

# Evidenced Based Evaluation and Treatment of the Shoulder Complex (Advanced)



We are pleased to announce a clinical education course scheduled for your area!  
A course description has been attached.

**DATES:** January 28-29, 2012

**INSTRUCTORS:** Mark Butler, MPT, OCS, Cert. MDT

**LOCATION:** BIR  
4700 Alliance Blvd  
Plano, TX 75093

**TARGET AUDIENCE:** PT OT PTA COTA ATC SPT SOT

**INSTRUCTIONAL LEVEL:** Advanced

**TUITION:** \$395 Waived for full time employees of Select Medical's Outpatient Division

**COURSE CAPACITY:** 25

**CONTACT HOURS:** 14.75

**ACCREDITING BODIES:** Approved provider with NATBOC, AOTA & pending approval with the TX PT Association

**ENROLLMENT:** <http://smportal/Departments/OutpatientDivision/OutpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx> or contact [emelton@selectmedical.com](mailto:emelton@selectmedical.com) for an application form .

Participants will receive notification by e-mail from the Department of Outpatient Education confirming their acceptance into the program 4-6 weeks prior to the course. If you do not received confirmation of your status please call 804-290-0107 or email [emelton@selectmedicalcorp.com](mailto:emelton@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 Department of Outpatient Education will not be able to reimburse the participant for any travel, lodging, or meal costs associated with attendance at the program.

Select Medical Department of Outpatient Education  
1794 N. Parham Road, Richmond, VA 23229  
Phone: (804) 290-0107 Fax: (717) 635-3897

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## Course 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:** PT OT PTA COTA ATC

**Instructional Level:** Multiple

**Prerequisites:** None

## **Course Objectives:**

Upon completion the participant will be able to:

- List the components of the shoulder complex.
- List the components of the brachial plexus.
- 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)
- 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.
- Differentiate potential sources of restricted shoulder motion
- Differentiate between rotator cuff tendonitis and subacromial bursitis.
- Differentiate cervical vs. shoulder generated symptoms.
- Generate shoulder treatment programs based on shoulder pathology and evaluation findings.

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## Schedule:

|               |   |
|---------------|---|
| 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 | Break   |
| 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  | Lunch   |
| 1:00 – 2:00   | Shoulder Instability Lab / Lecture                          |
| 2:00 – 2:45   | Impingement Syndrome Lab / Lecture                          |
| 2:45 – 3:00   | Break   |
| 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 | Break  |
| 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  | Lunch  |
| 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   | Break  |
| 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         |

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## 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 14.75 contact 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.

Texas 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