

SHOULDER AND ELBOW UPDATE 2012

November 16-18, 2012

Hyatt Regency, Penn's Landing
Philadelphia, PA

Day 1

Time	Topic	Speaker
6:30 am	<i>Registration/Continental Breakfast</i>	
7:55 am	Welcome/Introductions	Gerald R. Williams, Jr., MD Brian G. Leggin, PT, DPT, OCS
8:00 am	Biomechanics and the Role of the Scapula in Shoulder Disorders	Brian G. Leggin, PT, DPT, OCS
8:30 am	Pathophysiology and Examination of Rotator Cuff Disease	Matthew L. Ramsey, MD
8:55 am	Rehabilitation of Patients with Rotator Cuff Disease including Strategies for Massive Tears	Brian G. Leggin, PT, DPT, OCS
9:20 am	Surgical Management of Rotator Cuff Tears: Where we've been and where we're going	Gerald R. Williams, Jr., MD
10:05 am	<i>Break/Exhibits</i>	
10:25 am	Current Evidence of Rotator Cuff Tendon Healing	Lou Soslowsky, PhD
10:45 am	Rehabilitation following Rotator Cuff Repair: Standard vs. Delayed Rehab	Martin J. Kelley, PT, DPT, OCS
11:15 am	Using Early Clinical Change Scores to Predict Outcome in Patients with Shoulder Pain	Timothy Uhl, PhD, ATC, PT
11:30 am	Panel Discussion/Questions	
12:00	Lunch	
1:00 pm	Shoulder Instability & SLAP Lesions and the Role of the Scapula	W. Ben Kibler, MD
1:30 pm	Surgical Management of Shoulder Instability and SLAP Lesions	David L. Glaser, MD
2:00 pm	Rehabilitation of Shoulder Instability and SLAP Lesions	Timothy Uhl, PhD, ATC, PT
2:30 pm	<i>Panel Discussion/Questions</i>	
2:45pm	<i>Break/Exhibits</i>	
3:00 – 5:00	Concurrent Workshop Sessions	
	Workshop 1: Clinical Examination of the Shoulder	Brian G. Leggin, PT, DPT, OCS Gerald R. Williams, Jr. MD David L. Glaser, MD G. Russell Huffman, MD Matthew Ramsey, MD
	Workshop 2: Kinetic Chain approach to Evaluation and Management of Scapular Disorders	W. Ben Kibler, MD Timothy Uhl, PhD, ATC, PT
	Workshop 3: Cadaver Anatomy Specimens of the Shoulder and Elbow	David Ebaugh, PhD, PT, OCS Bryan Spinelli, PT, OCS Marisa Pontillo, PT, DPT, SCS Wendy McCoy, PT, CHT Lindsey Rolinski, PT, DPT, OTR/L
	Workshop 4: Examination and Interventions for Scapular Disorders Caused by Nerve Injury or Instability	Martin J. Kelley, PT, DPT, OCS
	Workshop 5: Manual Techniques to Improve Range of Motion and Strength of the Shoulder	Will Clark, PT, MSc Brian J. Eckenrode, PT, DPT, OCS Michael S. Denny, MSPT Tiffany Prince, PT, DPT, OCS
	Workshop 6: Cervical vs. Shoulder/Elbow Pain: Examination and Rehabilitation	Joseph Gianoni, DPT, MS, PT, OCS, ATC
	Workshop 7: Nerve Mobilization	Jane Fedorczyk, PT, PhD, CHT, ATC

SHOULDER AND ELBOW UPDATE 2012
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Day 2

Time	Topic	Speaker
6:30 am	<i>Registration/Continental Breakfast</i>	
7:55 am	Welcome/Introductions	
8:00 am	Scapular Mechanics: Defining Normal and Abnormal	Phil McClure, PhD, PT
8:25 am	Scapular Muscle Function	David Ebaugh, PhD, PT, OCS
8:50 am	Special Tests in Examining Scapular Dysfunction	Angela R. Tate, PhD, PT
9:15 am	An Algorithm for Evaluating Scapular Disorders	Martin J. Kelley, PT, DPT, OCS
9:40 am	<i>Break/Exhibits</i>	
10:00 am	A Kinetic Chain Evaluation of Scapular Disorders and the Scapular Stability Series of Exercises	W. Ben Kibler, MD
10:30 am	Clinical Progression of Scapular Exercises	Timothy Uhl, PhD, ATC, PT
10:55 am	Glenohumeral Internal Rotation Deficit (GIRD) and it's Relation to Scapular Disorders	Stephen Thomas, PhD, ATC
11:20 am	Neuromuscular Adaptations of Scapular Muscles to Instruction Over Time	Timothy Uhl, PhD, ATC, PT
11:40 am	Scapular Muscle Detachment	W. Ben Kibler, MD
12:00 noon	Panel Discussion/Questions	
12:30 pm	Lunch	
1:30 pm	The Scapula and Tennis Related Injuries	W. Ben Kibler, MD
1:45pm	The Scapula and Injuries in Swimmers	Angela R. Tate, PhD, PT
2:00 pm	Shoulder and Elbow Injuries in Baseball	
2:15 pm	<i>Panel Discussion/Questions</i>	
2:30pm	<i>Break/Exhibits</i>	
3:00– 5:00	Concurrent Workshop Sessions	
	Workshop 1: Clinical Examination of the Elbow	Jane Fedorczyk, PT, PhD, CHT, ATC Matthew L. Ramsey, MD Jennifer Frazer, OTR/L
	Workshop 2: Kinetic Chain approach to Evaluation and Management of Scapular Disorders	Timothy Uhl, PhD, ATC, PT
	Workshop 3: Evaluation and Management of Scapular Dysfunction	Phil McClure, PhD, PT Angela R. Tate, PhD, PT
	Workshop 4: Taping Techniques to Manage Shoulder and Elbow Disorders	Jeffrey O'Neill, PT, DPT, OCS Marisa Pontillo, DPT, SCS Sara Forsythe, PT, DPT
	Workshop 5: Manual Techniques to Improve Range of Motion and Strength of the Shoulder	Will Clark, PT, MSc Brian J. Eckenrode, PT, DPT, OCS Michael S. Denny, MSPT Tiffany Prince, PT, DPT, OCS

	Workshop 6: Cancer Rehabilitation with Emphasis on Shoulder Girdle Musculoskeletal Impairments	Bryan Spinelli, MS, PT, OCS David Ebaugh, PhD, PT
	Workshop 7: Stop Elbow Stiffness! – Get your patients moving with joint mobilization and manual therapy	Wendy McCoy, PT, CHT Lindsey Rolinski, PT, DPT, OTR/L

SHOULDER AND ELBOW UPDATE 2012
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Day 3

Time	Topic	Speaker
7:00 am	Continental Breakfast/Exhibits	
8:00 am	Fractures about the Elbow: Indications for Surgery and Goals of Surgical Management	Matthew L. Ramsey, MD
8:25 am	Rehabilitation Principles Following Elbow Fracture	Jane Fedorczyk, PT, PhD, CHT, ATC
8:50 am	Pathogenesis and Surgical Management of Epicondylitis	Matthew L. Ramsey, MD
9:15 am	Rehabilitation of Epicondylitis	Laura Walsh, OTR/L, CHT
9:40 am	Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management	
10:05 am	Rehabilitation of Ulnar Collateral Ligament Injuries	
10:30 am	<i>Break</i>	
10:50 am	Pathogenesis and Surgical Management of Shoulder Arthritis	Gerald R. Williams, Jr., MD
11:15 am	Rehabilitation Following Shoulder Arthroplasty	Brian G. Leggin, PT, DPT, OCS
11:30 am	Classification and Surgical Management of Proximal Humerus Fractures	David L. Glaser, MD
11:55 am	Rehabilitation Following Proximal Humerus Fractures	Brian G. Leggin, PT, DPT, OCS
12:10 am	Diagnosis and Surgical Management of Frozen Shoulder	G. Russell Huffman, MD
12:35 pm	Rehabilitation of Frozen Shoulder	Martin J. Kelley, PT, DPT, OCS
1:00 pm	Panel Discussion/Questions	
1:30 pm	Adjourn	