

2014 SHOULDER AND ELBOW UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 21-22, 2014

Hyatt Regency Penn's Landing
201 South Columbus Boulevard
Philadelphia, Pennsylvania

SPONSORED BY:

Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN:

Gerald R. Williams, Jr., MD
Matthew L. Ramsey, MD
Martin J. Kelley, PT, DPT, OCS
Brian G. Leggin, PT, DPT, OCS

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SHOULDER and ELBOW UPDATE 2014

November 21-22, 2014 PHILADELPHIA, PA

SPONSORED BY: The Philadelphia Orthopaedic and Sports Rehab Foundation

COURSE CHAIRMEN: Gerald R. Williams, Jr., MD • Matthew L. Ramsey, MD • Martin J. Kelley, PT, DPT, OCS • Brian G. Leggin, PT, DPT, OCS

Shoulder and Elbow Update 2014 is a two-day conference for occupational and physical therapists, COTA's, PTA's, athletic trainers, nurses, physician assistants and physicians interested in learning the latest concepts and research related to evaluation, treatment and rehabilitation of shoulder and elbow disorders.

REGISTRATION & HOTEL INFORMATION:

This course fills up quickly so early registration is strongly encouraged. **Registrations received before October 24 will receive a discount.** Registration includes downloadable course materials and breakfast each day. Handout books are available through pre-order only.

Shoulder and Elbow Update 2014 will be held at the Hyatt Regency, Penn's Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate until November 1. Please reserve rooms early as there are other events in Philadelphia that weekend.

For hotel information contact the Hyatt Regency at 215-928-1234 or go to www.hyatt.com.

COURSE DESCRIPTION: Shoulder and Elbow Update 2014 is a two-day conference for OT's, PT's, COTA's, PTA's, athletic trainers, 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.

COURSE OBJECTIVES:

Upon completion of this course, participants will have gained the ability to provide a differential diagnosis evaluation, prognosis and intervention for 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 shoulder and elbow disorders.
- Develop hands-on evaluation and treatment skills.

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, and book chapters, relating to shoulder and elbow disorders. In addition, they are currently involved in research aimed at advancing the management of shoulder and elbow patients. Members of this faculty have lectured on these topics locally, nationally, and internationally.

DISCOUNTED EARLY REGISTRATION DEADLINE: OCTOBER 24

COURSE CHAIRMEN:

Gerald R. Williams, Jr., MD
Rothman Institute Orthopaedics

Matthew L. Ramsey, MD
Rothman Institute Orthopaedics

Martin J. Kelley, PT, DPT, OCS
Good Shepherd Penn Partners

Brian G. Leggin, PT, DPT, OCS
Good Shepherd Penn Partners

GUEST FACULTY

Chuck Thigpen, PhD, PT, ATC
Proaxis Physical Therapy

COURSE FACULTY:

Joseph Abboud, MD
Rothman Institute Orthopaedics

John Bellace, MSPT, CHT
Good Shepherd Penn Partners

Will Cairk, PT, MSC
Reading Sports Medicine

David Ebaugh, PhD, PT
Drexel University

Brian Eckenrode, PT, DPT, OCS
Arcadia University

Charles Getz, MD
Rothman Institute Orthopaedics

Joseph Gianoni, PT, OCS
Phoenix Rehabilitation Services

Allison Greene, DPT
Good Shepherd Penn Partners

David L. Glaser, MD
Penn Orthopaedics

John D. Kelly, IV, MD
Penn Sportsmedicine

Andrew F. Kuntz, MD
Penn Orthopaedics

Phil McClure, PhD, PT
Arcadia University

Matthew Lewulis, DO
Penn Orthopaedics

Wendy McCoy, PT, CHT
Good Shepherd Penn Partners

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

Michael Piercy, PT, DPT, OCS
Good Shepherd Penn Partners

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

Marta Pontillo, DPT, SCS
Good Shepherd Penn Partners

Brian J. Sennett, MD
Penn Sportsmedicine

Gina Serago, DPT
Good Shepherd Penn Partners

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

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

Day 1 Friday, November 21

| TIME | TOPIC/SPEAKER |
|----------|---|
| 6:45 am | Registration/Continental Breakfast |
| 7:55 am | Welcome/Introductions Matthew L. Ramsey, MD Brian G. Leggin, PT, DPT, OCS |
| 8:00 am | Natural History, Examination, and Diagnosis of Rotator Cuff Disease Charles Getz, MD |
| 8:30 am | Rehabilitation and Outcome of Non-op Management of Rotator Cuff Disease Brian G. Leggin, PT, DPT, OCS |
| 9:00 am | Rotator Cuff Repair: Who, When, and How? Matthew L. Ramsey, MD |
| 9:30 am | Rehabilitation following Rotator Cuff Repair: When Should We Start and What Do We Do? Martin J. Kelley, PT, DPT, OCS |
| 10:00 am | Break |
| 10:20 am | Classification and Management of Proximal Humerus and Scapular Fractures David L. Glaser, MD |
| 10:45 am | Rehabilitation of Shoulder Girdle Fractures Brian G. Leggin, PT, DPT, OCS |
| 11:10 am | Pahophysiology and Surgical Management of Frozen Shoulder Joseph Abboud, MD |
| 11:35 am | Guidelines for Rehabilitation of Frozen Shoulder Martin J. Kelley, PT, DPT, OCS |
| 12:00 am | Panel Discussion/Questions |
| 12:30 pm | Lunch |
| 1:30 pm | The Spectrum of Shoulder Instability and SLAP Lesions Brian J. Sennet, MD |
| 1:55 pm | Nonoperative Rehabilitation of Shoulder Instability and SLAP Lesions Chuck Thigpen, PhD, PT, ATC |
| 2:20 pm | Surgical Management of Instability and SLAP Lesions Andrew F. Kuntz, MD |
| 2:45 pm | Rehabilitation Considerations and Guidelines following Capsulolabral Repair Chuck Thigpen, PhD, PT, ATC |
| 3:10 pm | Break |

| TIME | TOPIC/SPEAKER |
|---------|---|
| 3:30 pm | Recognition and Rehabilitation of Scapular Dysfunction Martin J. Kelley, PT, DPT, OCS |
| 4:10 pm | The Effect of Pain and Fatigue on Rotator Cuff Muscle Activation and Implications for Rehabilitation Phil McClure, PhD, PT |
| 4:40 pm | Panel Discussion/Questions |
| 5:00 pm | Adjourn |

Online Lectures: (1.75 hours)

Shoulder Anatomy and Biomechanics
Brian G. Leggin, PT, DPT, OCS

Elbow Anatomy
Laura Walsh, OTR/L, CHT

Algorithm for Rehabilitation of the Shoulder
Brian G. Leggin, PT, DPT, OCS

Day 2 Saturday, November 22

| | |
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| 7:00 am | Continental Breakfast |
| 8:00 am | A New Approach to the Management of Epicondylitis John Bellace, PT, CHT |
| 8:25 am | Elbow Instability and Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management Matthew L. Ramsey, MD |
| 8:55 am | Rehabilitation following UCL Reconstruction Chuck Thigpen, PhD, PT, ATC |
| 9:20 am | Fractures about the Elbow: Indications for Surgery and Goals for Surgical Management Matthew L. Ramsey, MD |
| 9:45 am | Rehabilitation Principles following Elbow Fracture Laura Walsh, OTR/L, CHT |
| 10:10 am | Break |
| 10:30 am | Injury Patterns and Examination of the Overhead Athlete John Kelly, MD |
| 10:55 am | Rehabilitation of the Overhead Athlete Chuck Thigpen, PhD, PT, ATC |
| 11:10 am | Pathophysiology and Surgical Management of Shoulder Arthritis: Total and Reverse Arthroplasty Gerald R. Williams, Jr., MD |

| | |
|----------|--|
| 11:50 am | Rehabilitation following Conventional and Reverse Shoulder Arthroplasty Brian G. Leggin, PT, DPT, OCS |
| 12:10 pm | Panel Discussion/Questions |
| 12:30 pm | Lunch |

1:30 - 3:00 and 3:15-4:45 CONCURRENT WORKSHOPS **choose two**

Workshop 1: Clinical examination of the shoulder and elbow
Brian Leggin, PT, DPT, OCS • Gerald Williams, Jr., MD • Matthew Ramsey, MD • John Kelly, MD • Andrew Kuntz, MD • Matthew Lewullis, DO

Workshop 2: Cadaver anatomy specimens of the shoulder and elbow
David Ebaugh, PhD, PT • Bryan Spinelli, MS, PT, OCS • Michael Piercy, PT, DPT, OCS • Wendy McCoy, PT, CHT • Laura Walsh, OTR/L

Workshop 3: Manual techniques for the shoulder and elbow
Will Clark, MS, PT • Martin Kelley, PT, DPT, OCS • Brian Eckenrode, PT, DPT, OCS • Tiffany Prince, PT, DPT, OCS • Allison Greene, DPT, OCS

Workshop 4: Taping techniques for the shoulder and elbow
Jeffrey O'Neill, PT, DPT, OCS • Marisa Pontillo, PT, DPT, SCS • Gina Serago, DPT

Workshop 5: Instrument assisted soft tissue mobilization for the shoulder and elbow
Chuck Thigpen, PhD, PT, ATC

Workshop 6: Cervical vs. Arm Pain: Differential Diagnosis and Management
Joseph Gianoni, PT, OCS

• IN ORDER TO SAVE PAPER, ALL HANDOUTS WILL BE AVAILABLE FOR DOWNLOAD 3 DAYS BEFORE THE COURSE. YOU CAN PRE-ORDER A HANDOUT BOOK FOR \$25.00. THERE WILL NOT BE EXTRA HANDOUTS AVAILABLE ONSITE.

• Approved Law and Ethics Course available online at eliterehabolutions.com - receive a discount with registration for Shoulder and Elbow Update 2014

ACCREDITATION INFORMATION

All participants will receive a certificate for 15 contact hours or 1.5 continuing education units (CEU's) as approved by governing bodies. Please check the website for accreditation approvals. We are a BOC approved provider (#p3272). www.eliterehabolutions.com

Registration Form

Name: _____

Home Address: _____

City/State/Zip: _____

Daytime Telephone: _____

Fax: _____

Email: _____

Confirmation will be sent by email only. Please set you inbox to accept email from eliterehabolutions.com

Medical Specialty: PT/PTA ATC PA Nurse
 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 |
|-----------|------------|------------|------------|
| Session 1 | | | |
| Session 2 | | | |

Please check appropriate registration box:

Registration for Shoulder and Elbow Update 2014 (checks payable to Philadelphia Orthopedic and Sports Rehab Foundation)
 Please order me a handout book for an additional \$25.00

Total Enclosed: _____

REGISTER ONLINE AT: www.eliterehabolutions.com

OR MAKE CHECK PAYABLE TO: *Philadelphia Orthopedic and Sports Rehab Foundation.*

MAIL TO:

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

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

REGISTRATION FEE:

Postmarked/received on or before October 24th: **\$399**
Postmarked/received on or after October 25th: **\$450**

Registration fees will be refunded in full if written cancellation notice is received prior to October 24, 2014. A \$35 handling fee will be assessed for cancellations postmarked between October 25th and November 13th. No refunds will be awarded after November 14th.