



Select Medical Outpatient Division  
Clinical Education Department  
1217 Ira E. Woods Avenue, Grapevine TX 76051  
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TO: Managers and Clinicians  
FROM: Alan Evans, PT, MOMT, FAAOMPT, MCSP  
DATE: 8/31/2010  
RE: **EDUCATION PROGRAM ANNOUNCEMENT**  
**Current Concepts and Practical Applications**

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Please find below information regarding a clinical education course scheduled for your area:

**COURSE:** Examination & Interventions for Shoulder Pathologies:  
*A Practical & Evidence-Based Approach*

**DATES:** November 13-14, 2010

**SCHEDULED INSTRUCTORS:** Mark Butler, PT, MPT, OCS, Certified MDT  
Medford, NJ

**LOCATION:** Select Physical Therapy  
600 S. Pine Island Road, Ste. 200  
Plantation, FL 33324  
Host Center Manager/Contact: Luis Alvarez

**DIRECTIONS:** From I-95 & Turnpike: Take I-595 West, Exit Pine Island Road, go north until 6<sup>th</sup> Ave. Make a right, Southpointe Medical Building is on left side. From I-75: Take I-595 East, Exit Pine Island Road go North to 6<sup>th</sup> Ave. make a right, Southpointe Medical Building is on the left side. There is parking available at the facility. Ft. Lauderdale Int'l Airport is 12 miles and Miami Int'l Airport is 30 miles.

Tuition is waived for employees of Select Medical Corporation's Outpatient Division. Course enrollment is limited to 30 participants.

Space is limited and is allocated on a first come first serve basis. Course participants will be given a certificate for 17.5 (FL) contact hours of education. Participants will receive notification by fax or e-mail from the Clinical Education Department confirming their acceptance into the program 4 weeks prior to the course. If you have not received confirmation of your status 30 days prior to the date of the program, call 817-488-5159 or email [linda.gilles@selectmedicalcorp.com](mailto:linda.gilles@selectmedicalcorp.com)

All participants are expected to attend the entire educational program. No partial continuing education credit can be extended. In the event that an individual who has been confirmed for a program fails to attend without giving prior notification, notification of their absence will be sent to their Market Manager.

Please be advised that the Clinical Education Department will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

## **Examination & Interventions for Shoulder Pathologies** **November 13-14, 2010 – Plantation, FL**

### **Course Overview/Description:**

This two-day program is an introductory course that establishes baseline knowledge of anatomy and biomechanics of the shoulder girdle. Starting at the cervical spine, including the brachial plexus, and encompassing the multiple articulations of the shoulder; we will review basic to advanced evaluation skills and treatment concepts. Included will be a review of surgical interventions and post-surgical treatment pathways for specific pathologies to aide you in maximizing your care and improving treatment results of these challenging and often intimidating patients. Participants will learn hands-on skills that can be immediately implemented in the clinic. The course has a heavy emphasis on lab sessions so loose comfortable clothing is recommended as well as halter or swim suit tops for women in order to allow for proper practice of techniques.

**Target Audience:** PTs, OTs, PTAs, COTAs, ATCs      **Instructional Level:** Multiple

### **Course Objectives:**

At the conclusion of the course, the participant will be able to:

#### **Knowledge:**

- list the components of the shoulder complex.
- list the components of the brachial plexus.

#### **Comprehension:**

- describe the biomechanics of the shoulder girdle.
- describe the etiology of the SLAP lesion.
- describe the etiology of a rotator cuff tear.
- describe the etiology and pathomechanics of SICK Scapula Syndrome.
- describe the implications of the unstable shoulder.
- understand the implications of the shoulder with glenohumeral internal rotation deficit (GIRD)

#### **Application:**

- understand how to selectively apply tension to the brachial plexus and major peripheral nerves of the upper extremity.
- document findings of plexus mobility and track progress objectively.
- apply basic treatment including exercises, manual techniques, and home exercise/ADL modification.

#### **Analysis:**

- differentiate potential sources of restricted shoulder motion
- differentiate between rotator cuff tendonitis and subacromial bursitis.
- differentiate cervical vs. shoulder generated symptoms.

#### **Synthesis:**

- generate shoulder treatment programs based on shoulder pathology and evaluation findings.
- devise treatment strategies combining manual and exercise/movement based techniques.
- Participants will devise safe early motion strategies to minimize post-op/post-injury shoulder fibrosis.

#### **Evaluation:**

- correctly apply evidence based special tests to determine shoulder pathology.
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## DAY ONE

7:30 – 8:00	Registration
8:00 – 8:15	Introduction
8:15 – 9:00	Anatomy Overview
9:00 – 9:30	Cervical Screening Lab / Lecture
9:30 – 10:00	Basic Examination of the Shoulder
10:00 – 10:15	<b>Break</b>
10:15 – 10:45	Palpation Lab
10:45 – 11:30	Rotator Cuff Disease – Etiology and Pathology Lab / Lecture
11:30 – 12:00	Labrum Injuries – SLAP Lesions
12:00 – 1:00	<b>Lunch</b>
1:00 – 2:00	Shoulder Instability Lab / Lecture
2:00 – 2:45	Impingement Syndrome Lab / Lecture
2:45 – 3:00	<b>Break</b>
3:00 – 3:30	The Stiff Shoulder – Etiology and Pathology
3:30 – 4:00	Shoulder Mobilization Lab
4:00 – 4:30	SICK Scapula Syndrome
4:30 – 5:00	Wrap Up Q & A

## DAY TWO

8:00 – 8:15	Review Q & A
8:15 – 8:45	The Overhead Athlete – Etiology and Pathology
8:45 – 9:15	Rehabilitation of the Overhead Athlete Lab / Lecture
9:15 – 9:40	Rehabilitation of the Fractured Proximal Humerus
9:40 – 10:00	Rehabilitation of the Post Surgical Shoulder
10:00 – 10:15	<b>Break</b>
10:15 – 10:45	Brachial Plexus Overview
10:45 – 11:00	Anatomy of the Thoracic Outlet
11:00 – 12:00	Brachial Plexus History and Examination Lab
12:00 – 1:00	<b>Lunch</b>
1:00 – 1:30	Brachial Plexus Mobility Assessment Lab
1:30 – 2:00	Basic Treatment / Progression of the Brachial Plexus Patient
2:00 – 2:15	<b>Break</b>
2:15 – 2:45	Shoulder Stabilization Lab
2:45 – 3:15	Shoulder Plyometrics lab
3:15 – 3:45	Manual Techniques for Mobilizing the Brachial Plexus
3:45 – 4:15	Case Studies
4:15 – 4:45	Wrap Up / Q & A

## Instructor Biography

**Mark Butler, PT, MPT, OCS, Cert. MDT** is a board certified Orthopaedic clinical specialist and McKenzie certified specialist for mechanical diagnosis and treatment of the spine. He started his own practice eighteen months after graduating from the Philadelphia College of Pharmacy and Science (now the University of Science in Philadelphia), which he sold to NovaCare in 1997. He is Adjunct Faculty at Rutgers UMDNJ and guest lecturer at Stockton College in New Jersey where he lectures on Advanced Orthopedics, Neural Mobilization, Radiology, Evaluation and Treatment of the SI Joint, and Evaluation and Manual Treatment of the Cervical Spine. Mark is also a continuing education speaker on Evaluation and Treatment of Brachial Plexopathies, Neural Mobilization, Evidence Based Evaluation and Treatment of the Lumbar Spine, and Examination and Treatment of the Shoulder. He was honored with the *James Tucker Excellence in Clinical Practice and Teaching Award* by the APTAnj for 2006. He presented at the national conference in Hollywood of the American Society of Hand Therapists on Evaluation and Treatment of the Brachial Plexopathy Patient. His lecture series was selected as the featured topic on CD ROM to be available to the ASHT membership. Mark authored the chapter on the shoulder in the textbook *Fundamentals of Hand Therapy: Clinical Reasoning and Treatment Guidelines for Common Diagnoses of the Upper Extremity*, which was published in 2006. He continues to manage the NovaCare Medford outpatient clinic, where the majority of his caseload is brachial plexopathy, shoulder, and spine patients. When not at work, he spends as much time as possible with his beautiful wife and two darling daughters.

## Instructor(s) Disclosure:

The instructor has declared he does not have any financial interest or other relationship with the manufacturers or providers of services that may be discussed during the course.

## Program Accreditation:

The Select Medical Outpatient Clinical Education Department is approved or has applied for accreditation by the following organizations or licensing bodies to provide continuing education for this program. The program offers 17.5 (FL) hours for full attendance and completion of all course requirements. Accreditation by the providers below does not imply endorsement of the course content, specific products, or clinical procedures. Approval or endorsement by other organization or licensing bodies is the responsibility of the participant.

Florida Physical Therapy Association



## ADA Compliance:

The Select Medical Outpatient Clinical Education Department will take all reasonable measures to guarantee equal access to learning opportunities for attendees with disabilities. Educational programming will be sensitive to any sensory or physical impairment that requires special arrangements on behalf of the participant. Please indicate on your registration form if you should be contacted regarding any physical or mental impairment that would require special accommodation to ensure a satisfactory learning experience.