

Shoulder Disorders: Update on Evaluation and Management

Course Location:
Loudoun Sports
Physical Therapy

Sterling, VA
(Washington DC)

Date:
September 19-20, 2015

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COURSE FACULTY

BRIAN G. LEGGIN, PT, DPT, OCS is currently an Orthopedic Clinical Specialist for Penn Therapy and Fitness at Good Shepherd Penn Partners. He works with the surgeons and physicians of the Shoulder and Elbow Service of the University of Pennsylvania Health System and Rothman Institute. He has published numerous journal articles and book chapters and given numerous professional and scientific presentations at local, national, and international conferences. He is an active member of the American Society of Shoulder and Elbow Therapists and a member of the board of the International Congress of Shoulder and Elbow Therapy.

Contributors: Surgical/Medical Management

GERALD R WILLIAMS , JR, MD, is currently Professor of Orthopaedic Surgery, Thomas Jefferson University and Chief of the Shoulder and Elbow Service at The Rothman Institute at Jefferson in Philadelphia, PA. He has published over 100 peer-reviewed research papers and over 40 review articles and book chapters. He has co-edited 4 textbooks including *Disorders of the Shoulder: Diagnosis and Management (1st & 2nd editions)*, *Shoulder and Elbow Arthroplasty*, and *Arthritis and Arthroplasty: The Shoulder*. He has presented his research and provided invited lectures both nationally and internationally. He has numerous awards and honors to his credit. He has been a consultant reviewer for several orthopaedic publications and is currently Editor-Review Articles for the Journal of Shoulder and Elbow Surgery. Dr. Williams is the current president of the American Shoulder and Elbow Surgeons.

Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

Course Title—Check

Shoulder Disorders: Update on
Evaluation and Management September 19
-20, 2015

Medical Specialty: PT OT ATC

CHT Other (list): _____

Experience: 0-2 years 3-5 years

5-10 years 11-20 years > 20 years

Registration Fee:

\$399 on or before 3 weeks prior

\$450 on or after 3 weeks from course date

Make check payable to:

Elite Rehabilitation Solutions

Mail this completed form and payment to:
ELITE REHABILITATION SOLUTIONS
2820 Audubon Village Drive
Suite 330
Audubon, PA 19403

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: info@eliterehabsolutions.com

www.eliterehabsolutions.com

COURSE DESCRIPTION:

This course is designed with 1.5 days on site and 4.25 hours of on line learning. On line learning is available 2 weeks prior to course date, and must be completed prior to arrival of course. This course is designed to provide participants with the latest evidence for the evaluation, surgical management, and rehabilitation of shoulder disorders from the perspectives of an orthopedic surgeon and physical therapist who specialize in the treatment of shoulder disorders. Program will feature an integrated format of lecture, video, case studies, distance learning and discussion. Course content is supported by current evidence based research. Applicable for all levels.

COURSE OBJECTIVES:

- Describe working knowledge of the anatomy and biomechanics of the shoulder and identify 3 findings leading to disorders of the shoulder.
- Identify 3 observations leading to pathomechanics of various shoulder disorders and their affect on prognosis for rehabilitation.
- Identify key muscles of shoulder girdle, innervation and function
- Perform a comprehensive evaluation including the following:
 1. Patient history leading to correct differential diagnosis
 2. Identify 2 red flags/indications for further medical management/referral
 3. Perform 3 special tests to confirm differential diagnosis
- Identify 2 outcome tools for documenting treatment outcome and how you will implement into clinical care
- Design and implement an appropriate shoulder rehabilitation program based on objective findings and latest clinical and scientific evidence.
- Identify 2 considerations for rehab based on cuff tear size affecting surgical repair
- Describe classification system of shoulder instability and SLAP lesions
- List 2 post operative precautions for rehab of proximal humeral fracture and SLAP repair

Pre Course Attendance Lectures

Following lectures will be available 2 weeks prior to course date. Complete prior to attendance. Print course completion documents and bring to registration.

- Pathophysiology and Exam RC disease (.75 hr)
- Advances Surgical Management of RC Disease (1 hour)
- Pathology, Diagnosis & surgical management of Arthritis (.5 hour)
- Diagnosis & Management Stiff/Pain Shoulder (.5 hour)
- Diagnosis & Classification of Shoulder Instability & SLAP lesion (.5 hour)
- Surgical Management Instability & SLAP lesion (.5 hour)
- Proximal Humeral Fracture: Classification & Surgical Management (.5 hour)

We will not be able to allocate course CEU's for completion of this course portion until forms are received. We will modify CEU certificates by 4.25 hours at a \$25/certificate fee.

COURSE AGENDA- Shoulder Disorders

Day 1:

- 7:30 am** Registration / Continental Breakfast
- 7:45 am** Questions Surgical Lecture
- 8:00 am** Functional Anatomy & Biomechanics of Rehabilitation after RC surgery: clinical considerations based on size of tear
- 8:30 am** Biomechanics of Role of Scapula and Shoulder disorders
- 9:00 am** Algorithm for shoulder rehabilitation
- 10:00 am** Questions/Discussion/ Break
- 10:15 am** Impairment/Functional measures for Clinical decision and documenting outcomes
- 11:00 am** Clinical Exam of the Shoulder (lecture/lab)
- 12:15 pm** Lunch (on your own)

- 1:00 pm** Principles of Rehab: Non op RC disease
- 1:30 pm** Rehabilitation Following RC Surgery- consideration to tear size
- 2:00 pm** Rehabilitation for arthritis & arthroplasty
- 3:00 pm** Question and Answer
- 3:15 pm** Rehabilitation of Stiff/ Painful Shoulder
- 4:15 pm** Diagnosis & Classification of Shoulder Instability and SLAP Lesions (PT lecture)

5:15 pm Adjourn

Day 2:

- 7:30 am** Registration
- 7:45 pm** Non-operative rehabilitation of instability & SLAP lesions
- 8:15 am** Rehabilitation following Shoulder Stabilization and SLAP Repair
- 8:45 am** Rehabilitation of Proximal Humerus Fractures
- 9:15 am** Examination & Intervention Overhead Athlete Lecture 30min/ Lab 30 min
- 10:15 am** Questions/ Discussion/ Break
- 10:30 am** Manual Techniques to Improve ROM/Strength—(lab)
- 11:15 am** Clinical Decision Making- Case Studies (group/lab)
- 12:00 pm** Post test complete and review

12:30 pm Adjourn



ACCREDITATION INFORMATION:

Virginia/ Washington DC-
ProCert 13 CCU

MD—PT and OT 15 credit hour
PA -15.75 credit hour #PTCE007136
12 hours applicable for direct access
NJ— #606-2014—15 credit hour
NATABOC approved provider # P8360
Elite is a NY state approved provider
Course Location :

Loudoun Sports Therapy Center
21251 Ridge Top Circle #140
Sterling, VA 20166

Lodging:

Hampton Inn & Suites -
22700 Holiday Park Drive
Sterling, VA 20166
703 537 7800

Double Tree Hilton
21611 Atlantic Blvd
Sterling, VA 20166
703 230 0077
Sterling, VA 20166

Registration Information:

Registration includes course handouts and light snack. Handouts for online lectures available for individual printing and are not in compendium. Lunch is on your own.

Cancellation Policy:

Refunds less \$75 will be given for cancellation requests in writing up to 14 days prior to course. No refunds can be granted after that date.

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