

# SHOULDER & ELBOW UPDATE 2012

November 16-18, 2012

Shoulder and Elbow Update 2012 is a three-day conference for physical therapists, occupational therapists, athletic trainers, nurses 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 1st will receive a discount. Of special note, registration for Shoulder and Elbow Update 2012 also includes all conference materials, continental breakfast each day, and one lunch.

Shoulder and Elbow Update 2012 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](http://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 until November 1st and rooms fill up quickly.

## Course Description:

Shoulder and Elbow Update 2012 is a three-day conference for physical therapists, occupational therapists, athletic trainers, nurses, 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 scapular disorders. In order to expand the onsite program, additional foundation 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 scapular disorders and their affect on shoulder and elbow function.

## 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:

Willi Clark, PT, MSc  
Reading Sports Medicine

Michael S. Denny, MSPT  
Good Shepherd Penn Partners

Christopher Dodson, MD  
Rothman Institute  
Orthopaedics

David Ebaugh, PhD, PT  
Drexel University

Brian Eckenrode, MSPT, OCS  
Arcadia University

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

Jennifer Frazer, OTR/L  
Good Shepherd Penn Partners

Sara Forsythe, PT, DPT  
Good Shepherd Penn Partners

Joseph Glanoni, PT, DPT, OCS  
Phoenix Rehabilitation Services

G. Russell Huffman, MD  
Penn Orthopaedic Institute

W. Ben Kibler, MD  
Lexington Clinic Orthopedics-Sports Medicine Center

Andy Kuntz, MD  
Penn Orthopaedic Institute

Phil McClure, PhD, PT,  
Arcadia University

Wendy McCoy, PT, CHT  
Good Shepherd Penn Partners

Jeffrey O'Neill, PT, DPT, OCS  
Good Shepherd Penn Partners

Marisa Pontillo, DPT, SCS  
Good Shepherd Penn Partners

Tiffany Prince, PT, DPT, OCS  
Good Shepherd Penn Partners

Lindsey Rolinski, PT, DPT, OTR/L  
Good Shepherd Penn Partners

Brian J. Sennett, MD  
Penn Sportsmedicine

Louis J. Soslowsky, PhD  
University of Pennsylvania

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

Angela R. Tate, PhD, PT,  
Willow Grove PT and Arcadia University

Stephen Thomas, PhD, ATC  
University of Pennsylvania

Timothy Uhl, PhD, ATC, PT  
University of Kentucky

Amy Vissing, OTR/L, CHT  
Good Shepherd Penn Partners

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

Sponsored by:  
Philadelphia Orthopaedic and Sports Rehab Foundation  
Gerald R. Williams, Jr., MD  
Course Chairman:  
Matthew L. Ramsey, MD  
David L. Glaser, MD  
Martin J. Kelley, PT, DPT, OCS  
Brian G. Leggin, PT, DPT, OCS  
November 16-18, 2012  
SHOULDER & ELBOW UPDATE  
AND REHABILITATION  
EVALUATION, TREATMENT,

# SHOULDER & ELBOW UPDATE 2012

November 16-18, 2012  
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



## DAY 1 Friday, November 16th

### Time Topic/Speaker

- 6:30 am Registration/Continental Breakfast  
 Brian G. Leggin, PT, DPT, OCS
- 7:55 am Welcome/Introductions  
 Gerald R. Williams, Jr, MD  
 Brian G. Leggin, PT, DPT, OCS
- 8:00 am Biomechanics and the Role of the Scapula in Shoulder Disorders  
 Brian G. Leggin, PT, DPT, OCS
- 8:30 am Pathophysiology and Examination of Rotator Cuff Disease  
 Matthew L. Ramsey, MD
- 8:55 am Rehabilitation of Patients with Rotator Cuff Disease Including Strategies for Massive Tears  
 Brian G. Leggin, PT, DPT, OCS
- 9:20 am Surgical Management of Rotator Cuff Tears: Where we've been and where we're going  
 Gerald R. Williams, Jr, MD
- 10:05 am Break/Exhibits
- 10:25 am Current Evidence Relating to Rotator Cuff Tendon Healing  
 Louis J. Soslowsky, PhD
- 10:45 am Rehabilitation following Rotator Cuff Repair: Standard vs. Delayed Rehab  
 Martin J. Kelley, PT, DPT, OCS
- 11:15 am Using Early Clinical Change Scores to Predict Outcome in Patients with Shoulder Pain  
 Timothy Uhl, PhD, ATC, PT
- 11:30 Panel Discussion/Questions
- 12:00 pm Lunch Provided
- 1:00 pm Shoulder Instability and SLAP Lesions and the Role of the Scapula  
 W. Ben Kibler, MD
- 1:30 pm Surgical Management of Shoulder Instability and SLAP Lesions  
 David L. Glaser, MD
- 2:00 pm Rehabilitation of Shoulder Instability and SLAP Lesions  
 Timothy Uhl, PhD, ATC, PT

- 2:30 pm Panel Discussion/Questions  
 2:45 pm Break/Exhibits

### 3:00 - 5:00 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  
 G. Russell Huffman, MD  
 Andy Kuntz, MD
- Workshop 2: Kinetic Chain Approach to Evaluation and Management of Scapular Disorders  
 W. Ben Kibler, MD  
 Timothy Uhl, PhD, ATC, PT
- Workshop 3: Cadaver Anatomy Specimens of the Shoulder and Elbow  
 David Ebaugh, PhD, PT, OCS  
 Bryan Spinelli, MS, PT, OCS  
 Marisa Pontillo, DPT, SCS  
 Wendy McCoy, PT, CHT  
 Lindsey Rolinski, PT, DPT, OTR/L
- Workshop 4: Examination and Interventions for Scapular Disorders Caused by Nerve Injury or Instability  
 Martin J. Kelley, PT, DPT, OCS
- Workshop 5: Manual Techniques to Improve Range of Motion and Strength of the Shoulder  
 Will Clark, PT, MSC  
 Brian Eckenrode, PT, DPT, OCS  
 Michael S. Denny, MSPT  
 Tiffany Prince, PT, DPT, OCS
- Workshop 6: Cervical vs. Shoulder/Elbow Pain: Examination and Rehabilitation  
 Joseph Gianoni, DPT, MS, PT, OCS, ATC
- Workshop 7: Management of Nerve Injuries of the Upper Extremity  
 Jane Fedorczyk, PT, MS, CHT, ATC

### Lectures Available Online: (1.5 hours)

- Shoulder Girdle Anatomy  
 David Ebaugh, PhD, PT, OCS  
 Elbow Anatomy  
 Laura Walsh, OTR/L, CHT  
 An Algorithm for Shoulder Rehabilitation  
 Brian G. Leggin, PT, DPT, OCS

### Registration Fee:

Postmarked/received on or before October 1st: \$500.00  
 Postmarked/received October 1st or later: \$550.00

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

www.eliterehabolutions.com

## DAY 2 Saturday, November 17th

### 7:00 am Continental Breakfast/Exhibits

### Scapula Symposium

- 8:00 am Scapular Mechanics: Defining Normal and Abnormal  
 Phil McClure, PhD, PT
- 8:25 am Scapular Muscle Function  
 David Ebaugh, PhD, PT
- 8:50 am Special Tests in Examining Scapular Dysfunction  
 Angela R. Tate, PhD, PT
- 9:15 am An Algorithm for Evaluating Scapular Disorders  
 Martin J. Kelley, PT, DPT, OCS
- 9:40 am Break/Exhibits
- 10:00 am A Kinetic Chain Evaluation of Scapular Disorders and the Scapular Stability Series of Exercises  
 W. Ben Kibler, MD
- 10:30 am Clinical Progression of Scapular Exercises  
 Timothy Uhl, PhD, ATC, PT
- 10:55 am Glenohumeral Internal Rotation Deficit (GIRD) and it's Relation to Scapular Disorders  
 Stephen Thomas, PhD, ATC
- 11:20 am Neuromuscular Adaptations of Scapular Muscles to Instruction Over Time  
 Timothy Uhl, PhD, ATC, PT
- 11:40 am Scapular Muscle Detachment  
 W. Ben Kibler, MD
- 12:00 noon Panel Discussion/Questions
- 12:30 pm Lunch Provided
- 1:30 pm The Scapula and Tennis Related Injuries  
 W. Ben Kibler, MD
- 1:45 pm The Scapula and Injuries in Swimmers  
 Angela R. Tate, PhD, PT
- 2:00 pm Shoulder and Elbow Injuries in Baseball  
 Christopher Dodson, MD
- 2:15 pm Panel Discussion/Questions
- 2:30 pm Break/Exhibits

### 3:00-5:00 Concurrent Workshops

- Workshop 1: Clinical Examination of the Elbow  
 Jane Fedorczyk, PT, MS, CHT, ATC  
 Matthew Ramsey, MD  
 Jennifer Frazer, OTR/L
- Workshop 2: Kinetic Chain Approach to Evaluation and Management of Scapular Disorders  
 Timothy Uhl, PhD, ATC, PT
- Workshop 3: Evaluation and Management of Scapular Dysfunction  
 Phil McClure, PhD, PT, OCS  
 Angela Tate, PhD, PT, OCS
- Workshop 4: Taping Techniques to Manage Shoulder and Elbow Disorders  
 Jeffrey O'Neill, PT, DPT, OCS  
 Marisa Pontillo, DPT, SCS  
 Sara Forsythe, PT, DPT
- Workshop 5: Manual Techniques to Improve Range of Motion and Strength of the Shoulder  
 Will Clark, PT, MSC  
 Brian Eckenrode, PT, DPT, OCS  
 Michael S. Denny, MSPT  
 Tiffany Prince, PT, DPT, OCS
- Workshop 6: Cancer Rehabilitation with Emphasis on Shoulder Girdle Musculoskeletal Impairments  
 Bryan Spinelli, MS, PT, OCS  
 David Ebaugh, PhD, PT
- Workshop 7: Complex Elbow Problems: Mobilization Techniques and Treatment Options  
 Wendy McCoy, PT, CHT  
 Lindsey Rolinski, PT, DPT, OTR/L

### Accreditation Information

All participants will receive a certificate for contact hours or continuing education units (CEUs) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (#p3272).

www.eliterehabolutions.com

## DAY 3 Sunday, November 18th

### 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
- 8:25am Rehabilitation Principles Following Elbow Fracture  
 Jane Fedorczyk, PT, MS, CHT, ATC
- 8:50 am Pathogenesis and Surgical Management of Epicondylitis  
 Matthew L. Ramsey, MD
- 9:15 am Rehabilitation of Epicondylitis  
 Laura Walsh, OTR/L, CHT
- 9:40 am Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management  
 Brian J. Sennett, MD
- 10:05 am Rehabilitation of Ulnar Collateral Ligament Injuries  
 Brian Eckenrode, PT, DPT, OCS
- 10:30 am Break
- 10:50 am Pathogenesis and Surgical Management of Shoulder Arthritis  
 Gerald R. Williams, Jr, MD
- 11:15 am Rehabilitation Following Shoulder Arthroplasty  
 Brian G. Leggin, PT, DPT, OCS
- 11:30 am Classification and Surgical Management of Proximal Humerus Fractures  
 David L. Glaser, MD
- 11:55 am Rehabilitation following Proximal Humerus Fractures  
 Brian G. Leggin, PT, DPT, OCS
- 12:10 pm Diagnosis and Surgical Management of Frozen Shoulder  
 G. Russell Huffman, MD
- 12:35 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: \_\_\_\_\_

Other: \_\_\_\_\_

\*\*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.eliterehabolutions.com](http://www.eliterehabolutions.com)  
 or **Mail payment to:**

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

Make checks payable to PHILADELPHIA ORTHOPEDIC AND SPORTS REHAB FOUNDATION (POSRF)

For more information call: (484) 685-3123 or email  
[info@eliterehabolutions.com](mailto:info@eliterehabolutions.com)