

2016 SHOULDER AND ELBOW UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 18-19, 2016

Hilton Philadelphia Penn's Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

SPONSORED BY:

Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN:

Gerald R. Williams, Jr., MD
Matthew L. Ramsey, MD
Martin J. Kelley, PT, DPT, OCS
Brian G. Leggin, PT, DPT, OCS

Discount for approved Law and Ethics online course with registration!!

SHOULDER and ELBOW UPDATE 2016

November 18-19, 2016 PHILADELPHIA, PA

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Shoulder and Elbow Update 2016 is a two-day conference for occupational and physical therapists, COTA's, PTA's, athletic trainers, nurses, physician assistants and physicians interested in learning the latest concepts and research related to evaluation, treatment and rehabilitation of shoulder and elbow disorders.

REGISTRATION & HOTEL INFORMATION:

This course fills up quickly so early registration is strongly encouraged. **Registrations received before October 22nd will receive a discount.** Registration includes downloadable course materials and breakfast each day. Handout books are available through pre-order only.

Shoulder and Elbow Update 2016 will be held at the Hilton Philadelphia Penn's Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate until November 1. Please reserve rooms early as there are other events in Philadelphia that weekend.

For hotel information contact the Hilton at 215-928-1234 or go to www.hilton.com.

COURSE DESCRIPTION: Shoulder and Elbow Update 2016 is a two-day conference for OT's, PT's, COTA's, PTA's, athletic trainers, and physicians interested in learning the latest evidence-based concepts and research related to evaluation treatment and rehabilitation of shoulder and elbow disorders. This innovative and comprehensive program features an integrated format of lectures, panel discussions, case study presentations and workshops.

COURSE OBJECTIVES:

Upon completion of this course, participants will have gained the ability to provide a differential diagnosis evaluation, prognosis and intervention for various shoulder and elbow disorders.

Participants will be able to:

- Use the latest evidence to conduct a complete evaluation of the shoulder and elbow, as well as document treatment outcomes.
- Understand and utilize the most current evidence in understanding the pathogenesis, diagnosis, and management of shoulder and elbow disorders.
- Develop hands-on evaluation and treatment skills.

COURSE INSTRUCTORS:

Course participants will have ample time for discussion and interaction with the orthopaedic surgeons, physicians, therapists, and special guest faculty. Members of the faculty have published numerous peer reviewed articles, books, and book chapters, relating to shoulder and elbow disorders. In addition, they are currently involved in research aimed at advancing the management of shoulder and elbow patients. Members of this faculty have lectured on these topics locally, nationally, and internationally.

COURSE CHAIRMEN:

Gerald R. Williams, Jr., MD

Rothman Institute Orthopaedics

Matthew L. Ramsey, MD

Rothman Institute Orthopaedics

Martin J. Kelley, PT, DPT, OCS

Good Shepherd Penn Partners

Brian G. Leggin, PT, DPT, OCS

Good Shepherd Penn Partners

GUEST FACULTY

Amee Seitz, PT, PhD, DPT, OCS
Northwestern University

COURSE FACULTY:

John Bellace, MSPT, CHT

Good Shepherd Penn Partners

Will Clark, PT, MSc

ATI Physical Therapy

Michael Denny, PT

Good Shepherd Penn Partners

Brian Eckenrode, PT, DPT, OCS

Arcadia University

Jane Fedorczyk, PT, PhD, CHT

University of South Florida

Jennifer Frazer, MHS, OTR/L

Good Shepherd Penn Partners

Joseph Gianoni, PT, OCS

Phoenix Rehabilitation Services

Antje Greenfield, MD

Penn Radiology

David L. Glaser, MD

Penn Orthopaedics

Karen Havlicsek, PTA

Good Shepherd Penn Partners

John D. Kelly, IV, MD

Penn Sportsmedicine

Andrew F. Kuntz, MD

Penn Orthopaedics

Phil McClure, PhD, PT

Arcadia University

Matthew Lewulis, DO
Penn Orthopaedics

Wendy McCoy, PT, CHT

Good Shepherd Penn Partners

Michael Piercey, PT, DPT, OCS

Good Shepherd Penn Partners

Lindsey Rolinski, PT, DPT, OTR/L

Hand and Physical Therapy

Specialists

Brian J. Sennett, MD

Penn Sportsmedicine

Gayle Severance, OTR/L, CHT

Good Shepherd Penn Partners

Stephen Thomas, PhD, ATC

Temple University

Laura Walsh, OTR/L, CHT

Good Shepherd Penn Partners

Ninette Wong, PT, DPT

Good Shepherd Penn Partners

Day 1 Friday, November 18

TIME	TOPIC/SPEAKER
6:45 am	Registration/Continental Breakfast
7:55 am	Welcome/Introductions Gerald Williams, Jr., MD Brian Leggin, PT, DPT, OCS
8:00 am	The Spectrum of Shoulder Instability and SLAP lesions Brian Sennett, MD
8:25 am	Surgical Management of Instability and SLAP Lesions Gerald Williams, Jr., MD
8:50 am	Rehabilitation of Traumatic Instability: non-op and post-op considerations Amee Seitz, PT, PhD, DPT, OCS
9:15 am	Rehabilitation of Atraumatic Instability and Considerations following Capsulolabral Repair Brian Leggin, PT, DPT, OCS
9:40 am	Break
10:00 am	Classification and Management of Proximal Humerus and Scapular Fractures David L. Glaser, MD
10:25 am	Rehabilitation of Shoulder Girdle Fractures Brian G. Leggin, PT, DPT, OCS
10:50 am	Pathophysiology and Surgical Management of Shoulder Arthritis: Total and Reverse Arthroplasty Gerald R. Williams, Jr., MD
11:15 am	Rehabilitation following Conventional and Reverse Shoulder Arthroplasty Martin Kelley, PT, DPT, OCS
11:40 am	Panel Discussion/Questions
12:15 pm	Lunch
1:30 pm	Natural History, Examination, and Diagnosis of Rotator Cuff Disease Matthew Ramsey, MD
1:55 pm	Subacromial Impingement: Does it exist? Does it matter? What have we learned from US? Amee Seitz, PT, PhD, DPT, OCS
2:15 pm	Musculoskeletal Ultrasound Diagnosis and Non-op Interventions for Rotator Cuff Disease Antje Greenfield, MD
2:40 pm	Non-operative Rehabilitation of Rotator Cuff Disease: Can we "cure" our patients? Brian Leggin, PT, DPT, OCS
3:05 pm	Break

TIME	TOPIC/SPEAKER
3:25 pm	Rotator Cuff Repair: Who, When, and How? Gerald Williams, Jr., MD
3:50 pm	The Role of Mechanical and Biological Augmentation in the Management of Rotator Cuff Tears Andrew Kuntz, MD
4:15 pm	Rehabilitation Following Rotator Cuff Repair: When should we start? What do we do? Martin Kelley, PT, DPT, OCS
4:40 pm	Panel Discussion/Questions
5:00 pm	Adjourn

Online Lectures: (1.75 hours)
Shoulder Anatomy and Biomechanics
Elbow Anatomy
Algorithm for Shoulder Rehab

Day 2 Saturday, November 19

7:00 am	Continental Breakfast
8:00 am	Pathogenesis and Management of Elbow Tendinosis Matthew Lewullis, DO
8:20 am	A New Approach to the Management of Epicondylitis John Bellace, PT, CHT
8:40 am	Elbow Instability and Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management Matthew L. Ramsey, MD
9:05 am	Rehabilitation following UCL Reconstruction Brian Eckenrode, PT, DPT, OCS
9:25 am	Fractures about the Elbow: Indications for Surgery and Goals for Surgical Management Matthew L. Ramsey, MD
9:50 am	Rehabilitation Principles following Elbow Fracture Jane Fedorczyk, PT, PhD, CHT
10:15 am	Break
10:30 am	Injury Patterns and Examination of the Overhead Athlete John Kelly, MD
10:50 am	Patihomechanics and Rehabilitation of the Thrower's Shoulder Stephen Thomas, PhD, ATC
11:10 am	The Effect of Pain on Rotator Cuff Activation and its Influence on Rehabilitation Phil McClure, PT, PhD

Registration fees will be refunded in full if written cancellation notice is received prior to October 22, 2016. A \$35 handling fee will be assessed for cancellations postmarked between October 22nd and November 11th. No refunds will be awarded after November 12th.

REGISTRATION FEE:
 Postmarked/received on or before October 22nd: **\$400**
 Postmarked/received on or after October 23rd: **\$450**

11:30 am	Pahophysiology and Surgical Management of Frozen Shoulder G. Russell Huffman, MD
11:50 am	Guidelines for Rehabilitation of Frozen Shoulder Martin Kelley, PT, DPT, OCS
12:10 pm	Panel Discussion/Questions
12:30 pm	Lunch

1:30 - 3:00 and 3:15-4:45
CONCURRENT WORKSHOPS
 choose two

- Workshop 1:** Clinical examination of the shoulder
Brian Leggin, PT, DPT, OCS • Gerald Williams, Jr., MD • John Kelly, MD • Andrew Kuntz, MD • Matthew Lewullis, DO
- Workshop 2:** Clinical examination of the elbow
Jane Fedorczyk, PhD, PT, CHT • Matthew Ramsey, MD • Wendy McCoy, PT, CHT • Laura Walsh, OTR/L • Gayle Severence, OTR/L, CHT • Jennifer Frazer, MHS, OTR/L
- Workshop 3:** Manual techniques for the shoulder and elbow • Will Clark, MS, PT • Martin Kelley, PT, DPT, OCS • Karen Havlicsek, PTA • Ninette Wong, PT, DPT • Michael Denny, PT • Michael Piercey, PT, DPT, OCS
- Workshop 4:** Using ultrasound imaging in the clinic: learn and practice diagnostic US • Amee Seitz, PT, PhD, DPT, OCS • Stephen Thomas, PhD, ATC
- Workshop 5:** Scapulothoracic Joint: Pathology, Recognition, and Management
Phil McClure, PT, PhD • Brian Eckenrode, PT, DPT, OCS
- Workshop 6:** Cervical vs. Arm Pain: Differential Diagnosis and Management
Joseph Gianoni, PT, OCS
- Workshop 7:** Complex Elbow Problems: Mobilization Techniques and Treatment Options
Wendy McCoy, PT, CHT • Lindsey Rolinski, PT, DPT, OTR/L

• IN ORDER TO SAVE PAPER, ALL HANDOUTS WILL BE AVAILABLE FOR DOWNLOAD 3 DAYS PRIOR TO THE COURSE. YOU CAN PRE-ORDER A HANDOUT BOOK FOR \$25.00. EXTRA HANDOUT BOOKS WILL NOT BE AVAILABLE ONSITE.

ACCREDITATION INFORMATION
 All participants will receive a certificate for contact hours or continuing education units (CEU's) as approved by governing bodies. Please check the website for accreditation approvals: www.eliterehabsolutions.com

Registration Form

Name: _____
 Home Address: _____
 City/State/Zip: _____
 Daytime Telephone: _____
 Fax: _____
 Email: _____

Confirmation will be sent by email only. Please set you inbox to accept email from eliterehabsolutions.com

Medical Specialty: PT/PTA ATC PA Nurse
 Physician
 Other: _____
 Years of experience: 0-5 years 6-10 years
 11- 15 years 16- 20 years
 > 20 years

Please check your primary employment setting:
 Acute care hospital Inpatient rehab/SNF
 Health system or hospital based outpatient
 Private outpatient or group practice Home Care
 Other (List): _____

Workshops:
 Please indicate your first, second, and third choices in order of preference each day. Space is limited and will be assigned in order of receipt of paid registration only.

	1st Choice	2nd Choice	3rd Choice
Session 1			
Session 2			

Please check appropriate registration box:
 Registration for Shoulder and Elbow Update 2016 (checks payable to Philadelphia Orthopedic and Sports Rehab Foundation)
 Please order me a handout book for an additional \$25.00

Total Enclosed: _____

REGISTER ONLINE AT: www.eliterehabsolutions.com
OR MAKE CHECK PAYABLE TO: *Philadelphia Orthopedic and Sports Rehab Foundation.*

MAIL TO:
 Elite Rehabilitation Solutions
 2820 Audubon Village Drive, # 330
 Audubon, PA 19403

For more information call (484) 685-3123 or email info@eliterehabsolutions.com