the Ontario Physiotherapy Association Leadership series. Jennifer enjoys teaching and holds an adjunct lecturer appointment at the University of Toronto. Whether treating Olympic level athletes or the downtown office worker, it is with the principles of lifelong learning, movement and vitality that Jennifer emphasizes with her patients, team and public.



**Ontario Society  
of Chiroprpodists**

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## PRE-CONFERENCE WORKSHOPS\*

THURSDAY: APRIL 27, 2023

\* Extra fees apply

### WORKSHOP #3 - CPR Workshop (6:00pm - 9:00pm in Violet/Orchard Room)

The Basic Life Support (BLS) CPR course teaches all CPR skills plus advanced skills which meet national protocols and guidelines. In accordance with The Heart and Stroke Foundation, the BLS certification is valid for 1 year. The course is the most advanced form of CPR training and has been created for those working or plan to be working in sectors of the Health Care Industry. You will learn the skills outlined below:



- Artificial Respiration (rescue breathing)
- Covers all CPR Levels as well as 2-person Baby CPR
- Adult/Child/Baby CPR – one rescuer
- Adult/Child/Baby choking
- Barrier devices/pocket masks
- Adult/Child/Baby 2-rescuer CPR
- Automated External Defibrillation (AED)
- Bag Valve Mask (BVM) Training

## VENUE INFORMATION

Hilton Toronto/Markham Suites  
Conference Centre & Spa  
8500 Warden Ave,  
Markham, ON  
L6G 1A5



**Hilton**

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EXHIBIT HALL

## COCKTAIL RECEPTION

FRIDAY AT 6:30PM - 8:00PM

Open bar, food, and live music with Sean Cotton



## Sean Cotton

Singer-Songwriter

After a successful 20 year stint based out of Toronto, Ontario as an international touring and recording artist in the songwriting-performing duo The Undesirables with hometown friend and collaborator Corin Raymond, Sean Cotton retired from the road, settling north of Muskoka in the Almaguin Highlands.

He spent the next several years writing and performing new original songs for the locals and tourists alike. These songs would become his 2019 solo album Only in Muskoka. The record celebrated the region while offering some character sketches that touched on some of the rougher edges of Muskoka. Songs like Hard Time of Year, The Accidental Death of Thomas John Thomson, and his anthemic regional hit Broke in Muskoka.

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# FRIDAY: APRIL 28<sup>TH</sup> SCHEDULE

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## Conference Room #1

## Conference Room #2

7:00am	Registration & Breakfast		
7:30am			
8:00am	Dr. Richard P. Jacoby DPM Reduce Inflammation & Reverse Nerve Damage		
8:30am			
9:00am	WOUNDS CANADA - Mariam Botros DCh and Dr. Robyn Evans MD Managing Diabetic Foot Infections and Offloading the Diabetic Foot		
9:30am			
10:00am	Break with Exhibitors		
10:30am	Patrick Rainville DCh Preparing Your Practice for the Future	Dr. Emily Splichal DPM Foot to Core Fascial Connection	
11:00am	Belinda Longhurst BSc (Hons), PGCert, FHEA, FFPM RCPS (Glasg) Verruca Update: Immune Ignorance Isn't Bliss	Dr. Erin Klein DPM A Comprehensive Guide to Diagnosis and Management of Plantar Plate Tears	
11:30am			
12:00pm	Lunch Break		
12:30pm			
1:00pm			
1:30pm	CFIB The Best Practices for Successful Hiring: A Road Map to Finding and Keeping Employees	CHLIA Anti-fraud programs	
2:00pm		Dr. Paul Langer DPM How Digital Technologies are Changing Sports Medicine and Athletic Footwear	
2:30pm	Belinda Longhurst BSc (Hons), PGCert, FHEA, FFPM RCPS (Glasg) Podiatric Dermatology of the Older Patient		
3:00pm	Break with Exhibitors		
3:30pm	Nicole Zwiers B.A (Hons) LLB, LLM College of Chiropodist Update	Dr. Emma Cowley PhD The superpower of SOAPIER	
4:00pm		25 Year Reunion Graduate Year 1998 (Violet/Orchid Room)	
4:30pm	Dr. Brandon Maggen PhD, FFPM RCPS (Glasg) The Link Between A1c, AGEs and Forefoot Pressures: A Model for Ulceration Prevention		Dr. Paul Langer DPM Current Evidence on Injury Prevention in Runners
5:00pm			
5:30pm	OSC Annual General Meeting (Violet/Orchid Room)		
6:00pm			
6:30pm			
7:00pm	Cocktail Reception Open bar, food, and live music with Sean Cotton (Exhibit Hall)		
7:30pm			
8:00pm			

# SATURDAY: APRIL 29<sup>TH</sup> SCHEDULE

WALKING INTO THE FUTURE · 37<sup>TH</sup> ANNUAL CONFERENCE

## Conference Room #1

## Conference Room #2

7:00am	Registration & Breakfast	
7:30am		
8:00am	Dr. Ali Sadrieh DPM Bringing Humanity Back to Medicine	
8:30am		
9:00am	Zoe Wilson BSc (Hons), MSc, MRCPod Adult Acquired Flatfoot: Early Detection and Conservative Management	
9:30am		
10:00am	Break with Exhibitors	
10:30am	Dr. Nimish Mittal MD Ehlers-Danlos Syndrome	Catharine Gray DCh and Antonietta Galati D.Pod.M. The Future of AI: Wound Care and Patient Outcomes During a Global Pandemic and Beyond
11:00am	James Welch BSc (Hons) MSc, MRCPod Children with Hypermobility - The Journey	Dr. Erin Klein DPM A Unicorn a Day Keeps Boredom Away: Challenging Diagnoses and Pearls
11:30am		
12:00pm	Lunch Break	
12:30pm		
1:00pm		
1:30pm	Dr. Ali Sadrieh DPM Toes are the new Nose	Dr. Richard P. Jacoby DPM Stem Cells & Ultimate Protocol Solution
2:00pm	Zoe Wilson BSc (Hons), MSc, MRCPod How to Manage the Flatfoot in Your Clinical Setting: Rehabilitation	James Welch BSc (Hons) MSc, MRCPod The Kids are Alright - Pediatric Sports Injuries from the Podiatric Perspective
2:30pm		
3:00pm	Break with Exhibitors	
3:30pm	Peter Ferguson D.Pod.M, MRCPod Securing an Exit Strategy for your Practice	New Grads - Welcome to the Profession (Maple Room)
4:00pm	Expert Practice Panel Elisabeth Hibbert, Spencer Farrow, Patrick Rainville, Antonietta Galati, Nicole Joseph	
4:30pm		





Ontario Society  
of Chiropodists

Contribute to your profession by joining the OSC!

The OSC serves the chiropody profession in Ontario in its role as an advocacy organization: generating public awareness about chiropodists, increasing positive media coverage, and advocating on behalf of the profession with key stakeholders, including the College of Chiropodists, the Ministry of Health and Long Term Care, and other government organizations as well as insurers.

Our mission is to represent the profession as the primary foot specialists in Ontario by enhancing relationships with the public and other stakeholders. To promote the highest professional standards and to further the profession through education development and research.

[www.ontariochiropodist.com](http://www.ontariochiropodist.com)



**Feel Your Feet, Free Your Movement**

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**Booth #301**

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# NON-OPERATIVE TREATMENT OPTION FOR CHRONIC CONDITIONS OF THE FOOT & ANKLE

## CLINICAL INDICATIONS

- Adult Acquired Flatfoot (PTTD)
- Lateral Ankle Instability
- Charcot Deformity
- DJD of the Ankle or Subtalar Joint
- Mild Drop Foot Deformity



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## OUR SPEAKERS



**Mariam Botros**

DCh, DE, IIWCC, MEd

As chief executive officer of Wounds Canada, Mariam is responsible for both the implementation of the strategic direction and day-to-day operations of the organization. She is a chiropodist and diabetes educator by training and completed her Master's in Educational Leadership. Mariam has also published, developed and lectured in multiple programs both nationally and internationally. She is also the vice president of D foot International. Through her different roles as an executive director, health-care practitioner and educator, researcher and faculty member for many well-recognized organizations, Mariam has extensive practical and professional experience in advancing public health policy and is respected as a strategic, visionary, system thinker.



**Cesar Gomez-Garcia,**

Senior-Manager, Business Advisory Services  
Canadian Federation of Independent Business

With business analysis, business management, and marketing knowledge from the University of Toronto and Humber College, César Gomez, Senior Manager of the Business Advisory department, has served the small and medium-sized businesses community for over 13 years. César has spoken to countless business owners about everything from starting a business, employee recruitment, management, and termination to helping them understand their Canadian government compliance and regulations. During the pandemic, Cesar assisted thousands of members, and business owners in understanding the ever-changing COVID-19 restriction rules from health and safety and employee isolation. He is passionate about entrepreneurship and has published several blogs and web content and participated in a web series on Bell Fibe TV1, the "How to quit your job" series, which provides advice to entrepreneurs. Cesar's enthusiasm stems from giving various recommendations for organizing, operating, and maintaining a Canadian business in practical and operational tips that any business can apply to smooth its journey to success, particularly in employee management.



**Dr. Emma Cowley**

PhD, FRCPodM, FFPM RCPS(Glasg), CSci

Dr Emma Cowley is a Senior Teaching Fellow in Podiatry at the University of Southampton, UK with over twenty-five years' experience in musculoskeletal clinical practice, education, research and innovation. She is currently serving as Dean of the Faculty of Podiatric Medicine at the Royal College of Podiatry (RCPod) and recently led authorship on the RCPod Podiatry Career Framework and RCPod Musculoskeletal Capability Framework.

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## OUR SPEAKERS

Emma's work in education draws on her status as a Chartered Scientist and, as part of her role as practice placements lead, she adapted the SOAPIER model to support clinicians in musculoskeletal assessment and conditions management decision making to build confidence in this element of practice commonly upheld as the area UK podiatrists have least confidence in.

Emma's research interests inform her teaching strongly and extend from a small education portfolio through to the biomechanics of the foot and ankle in running, foot orthoses innovation, and the perceptions of the foot. In this last field she is pioneering citizen science methodology to reach diverse populations across the world to better inform global health care.



### **Shannon DeLenardo**

Director, Anti-Fraud with the Canadian Life and Health Association (CLHIA)

In her role, Shannon is responsible to build consensus on concerns important to member companies and for leading industry committees, working groups and projects related to the mitigation of benefits fraud, and electronic claims management. Shannon has held positions in Compliance, Regulatory Affairs, and Privacy. Prior to joining the CLHIA she held roles at CAA, Assurant Solutions including Director of Compliance and Director of Human Resources. Shannon graduated from the University of Guelph with a BA, Seneca College with the Human Resources Professional designation and has a Certificate in Regulatory Compliance & Legal Risk Management for Financial Institutions. Shannon loves to walk, ski, swim, read and above all loves to spend time close to family.



### **Dr. Robyn Evans**

MD

Dr. Robyn Evans attended University of Toronto Medical School. Prior to this she did a Bachelor of Science as well as graduate studies in Biochemistry. She completed her family medicine residency at University of Toronto with further training in Wound care.

Dr. Evans is actively involved in clinical evaluation and management of patients with complex wounds as the Director of the Wound Healing Clinic at Women's College Hospital. Over these past 13 years she has developed an interest in wound care education and research. She is medical lead for Wounds Canada and on the Board of Wounds Canada. She is a lecturer at University of Toronto and part of the International Interprofessional Wound Course through University of Toronto. Dr. Evans has worked full time as a community family physician since 1992.



**Peter Ferguson**  
D.Pod.M, MRCPod

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Peter Ferguson is a podiatry graduate of Queen Margaret's College, Edinburgh, having practiced in Ontario as a chiropodist from 1988-2021. Peter has been actively involved in numerous professional roles including strategic planning, chairing committees, an educator, mentor, and a passionate MSK clinician.

A former co-owner of a practice in Peterborough, Ontario, Peter was instrumental in taking a startup, single practitioner practice and turning into a thriving, multi-practitioner operation. As an entrepreneur with an intimate understanding of the challenges of private practice, Peter developed a network of exceptional professionals, focusing on a strategy for successful practice management and personal growth. Through this process including a clear exit strategy, Peter has been able to achieve the goal of moving to Chester, Nova Scotia in pursuit of other endeavors, on his terms. Peter remains involved in podiatric care in addition to being a partner in The Foot Health Network, a practice management consulting company which helps overwhelmed, overstressed and overspent foot health providers become confident, inspired and thriving.



**Antonietta Galati**  
Dip.MT, D.Pod.M

Antonietta is a Chiropodist registered with the College of Chiropodists of Ontario. She completed her Honours of Kinesiology degree at York University and then earned her diploma in Massage Therapy from CCMH. In 2010 she earned her Advanced Graduate Diploma of Podiatric Medicine from The Michener Institute for Applied Health Sciences in Toronto.

Antonietta has worked at the Michener Institute as clinical faculty in the Chiropody Teaching Clinic, as well as lead facilitating Continuing Education on the Management of Diabetes and the lower limb. She has worked on research projects with The Telewound Supercluster and given seminars on mechanics and footwear at York University to the Athletic Therapy students. Antonietta currently works at Complete Connections Therapy in Burlington as well as LMC Endocrinology and Footcare where she is also the program's medical director.

A major focus in practice for Antonietta is evaluating mechanics to then incorporate hands on care, taping and exercise. In office manual therapy along with giving patients tools they can use at home, helps to encourage them to be part of their rehab journey to reduce pain and get back on their feet.



**Catharine Gray**

BSc, PGCE, MHLthSc, DCH

Catharine is the emeritus Academic Chair, Chiropody at the Michener Institute of Education at University Health Network (UHN). Where she also held the position of Discipline Head – Chiropody across the UHN organization. Graduating in 1992 from The Michener Institute, she holds a Postgraduate Certificate in Education from the U.K. and has a Masters in Gerontology.

Since joining Michener in 2009 Catharine worked with the team to create positive clinical learning opportunities for students with excellence in patient care. Catharine was instrumental in transitioning the clinical learning at Sherbourne on-site to the St Patrick Campus in 2011. She has been dedicated to highlighting the value of foot care to patients, students, and to the healthcare system. This dedication included strategic academic leadership for Canada's only Anglophone Chiropody program as well as the oversight for the 15-room chiropody out-patient clinic. Catharine forged strong relationships with stakeholders across the province including the MOHLTC, Indigenous Diabetes Health Circle, and SWIFT Medical. Clinically, Catharine has been in private practice, family health care teams, and worked overseas in the United Arab Emirates for several years. Since retiring in September 2022, she is currently consulting on a Future Skill Canada grant with UHN.



**Jennifer Howey (Taping Workshop)**

PT, CAFCI, MCPA

Jennifer Howey is the owner of InsideOut Physiotherapy & Wellness Group in downtown Toronto. An avid believer in health promotion, Jennifer has been featured on CBC, Global National, and multiple presses. She was a lead on Team Medical for the 2015 PanAm/ Para PanAm Games. Jennifer is a National Master trainer for Essity Leuko-tape kinesiology taping where she developed the Advanced Sport, and Foot specific courses. Jennifer believes strongly in the professional contribution of Physiotherapists and has been featured in the Ontario Physiotherapy Association Leadership series. Jennifer enjoys teaching and holds an adjunct lecturer appointment at the University of Toronto. Whether treating Olympic level athletes or the downtown office worker, it is with the principles of lifelong learning, movement and vitality that Jennifer emphasizes with her patients, team and public.



**Dr. Richard P. Jacoby**

DPM

Dr. Richard P. Jacoby is among his colleagues one of the most respected podiatrist and neurosurgeon in the USA. He is also a highly rated doctor by his patients. And not only for his unbeatable knowledge and professionalism, but also for his kindness and approach that puts





his patients first place. He completed his undergraduate education at Rowan University in New Jersey, post graduate education at Villanova University in Pennsylvania and Temple University School of Podiatric Medicine in Philadelphia. He is the founder of the first surgeon centre in the USA. Winner of the Phoenix Magazine Top Docs Award on four different occasions. He wrote the book Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health. He is the former President of the Arizona Podiatry Association, Former President Association of Extremity Nerve Surgeons and recognised expert in Stem Cells & Red Light therapy with more than 15 years of practice.



**Dr. Erin Klein**  
DPM

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Dr. Erin Klein comes to us today from the Weil Foot & Ankle Institute in the suburbs of Chicago, Illinois. Dr Klein has earned a doctor of podiatric medicine degree from The Dr. William M Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science.

Dr. Klein completed her residency training at the Northport Veterans' Affairs Hospital in Northport, New York. This was followed by completion of a fellowship in reconstructive surgery and research at the Weil Foot & Ankle Institute where she has worked for the past 10 years most recently being named the director of medical education, the associate director of research and a physician owner of this institution. In addition, Dr. Klein holds a faculty teaching appointment at The Dr. William M Scholl College of Podiatric Medicine at Rosalind Franklin University of Medicine and Science. Dr. Klein's medical interests include reconstructive surgery, limb salvage and research. Dr Klein has a multitude of medical, surgical and research accomplishments which are all special. However, her most notable accomplishment include being part of the Starlights Masters Synchronized Skating team and being a mom to her 4th grade twins – Evelyn and Riley – and the dog, Han Solo.



**Dr. Paul Langer**  
DPM

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Dr. Paul Langer is a board certified podiatrist practicing with Twin Cities Orthopedics in Minneapolis, MN. He is the author of Great Feet for Life: Footcare & Footwear for Healthy Aging, an editor of Athletic Footwear & Orthoses in Sports Medicine, has contributed to other medical texts and journals and has lectured internationally on lower extremity health and footwear. He is a past president of the American Academy of Podiatric Sports Medicine and an adjunct clinical faculty member of the University of Minnesota Medical School. He also serves as the Medical Director of OLT Footcare.



**Belinda Longhurst**

BSc (Hons), PGCert, FHEA, FFPM RCPS(Glasg)

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Belinda qualified as a podiatrist in 2003 and was awarded a First-Class Honours degree with Distinction by the University of Southampton. She is a Podiatry lecturer for the SMAE Institute's BSc (Hons) Podiatry degree programme and is a Fellow of both the Higher Education Academy and the Royal College of Physicians and Surgeons of Glasgow. Belinda has a special interest in Podiatric Dermatology and has frequently presented her published work at both national and international conferences. She is also a joint course provider for the Royal College of Podiatry Skin Surgery Course (extended scope of practice) and is a Trustee and Volunteer Coordinator for the Registered charity Forgotten Feet, which offers free footcare to the homeless and socially isolated. Belinda is keen to promote the upskilling of Foot Health Practitioners and Podiatrists in lesion recognition skills to improve the prognosis for people with cutaneous malignancies.



**Dr. Brandon Maggen**

PhD, FFPM RCPS (Glasg)

Brandon qualified as a podiatrist last century. Literally! Now 25 years later, he still holds the same passion for what we do as he always has. This has fostered in him an attitude of life-long learning to enhance the professional, knowledgeable and evidence based/ care centric approach to patient care.

Brandon holds an honours graduate degree in podiatry from the University of Johannesburg as well as an MSc in Diabetes Medicine from the University of South Wales and a PhD in Physical Medicine and Rehabilitation from the National University of Medical Sciences. Currently he is pursuing post-graduate Certificates in Neurobiology and Sports Performance (University of Barcelona) as well as a Certificate in Health Law (Dalhousie University).

Professionally, Brandon has been in private and public practice covering the full spectrum of podiatric scope across two-and-a-half decades including setting up podiatry departments in a leprosy hospital, two psychiatric hospitals, a TB hospital and two orthopaedic rehabilitation hospitals. Following this Brandon entered private practice - successfully operating his own clinic for over 20 years. Simultaneous to this he, a plastic surgeon and a wound care nurse founded an advanced wound care clinic that brought together medical disciplines - all upporting patient care and more effective long-lasting clinical outcomes. During this time, Brandon served on the editorial board for podiatry-content for the journal Wounds Southern Africa, which he held for five years. He has lectured for over twenty years at conferences on three continents as well as to Endocrinology residents and medical students on the diabetic foot.



Further, Brandon served on the Executive of the Podiatry Association of South Africa for 18 years, finishing with two terms as its President. In 2021 Brandon was awarded Fellowship from the Faculty of Podiatric Medicine of the Royal College of Physicians and Surgeons Glasgow.



**Dr. Nimish Mittal**

MD

Dr. Nimish Mittal is an Assistant Professor at the Temerty Faculty of Medicine, University of Toronto, Division of Physical Medicine and Rehabilitation. Dr. Mittal holds a cross-appointment in the Department of Anesthesiology and Pain Medicine and the Faculty of Kinesiology and Physical Education. He holds a master's in health research methodology. He currently works as the staff physician at University Health Network and is medical director of GoodHope EDS clinic at Toronto General Hospital.

Dr. Mittal is a frequently invited speaker at multiple international and national pain and physiatry conferences. He holds more than \$2 million in peer reviewed grants and has published several articles in indexed high impact peer-reviewed journals. He is passionate about developing treatment pathways and models of care for multisystemic problems in hypermobility related complex connective tissue disorders. He has a particular interest in advancement of innovative best clinical practices in chronic musculoskeletal joint pains with use of image guided (Ultrasound/X-Ray) injections.



**Patrick Rainville**

DCh

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Patrick Rainville is a Chiropractor with 26 years of experience in private practice, completing his Chiropractic studies at the Michener Institute in 1997, and is a proud member of the OSC.

As co-owner of Rainville Foot Health, Patrick holds the post of CEO and senior Chiropractor. The headquarters is located in Timmins, Ontario, offering a multidisciplinary approach to foot health care with additional locations in Owen Sound and Hanover. The Rainville Foot Health team includes RPN foot care nurses, a Pedorthist, Lab Technician, Chiropractors, and support staff.

Patrick's particular areas of interest include pressure measurement systems, gait analysis, and second opinion biomechanical cases. Rainville Foot Health has grown from a fledgling one room clinic, to a successful multi location enterprise that is systemized allowing for excellence, profitability and owner flexibility.



As a partner in The Foot Health Network, a practice management a company, Patrick helps overwhelmed, overstressed and overspent foot health providers become confident, inspired and thriving. Patrick wants to share his knowledge, dedication, and expertise in the field of practice management, to help podiatric specialists prepare their practice for the future.



**Dr. Ali Sadrieh**  
DPM

Dr. Sadrieh is America's innovative foot surgeon, patient experience designer, and thought leader in the integration of technology for the modern practice.

Seeing the need to reinvent traditional hammertoe and bunion surgery, he has dedicated his years of training to learning plastic surgery and reconstructive techniques, then applied this knowledge to create revolutionary procedures and the specialty of Aesthetic Foot Surgery. These procedures liberate patients by providing a shorter, modern recovery experience with aesthetic results. His most recent contribution to medicine, is the world's first human centered surgical facility, located in Beverly Hills, CA. Using 20+ years of experience developing software and UX design, this destination practice serves a long list of professional athletes, well known celebrities, and leaders of Fortune 500 companies and people from around the world.

The new evo is a proof of concept, ushering in an entirely new way of practicing medicine. Passionate about creating "Practices of the #future" and sharing how evo has integrated technology and UX/UI to create a new paradigm for the future of medicine, he is invited to speak regularly at medical and tech conferences.

"Our mission began as a singular vision – design the worlds best surgical practice, centered around the human experience. We embarked on a journey of discovery, making progress through iteration, and thoughtful Integration of technology. Because we believe providing great healthcare is a privilege; creating an exceptional experience, is our responsibility. Welcome to evo, an expression, in excellence." - Ali Sadrieh



**Dr. Emily Splichal**  
DPM

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Dr. Emily Splichal, Functional Podiatrist and Human Movement Specialist, is the Founder of EBFA Global, Author of Barefoot Strong and CEO/Founder of Naboso Technology. Dr Splichal was trained as a surgeon through Beth Israel Medical Center in New York City and Mt Vernon



Hospital in Mt Vernon, NY, however in 2017 Dr. Splichal put down her scalpel and shifted her practice to one that is built around functional and regenerative medicine. With over 22 years in the fitness industry, Dr Splichal has dedicated her medical career towards studying postural alignment and human movement as it relates to barefoot science, foot to core integration and sensory integration.



**James Welch**

BSc(Hons) MSc MRCPod

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James graduated in 2001 from University College London (UCL) and The London Foot Hospital. Since then he has worked in both the private sector and the NHS where he currently holds the post of Advanced Specialist Podiatrist in Musculoskeletal Biomechanics and Paediatrics. James has continued with further study and in 2018 completed his Masters degree in the Principles of Podiatric Surgery from the University of Brighton, with his dissertation focusing on the role of steroid injections for recalcitrant plantar fasciopathy.

James has lectured nationally and internationally for a number of years and is the current vice chair of the Children's Podiatry Special Advisory Group, as well as one of the main contributors to the Paediatric Podiatry Clinical Framework. He has a special interest in hypermobility and hypermobility spectrum disorders, paediatric heel pain (Calcaneal Apophysitis) and paediatric flat feet. He is currently involved in 2 separate research projects in these study areas. As well as lecturing and studying, James is also one of the current Deputy Professional Editors for the Royal College of Podiatry professional magazine 'The Podiatrist'. In his spare time you'll generally find him somewhere outdoors with his wife and kids.



**Zoe Wilson**

BSc (Hons), MSc, MRCPod

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Zoe Wilson is an MSK Specialist Podiatrist from The English Lake District in the United Kingdom. Zoe qualified from the University of Salford in 2015 and went on to complete her Masters in Theory of Podiatric Surgery in 2019. Zoe opened her first private practice in 2017 and second practice in 2021 with a distinct focus on managing MSK conditions. Zoe spent a lot of her time in the company of Podiatric surgeons across the UK gaining insight into the assessment and management of a range of foot and ankle conditions. ZW Clinics continues to grow in a range of directions utilising the presence of a multidisciplinary team inclusive of Podiatrists, Physiotherapists and Podiatric surgeons.

Zoe continues to expand her line of Footcare products which she started in 2020. ZW



Footcare is a unique podiatrist developed product range utilising sustainably sourced ingredients, eco friendly packaging and proudly manufactured in the UK. The range currently has 7 products and is available for health professionals to stock in their clinics.

Zoe is involved in a variety of webinars, conferences and speaking events across the UK. Zoe's area of specialist interest is diagnosis and management of the Adult Acquired Flatfoot. ZW Academy was founded in February 2023 and will focus on delivering MSK CPD to Podiatrists all over the world. Zoe continues to study, currently undertaking her PGCert in Medical Ultrasound and looks forward to continually raising the bar for the Podiatric profession on an International scale.



**Nicole Zwiars**

B.A (Hons) LLB, LLM

Nicole is a lawyer and member of the Law Society of Ontario for 20 years. Nicole graduated from Western University with a degree in Political Science after which she attended Queen's Law School completing her LL.B. Nicole recently completed her LL.M (Masters in Law) at Osgoode Law School with a focus on the modernization of professional health regulation. Prior to joining the College, Nicole practiced law as a litigator at a national, full-service law firm and worked with other health regulators as well as a non-health regulator in professional regulation, and accredited post-secondary education for paralegals. Nicole has served several terms adjudicating medical appeals to determine eligibility for the Canada Pension Plan, as an appointee of the Federal Government to the Social Security Tribunal. Finally, Nicole volunteered as a board member on the Lakeridge Hospital Board, a multi-site hospital serving the Durham Region, for two consecutive terms.



# OUR EXHIBITORS

