

Phantom Limb Pain: Transforming Approaches to Rehabilitation

Date: Wednesday 4 March 2026

Time: 10:00 AM - 4:00 PM

Location: Stewarts Law LLP, 5 New St Square, London EC4A 3BF

Contact for more information: hello@art-training.co.uk

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For decades phantom limb pain (PLP) has confounded researchers and practitioners. 95% amputees will experience PLP a debilitating and draining condition that significantly hinders amputees' sleep, quality of life and rehabilitation outcomes. Despite huge advances in prosthetic limb technology, persistent phantom limb pain is often a limiting factor in the restoration of function. Large-scale surveys of amputees highlight the ineffectiveness of treatments for PLP and the detrimental side-effects of pharmaceuticals. For those serving the amputee population understanding the latest research and having clinically effective pain management tools for PLP is essential to providing comprehensive care.

In this day-long conference, we will be exploring the impact of phantom limb pain on rehabilitation. We will be hearing from the authors of recent groundbreaking research which shows phantom limb pain is peripherally driven and not the result of brain remapping as has long been hypothesised. We will consider surgical and clinic-based treatment modalities, as well as the psychological facets of pain which are likely to influence clients' experiences. Placing the client front and centre, we will consider how we can work collaboratively to optimise function and overall quality of life for someone experiencing persistent phantom limb pain.

Delegates will:

- Gain an insight into recent research findings regarding the root cause of phantom limb pain.
- Understand surgical and non-surgical approaches to the treatment of phantom limb pain.
- Appreciate the relationship between phantom limb pain and psychological health.
- Receive practical strategies to integrate into their practice to help mitigate the effects of phantom limb pain on function and quality of life.

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Programme

09:15	Arrival and Refreshments, kindly sponsored by Stewarts
10:00 to 10:10	Welcome <i>Colonel Johnathan Etherington, Consultant in Rehabilitation Medicine</i>
10:10 to 10:40	Keynote: Stable Cortical Body Maps Before and After Arm Amputation <i>Dr Hunter Schone Postdoctoral Fellow, University of Pittsburgh</i> This recent research shows that following amputation, brain representation of amputated limbs remains remarkably stable, providing a clear link to phantom limb pain being peripherally driven
10:40 to 11:00	Pain Mechanism <i>Speaker TBC</i> Understanding the mechanism of pain in peripheral nerve injury
11:00 to 11:30	Refreshments and Networking
11:30 to 12:00	Surgical Options for Treatment <i>Mr Ed Fitzgerald-Connor Consultant Plastic and Reconstructive Surgeon Guy's and St Thomas' NHS Foundation Trust and The London Limb Clinic</i> The latest evidence-based surgical approaches to post-amputation pain
12:00 to 12:30	The Psychological Components of Pain <i>Jan Smith, Clinical Psychologist</i> The importance of the mind and body connection in understanding post-amputation pain
12:30 to 13:00	Peripheral Approaches in the Clinic <i>Holly King, Specialist Amputee and Rehabilitation Physiotherapist, HK Physio</i> Exploration of the range of modalities which can be utilised to target the peripheral causes of phantom limb pain
13:00 to 14:00	Lunch and Networking, kindly sponsored by Active Care Group
14:00 to 14:15	The Client's Perspective <i>Lydia Cross Bilateral TTA, Alan McDougall, Clinical Director Proactive Prosthetics and Holly King</i> A facilitated discussion about a client's perspective of phantom limb pain and its impact on prosthetic rehabilitation
14:15 to 14:35	Physiotherapy in the Community in the Context of Phantom Limb Pain <i>Helen Creak, Director & TraumaPhysio Clinical Lead, Physio4You</i> Physiotherapy patient-centred rehabilitation to optimise recovery while living with phantom limb pain
14:35 to 15:05	Optimising Function in the Context of Phantom Limb Pain <i>Beth Cordrey, Clinical Director, Beth Cordrey Occupational Therapy</i> The OT's role in supporting our clients to live well with phantom limb pain
15:05 to 15:35	The Case Manager's Perspective on Phantom Limb Pain <i>Dr Julie Denning, Managing Director, Working to Wellbeing and Chair of the VRA</i> Bringing together the interdisciplinary team to ensure in holistic pain management and optimal recovery
15:35 to 16:00	Questions and Closing Remarks
16:00	Please join us for drinks and an opportunity to network <i>Drinks kindly sponsored by Proactive Prosthetics</i>