

SHOULDER AND ELBOW UPDATE 2010
Concurrent Workshops
Day 1
Friday, November 12th

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

This hands-on workshop will cover clinical examination of the shoulder including physical inspection and special tests. These surgeons will demonstrate and describe the latest techniques to evaluate for rotator cuff disorders, instability, and labral lesions. ****Please wear appropriate lab attire.**

2. Manual Techniques to Improve Range of Motion of the Shoulder

Will Clark, PT, MSc
Brian Eckenrode, MSPT, OCS
Michael S. Denny, MSPT

This hands-on workshop will review traditional joint mobilization techniques for the shoulder as well as introduce new techniques to enhance range of motion and/or reduce pain.

3. Cadaver Anatomy Specimens of the Shoulder and Elbow

David Ebaugh, PhD, PT, OCS

Review the anatomic structures of the shoulder and elbow with cadaver specimens. Five stations will allow lab faculty to point out pertinent provide anatomy.

4. Examination and Interventions for Scapular Disorders Caused by Nerve Injury or Instability

Martin J. Kelley, PT, DPT, OCS

Through a series of case studies and video demonstration, this session will discuss the examination and intervention of scapular disorders caused by spinal accessory nerve palsy, long thoracic nerve palsy, and posterior instability.

5. Cervical vs. Shoulder/Elbow Pain: Examination and Rehabilitation

Joseph Gianoni, DPT, MS, PT, OCS, ATC

Through a combination of lecture and hands-on instruction, this session will provide techniques to distinguish cervical pain from shoulder and/or elbow pain and techniques for rehabilitation.

6. Dynamic and Core Stabilization to Enhance Performance

Jim McCrossin, ATC, CSCS
Sal Raffa, ATC

This hands-on workshop will present strategies and techniques to improve core strength and stability to enhance shoulder function and athletic performance.

7. Management of Nerve Injuries of the Upper Extremity

Jane Fedorczyk, PT, MS, CHT, ATC

Through lecture and hands-on demonstration learn how to evaluate and manage upper extremity nerve injuries. Surgical management and rehabilitation with nerve gliding techniques will be presented.

SHOULDER AND ELBOW UPDATE 2010
Concurrent Workshops
Day 2
Saturday, November 13th

1. Clinical Examination of the Elbow

Matthew Ramsey, MD

Laura Walsh, OTR/L, CHT

Gayle Severance, OTR/L, CHT

This hands-on workshop will cover clinical examination of the elbow including physical inspection and special tests. These clinicians will demonstrate and describe the latest techniques to evaluate various elbow disorders.

2. Evaluation and Management of Scapular Dysfunction

Phil McClure, PhD, PT, OCS

Angela Tate, PhD, PT, OCS

Through a combination of lecture and hands-on, this session will provide an overview of the anatomy and biomechanics of the scapula as well as the latest evidence for examination and rehabilitation of scapular disorders. ****Please wear attire to allow your shoulder and scapula to be exposed.**

3. Examination and Rehabilitation of the Overhead Athlete

Scott Sheridan, MS, PT, ATC, CSCS

Dong Lien, ATC, CSCS, CATC, MS

Shawn Fcasni, ATC, CSCS

This session will provide an overview of unique examination and rehabilitation techniques and return to sport criteria for the overhead athlete.

4. Shoulder Instability and SLAP Repair Technique Videos

Gerald R. Williams, Jr., MD

Mark D. Lazarus, MD

These renowned surgeons will provide video of these surgical procedures and discuss the nuances of the surgery and implications for rehabilitation.

5. Manual Techniques to Improve Shoulder Strength

Martin J. Kelley, PT, DPT, OCS

Will Clark, PT, MSc

Michael S. Denny, MSPT

This hands-on workshop will present techniques to enhance shoulder strength with manual resistance. Strengthening of isolated muscle groups and combination movements will be presented.

6. An Algorithm for Progression of ROM and Strengthening Exercises Based on the Most Current EMG Evidence

Bryce W. Gaunt, PT, SCS

Learn a systematic progression of exercises based on the latest evidence of muscle activation and recruitment. This workshop will include lecture and demonstration of the exercises.

7. Rehabilitation Considerations Following Breast Cancer Surgery

Rebecca Maurer, DPT, CLT

Loss of range of motion, strength and function of the shoulder and a decrease in overall fitness often accompanies the surgical management of breast cancer. This workshop will discuss interventions most appropriate for each stage of recovery.