

SHOULDER & ELBOW UPDATE 2010

November 12-14, 2010

Shoulder and Elbow Update

2010 is a three-day conference for physical therapists, occupational therapists, athletic trainers, and physicians interested in learning the latest concepts and research related to evaluation, treatment, and rehabilitation of shoulder and elbow disorders.

Registration and Hotel Information:

This course fills up quickly so early registration is strongly encouraged. Registrations received before October 10th will receive a discount. Of special note, registration for Shoulder and Elbow Update 2010 also includes all conference materials, continental breakfast each day, and two lunches.

Shoulder and Elbow Update 2010 will be held at the Hyatt Regency, Penn's Landing, 201 South Columbus Blvd., Philadelphia, PA 19106.

For hotel information contact the Hyatt Regency at (215) 928-1234 or go to www.hyatt.com. The Hyatt Regency is offering a special room rate of \$189.00/night plus tax for a single or double occupancy. This rate is available for a limited time and rooms fill up quickly.

Course Description:

Shoulder and Elbow Update 2010 is a three-day conference for physical therapists, occupational therapists, 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. This course also features a special in-depth symposium on the latest advances in research and management of shoulder and elbow instability. In order to expand the onsite program, additional lectures are available online with paid registration.

Course Objectives:

Upon completion of this course, participants will have gained a working knowledge of the evaluation and treatment of 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 various shoulder and elbow disorders.
- Develop hands-on evaluation and treatment skills.
- Gain an in-depth knowledge of the recent advances and current research in pathogenesis and management of shoulder and elbow instability.

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, book chapters, and monographs relating to shoulder and elbow disorders. In addition, they are currently involved in research aimed at advancing the management of shoulder and elbow disorders. 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*

David L. Glaser, MD
Penn Orthopaedic Institute

Martin J. Kelley, PT, DPT, OCS
*Good Shepherd Penn
Partners*

Brian G. Leggin, PT, DPT, OCS
*Good Shepherd Penn
Partners*

Course Faculty:

Joseph A. Abboud, MD
3B Orthopaedics

Luke S. Austin, MD
*Rothman Institute
Orthopaedics*

Pedro K. Beredjilkian, MD
*Rothman Institute
Orthopaedics*

David Bozentka, MD
Penn Orthopaedic Institute

Michael J. Ciccotti, MD
*Rothman Institute
Orthopaedics
Philadelphia Phillies*

Will Clark, PT, MSc
Reading Sports Medicine

Michael S. Denny, MSPT
*Good Shepherd Penn
Partners*

David Ebaugh, PhD, PT, OCS
Drexel University

Brian Eckenrode, MSPT, OCS
*Good Shepherd Penn
Partners*

Jane Fedorczyk, PhD, PT, ATC, CHT
Drexel University

Jennifer Frazer, OTR/L
*Good Shepherd Penn
Partners*

Bryce W. Gaunt, PT, SCS
*The Human Performance
and Rehabilitation Center
Columbus, GA*

Shawn Fcasni, ATC, CSCS
Philadelphia Phillies

Joseph Gianoni, PT, DPT, OCS
*Phoenix Rehabilitation
Services*

G. Russell Huffman, MD
Penn Orthopaedic Institute

John D. Kelly IV, MD
Penn Sportsmedicine

Mark D. Lazarus, MD
*Rothman Institute
Orthopaedics*

Dong Lien, ATC, CSCS, CATC, MS
Philadelphia Phillies

Rebecca Maurer, DPT, CLT
*Good Shepherd Penn
Partners*

Phil McClure, PhD, PT, OCS
Arcadia University

Jim McCrossin, ATC, CSCS
Philadelphia Flyers

Marisa Pontillo, DPT, SCS
*Good Shepherd Penn
Partners*

Sal Raffa, ATC
Philadelphia Flyers

Brian J. Sennett, MD
Penn Sportsmedicine

Gayle K. Severance, OTR/L, CHT
*Good Shepherd Penn
Partners*

Scott P. Sheridan, MS, PT, ATC, CSCS
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Bryan Spinelli, MS, PT, OCS
*Good Shepherd Penn
Partners*

Angela R. Tate, PhD, PT, H/S Therapy Associates and Arcadia University

Laura Walsh, OTR/L, CHT
*Good Shepherd Penn
Partners*



Course Chairmen:
Gerald R. Williams, Jr., MD
Matthew L. Ramsey, MD
David L. Glaser, MD
Martin J. Kelley, PT, DPT, OCS
Brian G. Leggin, PT, DPT, OCS

Sponsored by:
Philadelphia Orthopaedic and
Sports Rehab Foundation

Hyatt Regency Penn's Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

November 12-14, 2010
**EVALUATION, TREATMENT,
AND REHABILITATION**

**2010
SHOULDER
& ELBOW
UPDATE**

SHOULDER & ELBOW UPDATE 2010

November 12-14, 2010
PHILADELPHIA, PA

Course Chairmen:

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

NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
PHILADELPHIA, PA
PERMIT NO. 164

DAY 1 Friday, November 12th

Time	Topic/Speaker
6:30 am	Registration/Continental Breakfast
8:00 am	Welcome/Introductions Gerald R. Williams, Jr., MD Brian G. Leggin, PT, DPT, OCS
8:15 am	Anatomechanics Martin J. Kelley, PT, DPT, OCS
8:40 am	Pathophysiology and Examination of Rotator Cuff Disease David L. Glaser, MD
9:10 am	Rehabilitation of Patients with Rotator Cuff Disease Based on Size of Tear Brian G. Leggin, PT, DPT, OCS
9:40 am	Break/Exhibits
10:00 am	Controversies in the Surgical Management of Rotator Cuff Tears: Where we've been and where we're going Gerald R. Williams, Jr., MD
10:45 am	Surgical Management of the Irreparable Cuff Tear and Expectations for Rehabilitation Matthew L. Ramsey, MD
11:00 am	Current Evidence Relating to Rotator Cuff Tendon Healing Louis J. Soslowky, PhD
11:30 am	Rehabilitation following Rotator Cuff Repair: Standard vs. Delayed Rehab Brian G. Leggin, PT, DPT, OCS
12:00	Panel Discussion/Questions
12:30 pm	Lunch Provided
1:30 pm	Biomechanics of the Elbow Brian J. Sennett, MD
1:45 pm	Pathogenesis, Diagnosis and Treatment of Epicondylitis David J. Bozentka, MD

2:15 pm	Rehabilitation of Epicondylitis Jane Fedorczyk, PT, MS, CHT, ATC
2:45 pm	Panel Discussion/Questions
3:00 pm	Break/Exhibits

3:30 - 5:30	Concurrent Workshops
Workshop 1:	Clinical Examination of the Shoulder Brian G. Leggin, PT, DPT, OCS Gerald R. Williams, Jr. MD Matthew L. Ramsey, MD David L. Glaser, MD Brian J. Sennett, MD
Workshop 2:	Manual Techniques to Improve Range of Motion of the Shoulder Will Clark, PT, MSc Brian Eckenrode, PT, DPT, OCS Michael S. Denny, MSPT
Workshop 3:	Cadaver Anatomy Specimens of the Shoulder and Elbow David Ebaugh, PhD, PT, OCS Bryan Spinelli, MS, PT, OCS Marisa Pontillo, DPT, SCS Laura Walsh, OTR/L, CHT Gayle Severance, OTR/L, CHT
Workshop 4:	Examination and Interventions for Scapular Disorders Caused by Nerve Injury or Instability Martin J. Kelley, PT, DPT, OCS
Workshop 5:	Cervical vs. Shoulder/Elbow Pain: Examination and Rehabilitation Joseph Gianoni, DPT, MS, PT, OCS, ATC
Workshop 6:	Dynamic and Core Stabilization to Enhance Performance Jim McCrossin, ATC, CSCS Sal Raffa, ATC
Workshop 7:	Management of Nerve Injuries of the Upper Extremity Jane Fedorczyk, PT, MS, CHT, ATC

Lectures Available Online:

Shoulder Girdle Anatomy
David Ebaugh, PhD, PT, OCS

An Algorithm for Shoulder Rehabilitation
Brian G. Leggin, PT, DPT, OCS

Registration Fee:

Postmarked/received on or before October 10th: \$500.00
Postmarked/received October 11th or later: \$550.00

Cancellation Policy: Please visit the website for our cancellation policy..

www.eliterehabsolutions.com

DAY 2 Saturday, November 13th

7:00 am	Continental Breakfast/Exhibits
	Shoulder and Elbow Instability Symposium
8:00 am	Pathology and Classification of Shoulder Instability Luke S. Austin, MD
8:30 am	Non-operative Management of Congenital Shoulder Instability Brian G. Leggin, PT, DPT, OCS
8:45 am	Recognition and non-op rehabilitation of posterior shoulder instability Martin J. Kelley, PT, DPT, OCS
9:00 am	Surgical Management of Posterior Instability and Implications for Rehabilitation Brian J. Sennett, MD
9:15 am	Surgical Management of Shoulder Instability Mark D. Lazarus, MD
9:45 am	Break/Exhibits
10:00 am	Surgical Management of Instability Caused by Bone Deficiency G. Russell Huffman, MD
10:15 am	Rehabilitation of Shoulder Instability Bryce W. Gaunt, PT, SCS
10:45 am	SLAP Lesions and Internal Impingement: Recognition and Management John D. Kelly IV, MD
11:15 am	Rehabilitation following SLAP Repair Bryce W. Gaunt, PT, SCS
11:30 am	Scapular Mechanics and Recognition of Dysfunction Phil McClure, PhD, PT
12:00 noon	Panel Discussion/Questions
12:30 pm	Lunch Provided
1:30 pm	Pathophysiology and Management of Elbow Instability Matthew L. Ramsey, MD

1:50 pm	Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management Michael G. Ciccotti, MS
2:20 pm	Rehabilitation of Ulnar Collateral Ligament Injuries Scott P. Sheridan, MSPT, ATC
2:45 pm	Panel Discussion/Questions
3:00 pm	Break/Exhibits
3:30-5:30	Concurrent Workshops
Workshop 1:	Clinical Examination of the Elbow Jennifer Frazer, OTR/L Matthew Ramsey, MD Gayle Severance, OTR/L, CHT Laura Walsh, OTR/L, CHT
Workshop 2:	Evaluation and Management of Scapular Dysfunction Phil McClure, PhD, PT, OCS Angela Tate, PhD, PT, OCS
Workshop 3:	Examination and Rehabilitation of the Overhead Athlete Shawn Fcasni, ATC, CSCS Dong Lien, ATC, CSCS, CATC, MS Scott Sheridan, MS, PT, ATC, CSCS
Workshop 4:	Shoulder Instability and SLAP Repair Technique Videos Gerald R. Williams, Jr., MD Mark D. Lazarus, MD
Workshop 5:	Manual Techniques to Improve Shoulder Strength Martin J. Kelley, PT, DPT, OCS Will Clark, PT, MSc Michael S. Denny, MSPT
Workshop 6:	An Algorithm fo Progression of ROM and Strengthening Exercises Based On the Most Current EMG Evidence Bryce W. Gaunt, PT, SCS
Workshop 7:	Rehabilitation Considerations Following Breast Cancer Surgery Rebecca Maurer, DPT, CLT

Accreditation Information

All participants will receive a certificate for 20 contact hours or 2.0 continuing education units (CEU's). Please check the website for accreditation approvals.

www.eliterehabsolutions.com

DAY 3 Sunday, November 14th

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
8:30 am	Rehabilitation Principles Following Elbow Fracture Laura Walsh, OTR/L, CHT
8:50 am	Pathogenesis and Surgical Management of the Stiff Elbow G. Russell Huffman, MD
9:10 am	Rehabilitation of the Stiff Elbow Laura Walsh, OTR/L, CHT
9:30 am	Distal Biceps Ruptures: Diagnosis and Surgical Management Pedro Beredjikian, MD
9:50 am	Rehabilitation Following Distal Biceps Repair Gayle Severance, OTR/L, CHT
10:10 am	Break
10:30 am	Pathogenesis and Surgical Management of Shoulder Arthritis Gerald R. Williams, Jr., MD
11:00 am	Reverse Shoulder Arthroplasty: Who is it Appropriate For? Gerald R. Williams, Jr., MD
11:15 am	Rehabilitation Following Shoulder Arthroplasty Martin J. Kelley, PT, DPT, OCS
11:30 am	Classification and Surgical Management of Proximal Humerus Fractures David L. Glaser, MD
12:00 noon	Rehabilitation following Proximal Humerus Fractures Brian G. Leggin, PT, DPT, OCS
12:15 pm	Diagnosis and Surgical Management of Frozen Shoulder Joseph A. Abboud, MD
12:40 pm	Rehabilitation of Frozen Shoulder Martin J. Kelley, PT, DPT, OCS
1:00 pm	Panel Discussion/Questions
1:30 pm	Adjourn

Registration Form

Name: _____

Home Address: _____

City/State/Zip: _____

Employer: _____

Work Address: _____

City/State/Zip: _____

Daytime Telephone: _____

Fax: _____

Email: _____

****Confirmation will be sent by email****

Medical Specialty: PT/PTA OT/COTA CHT
 ATC 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
Day 1			
Day 2			

Register online at: www.eliterehabsolutions.com or Mail payment to:

Shoulder and Elbow Update 2010
Elite Rehabilitation Solutions
2820 Audubon Village Drive #330
Audubon, PA 19403

Make checks payable to Philadelphia Orthopedic and Sports Rehab Foundation

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