

2018 SHOULDER AND ELBOW UPDATE

EVALUATION, TREATMENT AND REHABILITATION

November 3-4, 2018

Hilton Philadelphia 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

**Discounted Early Registration Deadline:
October 13th**

NONPROFIT ORG.
U. S. POSTAGE
PAID
LANCASTER, PA
PERMIT NO. 472

SHOULDER and ELBOW UPDATE 2018

November 3-4, 2018 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 2018 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 or post-marked before October 13th 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 2018 will be held at the Hilton Philadelphia Penn's Landing, 201 South Columbus Boulevard, Philadelphia, PA 19106. A block of rooms have been reserved at a special room rate until October 19th. Please reserve rooms early!

For hotel information contact the Hilton at 215-521-6500 or go to www.hilton.com.

COURSE DESCRIPTION: Shoulder and Elbow Update 2018 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. This course has been held biennially since 1988 and was first hosted by our keynote speaker, **Joseph P. Iannotti, MD, PhD**

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.

COURSE CHAIRMEN:

Gerald R. Williams, Jr., MD
Rothman Institute

Matthew L. Ramsey, MD
Rothman Institute

Joseph P. Iannotti, MD, PhD
Cleveland Clinic

KEYNOTE SPEAKER:

Joseph P. Iannotti, MD, PhD
Cleveland Clinic

COURSE FACULTY:

James Arnone, PT, DPT, OCS
Good Shepherd Penn Partners

Trista Barish, MS, LAT, ATC
Performance Health

Will Galrk, PT, MSC
All Physical Therapy

Brian Cammarota, DPT, ATC
Good Shepherd Penn Partners

Michael Ciccotti, MD
Rothman Institute

Michael Denny, PT
Good Shepherd Penn Partners

Wendy McCoy, PT, CHT
Good Shepherd Penn Partners

David Ebaugh, PT, PhD
Drexel University

Brian Eckenrode, PT, DPT, OCS
Arcadia University

Jennifer Frazer, OTR/L, CHT
Good Shepherd Penn Partners

Joseph Giannoni, PT, OCS
Phoenix Rehabilitation Services

David L. Glaser, MD
Penn Orthopaedics

Noel Goodstadt, PT, DPT, OCS
Drexel University

Karen Havlicsek, PTA
Good Shepherd Penn Partners

G. Russell Huffman, MD
Penn Orthopaedics

Joseph Kearns, PT, DPT, OCS
Good Shepherd Penn Partners

Andrew F. Kuntz, MD
Penn Orthopaedics

Matthew Lewulis, DO
Penn Sportsmedicine

Phil McClure, PhD, PT, FAPTA
Arcadia University

Michael Denny, PT
Good Shepherd Penn Partners

Wendy McCoy, PT, CHT
Good Shepherd Penn Partners

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

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

Scott Sheridan, PT, ATC
Philadelphia Phillies

Louis J. Soslowsky, PhD
University of Pennsylvania

Michael Steimling, PT, DPT, OCS, FAOMPT
Good Shepherd Penn Partners

Angela R. Tate, PT, PhD
Arcadia University

Alexis Tingan, MD
Penn Rehab Medicine

Stephen Thomas, PhD, ATC
Temple University

DISCOUNTED EARLY REGISTRATION DEADLINE: OCTOBER 13

Day 1 Saturday, November 3rd

TIME	TOPIC/SPEAKER
6:45 am	Registration/Continental Breakfast
7:55 am	Welcome/Introductions <i>Gerald R. Williams, Jr., MD</i> <i>Brian G. Leggin, PT, DPT, OCS</i>
8:00 am	Anatomy of the Shoulder: Cadaveric Dissection <i>David Ebaugh, PT, PhD</i> <i>Noel Goodstadt, PT, DPT, OCS</i>
8:30 am	Natural History, Examination, and Diagnosis of Rotator Cuff Disease <i>Matthew L. Ramsey, MD</i>
9:00am	The Role of the Long Head of the Biceps in Rotator Cuff Tears <i>Louis J. Soslowsky, PhD</i>
9:20 am	Non-operative Management of Rotator Cuff Tendinopathy and Tears: Yes, They Can Get Better! <i>Brian Leggin, PT, DPT, OCS</i>
9:50 am	Break
10:10 am	Rotator Cuff Repair: Who, When, and How <i>Gerald R. Williams, Jr., MD</i>
10:40 am	The Role of Mechanical and Biological Augmentation in the Management of Rotator Cuff Tears <i>Joseph P. Iannotti, MD, PhD</i>
11:00 am	Rehabilitation following Rotator Cuff Repair: When Should We Start and How What Should We Do? <i>Martin J. Kelley, PT, DPT, OCS</i>
11:30 am	SYMPOSIUM: Changes in Shoulder Rehabilitation Over 30 years: Where We've Been, Where We Are, and Where We're Going <i>Moderator: Matthew Ramsey, MD</i> <i>Presenters/Panel:</i> <i>Joseph P. Iannotti, MD, PhD</i> <i>Gerald R. Williams, Jr., MD</i> <i>David L. Glaser, MD</i> <i>Martin J. Kelley, PT, DPT, OCS</i> <i>Brian G. Leggin, PT, DPT, OCS</i>
12:30 pm	Lunch
1:30 pm	Pathogenesis and Management of Elbow Epicondylitis and Tendinosis <i>Andrew F. Kuntz, MD</i>
1:50 pm	Manual Therapy Approach to Lateral Elbow Pain <i>Michael Steimling, PT, DPT, OCS, FAAOMPT</i>
2:10 pm	Elbow Instability and Ulnar Collateral Ligament Injuries: Diagnosis and Surgical Management <i>Michael J. Ciccotti, MD</i>
2:40 pm	Rehabilitation of UCL Reconstruction <i>Scott Sheridan, PT, ATC</i>

3:00 pm	Break
3:30-5:00 pm	CONCURRENT WORKSHOPS **choose one**
Workshop 1:	Clinical Examination of the Shoulder <i>Leggin • Ramsey • Glaser • Kuntz • Lewullis • Shaffer</i>
Workshop 2:	Manual Techniques for the Shoulder and Elbow <i>Clark • Kelley • Arnone • Denny • Havlicsek • Kearns • Piercey</i>
Workshop 3:	Kinetic Chain Approach to the Overhead Athlete's Shoulder: Baseball, Swimming, Volleyball, Tennis <i>Cammarota • Pontillo • Tate • Thomas</i>
Workshop 4:	Conventional and Reverse Arthroplasty: Design, Technique, Soft Tissue Management <i>Iannotti • Williams</i>

Day 2 Sunday, November 4th

TIME	TOPIC/SPEAKER
7:00 am	Continental Breakfast
8:00 am	Keynote Address: The Past, Present, and Future of Conventional Shoulder Arthroplasty <i>Joseph P. Iannotti, MD, PhD</i>
8:30 am	Reverse Shoulder Arthroplasty: Patient Selection and Design Intricacies <i>Gerald R. Williams, Jr., MD</i>
8:50 am	Rehabilitation Following Conventional and Reverse Shoulder Arthroplasty <i>Brian G. Leggin, PT, DPT, OCS</i>
9:10 am	Pathophysiology and Surgical Management of Frozen Shoulder <i>G. Russell Huffman, MD</i>
9:30 am	Guidelines for Rehabilitation of Frozen Shoulder <i>Martin J. Kelley, PT, DPT, OCS</i>
9:50 am	Break
10:10 am	Classification and Management of Proximal Humerus and Scapular Fractures <i>David L. Glaser, MD</i>
10:40 am	Rehabilitation of Shoulder Girdle Fractures <i>Brian G. Leggin, PT, DPT, OCS</i>

11:00 am	Fractures about the Elbow: Indications for Surgery and Goals of Surgical Management <i>Matthew L. Ramsey, MD</i>
11:30 am	Rehabilitation Principles Following Elbow Fracture <i>Laura Walsh, OTR/L, CHT</i>
12:00 pm	Panel Discussion/Questions
12:30 pm	Lunch
1:30 pm	Scapula Dyskinesia: Assessment and Management <i>Phil McClure, PhD, PT</i>
1:50 pm	The Spectrum of Shoulder Instability and SLAP Lesions <i>Brian J. Sennett, MD</i>
2:15 pm	Surgical Management of Shoulder Instability and SLAP Lesions <i>Andrew F. Kuntz, MD</i>
2:40 pm	Rehabilitation of Shoulder Instability and SLAP Lesions <i>Michael A. Shaffer, PT, ATC</i>
3:00 pm	Break

3:30 - 5:00 pm - CONCURRENT WORKSHOPS ****choose one****

Workshop 1:	Clinical Examination of the elbow <i>Ramsey • McCoy • Walsh • Frazer</i>
Workshop 2:	Scapular Dyskinesia: Who really has it? And what do you do if they have it? <i>Tate • Eckenrode • McClure</i>
Workshop 3:	Cervical vs. Arm Pain: Differential Diagnosis and Management <i>Tingan • Giannoni</i>
Workshop 4:	Instrument Assisted Soft Tissue Mobilization for the Shoulder and Elbow <i>Barish</i>

• IN ORDER TO SAVE PAPER, ALL HAND-OUTS WILL BE AVAILABLE FOR DOWNLOAD 3 DAYS BEFORE THE COURSE. YOU WILL BE EMAILED A LINK WITH A PASSWORD.

YOU CAN PRE-ORDER A HANDOUT BOOK FOR \$25.00. EXTRA HANDOUTS WILL NOT BE AVAILABLE ONSITE.

ACCREDITATION INFORMATION

All participants will receive a certificate as approved by governing bodies. Please check the website for accreditation approvals: www.eliterehabsolutions.com/shoulderelbowupdate2018

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 eliterehabsolutions.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
Day 1			
Day 2			

Please check appropriate registration box:
 Registration for Shoulder and Elbow Update 2018 (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.eliterehabsolutions.com/shoulderelbowupdate2018
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 email posrf@yahoo.com or call 484-685-3123

REGISTRATION FEE:

Postmarked/received on or before October 13th:	\$425
Postmarked/received on or after October 14th:	\$475

Registration fees will be refunded in full if written cancellation notice is received prior to October 13, 2018. A \$35 handling fee will be assessed for cancellations postmarked between October 13th and October 27th. No refunds will be awarded after October 27th.