

## Shoulder Disorders: Update on Evaluation and Management

March 30 to 31, 2012

Course Location:  
WESTARM Physical Therapy  
3160 Kipp Avenue  
Lower Burrell, PA 15068

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## COURSE FACULTY

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.

Contributors: Surgical/Medical Management 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

GERALD R WILLIAMS, JR, MD, is currently Professor of Orthopaedic Surgery, Thomas Jefferson University and Chief of the Shoulder and Elbow Service at The Rothman Institute at Jefferson in Philadelphia, PA. He has published over 100 peer-reviewed research papers and over 40 review articles and book chapters. He has co-edited 4 textbooks including *Disorders of the Shoulder: Diagnosis and Management (1<sup>st</sup> & 2<sup>nd</sup> editions)*, *Shoulder and Elbow Arthroplasty*, and *Arthritis and Arthroplasty: The Shoulder*. He has presented his research and provided invited lectures both nationally and internationally. He has numerous awards and honors to his credit. He has been a consultant reviewer for several orthopaedic publications and is currently Editor-Review Articles for the Journal of Shoulder and Elbow Surgery. Dr. Williams is the current president of the American Shoulder and Elbow Surgeons.

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

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

Course Title—Check

Shoulder Disorders: Update on  
Evaluation and Management

March 30-31, 2012

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:

\$399 on or before 3/8/12

\$450 on or after 3/9/2012

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)

## COURSE DESCRIPTION:

This course is designed with 1.5 onsite lecture/lab and 3.5 hours of on line learning. On line learning is available 2 weeks prior to course date, and must be completed prior to arrival of course. This 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, distance learning and open discussion. We have included course time to review distance learning material. Course content is supported by current evidence based research.

## 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
- Gain understanding of surgical and medical management of various shoulder disorders and its impact on rehabilitation planning
- Identify and Learn to implement UE/ Shoulder outcome tools into daily clinical practice

## Pre Course Attendance Lectures

Following lectures will be available 3/16/12 Complete prior to attendance. Print course completion documents and bring on 3/30/12 registration.

- **Advances Surgical Management of RC Disease** (1 hour)
- **Pathology, Diagnosis & surgical management of Arthritis** (.5 hour)
- **Diagnosis & Management Stiff/Pain Shoulder** (.5 hour)
- **Diagnosis & Classification of Shoulder Instability & SLAP lesion** (.5 hour)
- **Surgical Management Instability & SLAP lesion** (.5 hour)
- **Proximal Humeral Fracture: Classification & Surgical Management** (.5 hour)

We will not be able to allocate course CEU's for completion of this course portion until forms are received. We will modify CEU certificates by 3.5 hours at a \$25/certificate fee.

## COURSE AGENDA- Shoulder Disorders

**Day 1: Friday, March 30, 2012:**

- 1:00 pm** Registration & Pretest
- 1:30 pm** Functional Anatomy & Biomechanics of the shoulder
- 2:00 pm** Biomechanics and the Role of the Scapula in Shoulder Disorders
- 3:00 pm** An algorithm for shoulder Rehabilitation
- 3:45 pm** Questions/Discussion/*Break*
- 4:00 pm** Impairment /Functional measures for clinical decision & document outcomes
- 4:30 pm** Clinical Exam of the Shoulder (lab)
- 6:00 pm** Adjourn

**Day 2, Saturday March 31, 2012:**

- 7:00 am** Registration / Continental Breakfast
- 7:30 am** Questions RC surgical lecture Rehabilitation after RC surgery: clinical considerations based on size of tear
- 8:45 am** Questions arthritis lecture  
  
Rehabilitation for arthritis & arthroplasty
- 9:30 am** Questions/Discussion/ Break
- 9:45 am** Questions Stiff /Painful Shoulder Rehabilitation of Stiff/ Painful Shoulder
- 10:30 am** Questions SLAP lecture Diagnosis & Classification of Shoulder Instability and SLAP Lesions
- 11:00 am** Non-operative rehabilitation of instability & SLAP lesions
- 11:30 am** Rehabilitation following Shoulder Stabilization and SLAP Repair
- 12:15 pm** Lunch (on your own)
- 1:00 pm** Questions fracture lecture Rehabilitation of Proximal Humerus Fractures
- 1:45 pm** Examination of Overhead Athlete
- 2:30 pm** Questions/ Discussion/ Break
- 2:45 pm** Manual Techniques to Improve ROM/Strength—(lab)
- 3:45 pm** Clinical Decision Making- Case Studies
- 4:15 pm** Post Test Review
- 4:30 pm** Adjourn

## ACCREDITATION INFORMATION:

Course approved:  
PA -15 contact hours- 10 hours applicable for direct access  
NJ—approved for 14 contact hours to 1/31/12—pending resubmission 2/1/12  
NATABOC approved provider # P8360

Course Location :  
WESTARM Physical Therapy  
3160 Kipp Avenue  
Lower Burrell, PA 15068

Lodging:  
Clarion Inn, Tarentum (~ 3 miles)  
300 Tarentum Bridge Rd  
New Kensington, PA 15068  
866-539-0036  
SpringHill Suites Pittsburgh Mills (~6 mi)  
3015 Pittsburg Mills Blvd  
Tarentum, PA 15084  
724-274-1064/ 888-236-2427

## **Registration Information:**

Registration includes course handouts, continental breakfast, Lunch is on your own.

## **Cancellation Policy:**

Refunds less \$75 will be given for cancellation requests in writing up to 14 days prior to course. No refunds can be granted after that date.

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