

**Acceptance speech by Jo Laycock  
September 1, 2011**

Thank you to everyone who made this happen. I feel very humble, and honored. I remember at my first ICS meeting in London in 1985 that there were only 2 physiotherapists there. At this meeting in Glasgow there are over 500 physiotherapists registered. I was never very good at statistics, but even I can see that this is a highly significant increase in numbers. At the London meeting, I was asked what was a physiotherapist doing for incontinence? I said that strengthening the pelvic floor muscles reduced incontinence. They said 'PROVE IT' - so I did. First I had to produce a way to measure the PFM and hence the PERFECT scheme was born. This is still widely used but in addition, now, there are many devices to measure the effect of a PFM contraction - US, MRI, EMG, pressure probes, dynamometer and others - devices we couldn't even dream of 26 years ago. It is important for all physiotherapists to keep doing high quality research and justify our place in the multi-disciplinary society - the ICS.