

Elite Rehabilitation Solutions, LLC  
2820 Audubon Village Drive  
Suite 330  
Audubon, PA 19403

Address Correction Required

**SAVE THE DATE!**  
**Vestibular Rehabilitation:  
Evaluation and Treatment  
of the Dizzy Patient  
October 9-10, 2010**

## Shoulder Disorders: Update on Evaluation and Management April 24-25, 2010

**Course Location:  
Homewood Suites Valley Forge  
681 Shannondell Boulevard  
Audubon, PA 19403**

Sponsored by:



**Your Practice Partner**  
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Phone: 484-685-3123  
[www.eliterehabsolutions.com](http://www.eliterehabsolutions.com)

## COURSE FACULTY

DAVID L. GLASER, MD is an Assistant Professor of Orthopedic Surgery and Director of the Shoulder and Elbow Service at the Penn Orthopedic Institute and Penn Presbyterian Medical Center. He has published several peer-reviewed articles and book chapters and review articles.

BRIAN G. LEGGIN, PT, DPT, OCS is currently an Orthopedic Clinical Specialist for Penn Therapy and Fitness at Good Shepherd Penn Partners. He works with the surgeons and physicians of the Shoulder and Elbow Service of the University of Pennsylvania Health System and Rothman Institute. He has published numerous journal articles and book chapters and given numerous professional and scientific presentations at local, national, and international conferences. He is an active member of the American Society of Shoulder and Elbow Therapists and a member of the board of the International Congress of Shoulder and Elbow Therapy.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Course Title—Check

Shoulder Disorders: Update on  
Evaluation and Management

April 24-25, 2010

Medical Specialty:  PT  OT  ATC

CHT  Other (list): \_\_\_\_\_

Experience:  0-2 years  3-5 years

5-10 years  11-20 years  > 20 years

### Registration Fee:

\$375 on or before 3/27/2010

\$425 on or after 3/28/2010 Make check

payable to:

*Elite Rehabilitation Solutions*

Mail this completed form and payment to:  
**ELITE REHABILITATION SOLUTIONS**  
2820 Audubon Village Drive  
Suite 330  
Audubon, PA 19403

Phone: 484-685-3123

Fax: 610-635-0487

E-mail: [info@eliterehabsolutions.com](mailto:info@eliterehabsolutions.com)

[www.eliterehabsolutions.com](http://www.eliterehabsolutions.com)

## SHOULDER DISORDER COURSE DESCRIPTION:

This 2 day course is designed to provide participants with the latest evidence for the evaluation, surgical management, and rehabilitation of shoulder disorders from the perspectives of an orthopedic surgeon and physical therapist who specialize in the treatment of shoulder disorders. Program will feature an integrated format of lecture, video, case studies, and open discussion. Course content supported by current evidence based research.

## SHOULDER COURSE OBJECTIVES:

- Gain working knowledge of the anatomy and biomechanics of the shoulder and how each relates to disorders of the shoulder.
- Recognize the pathomechanics of various shoulder disorders and prognosis for rehabilitation.
- Conduct a complete evaluation of the shoulder, as well as document treatment outcomes.
- Design and implement an appropriate shoulder rehabilitation program based on the latest clinical and scientific information

## COURSE AGENDA- Shoulder Disorders

Day 1:

- 7:30 am** Registration & Continental Breakfast
- 8:30 am** Functional Anatomy & Biomechanics of the shoulder
- 9:15 am** The Role of the Scapula in Shoulder Disorders
- 9:45 am** Using Impairment & Functional measures for clinical decision & document outcomes
- 10:15 am** Questions/Discussion
- 10:30 am** Break
- 10:45 am** An algorithm for shoulder rehabilitation
- 11:30am** Pathophysiology & Exam of rotator cuff disease
- 12:00** Questions & Discussion
- 12:30 pm** Lunch (on your own)
- 1:30 pm** Principles of Non-operative rehabilitation of rotator cuff disease
- 2:00pm** Rotator Cuff and Instability (lab)
- 3:00pm** Manual techniques (lab)
- 4:00pm** Case Studies w/ Video Rehab
- 5:00 pm** Adjourn

Day 2:

- 7:30 am** Continental Breakfast
- 8:00 am** Recent Advances in the Surgical Management of RotatorCuff Disease
- 8:30 am** Rehabilitation after RotatorCuff Surgery (**small/medium vs. large** tears & approach to complicated rehab patients)
- 9:15 am** Pathology, Diagnosis, and surgical management of arthritis
- 9:40 am** Rehabilitation for Arthritis and Arthroplasty
- 10:00 am** Questions/Discussion
- 10:15 am** Break
- 10:30 am** Diagnosis and Management of the Stiff and Painful Shoulder
- 11:00 am** Rehabilitation of the Stiff and Painful Shoulder
- 11:25 am** Diagnosis & Classification of shoulder instability & SLAP lesions
- 11:50 am** Non-operative rehabilitation of instability & SLAP lesions
- 12:10 pm** Questions/ Discussion
- 12:30 pm** Lunch (on your own)
- 1:30 pm** Surgical Management of Instability and SLAP Lesions
- 2:00 pm** Rehabilitation following Shoulder Stabilization and SLAP Repair
- 2:30 pm** Proximal Humerus Fractures: Classification and Surgical Management
- 3:00 pm** Rehabilitation of Proximal Humerus Fractures
- 3:30 pm** Case Studies
- 3:30 pm** Questions/Discussion/ Post test
- 4:30 pm** Adjourn

## ACCREDITATION INFORMATION:

Course approved:  
PA -14 contact hours- 10 hours applicable for direct access

NJ-14 contact hours -prior approval-pending reapproval

Course Location :

Homewood Suites  
Valley Forge  
681 Shannondell Blvd  
Audubon, PA 19403

Rooms reserved at conference rate until 3 weeks prior to each course:  
Studio \$109  
1 bedroom suite \$139  
Hotel Registration: 610-539-7300

Registration Information:  
Registration includes course handouts, continental breakfast, break snacks

Lunch is on your own.

Cancellation Policy:  
Refunds less \$50 will be given for cancellation requests in writing 14 days prior to course. No refunds can be granted after that date.

Can't make onsite course? Check out our innovative e-learning program.  
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