

Shoulder and Elbow Update

October 15-16, 2022

Valley Forge Casino Hotel and Resort





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 various shoulder and elbow disorders.
- Develop hands-on evaluation and treatment skills.

Accreditation Information:

Pennsylvania State Board of Physical Therapy (15 hours (6.0 GEN, 9.0 DA) - #PTPR015545)

Pennsylvania State Board of Occupational Therapy (15 hours)

New Jersey State Board of Physical Therapy Examiners (15 hours #2209-21)

Maryland Board of Physical Therapy Examiners (15 hours - #2022-1006)

Course Chairs:

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

Course Faculty

David Ebaugh, PT, PhD
Noel Goodstadt, PT, DPT, OCS
Joseph Kearns, PT, DPT, OCS
Andrew F. Kuntz, MD
Brian Cammarota, DPT, ATC
Jane Fedorczyk,, PT, PhD, CHT
Angela R. Tate, PT, PhD, Cert. MDT
Stephen J. Thomas, PhD, ATC
Brian Eckenrode, PT, PhD, OCS
James Arnone, PT, DPT, Cert. MDT
William A. Clark, PT, MSc
Michelle Little, PT, DPT
Karen Havlicsek, PTA

Shoulder and Elbow Update Day 1 October 15, 2022

Time	Topic	Moderator - Gerald Williams
6:45 am	Check-in - Continental Breakfast	Speaker
7:55 am	Welcome & Introductions	Gerald R. Williams, Jr., MD
8:00 am	Anatomy of the Shoulder	David Ebaugh, PT, PhD Noel Goodstadt, PT, DPT, OCS
8:30 am	Natural History, Examination, and Differential Diagnosis of Rotator Cuff Disease	Martin J. Kelley, PT, DPT, OCS
9:00 am	Non-operative Management of Rotator Cuff Disease	Martin J. Kelley, PT, DPT, OCS
9:30 am	Rotator Cuff Repair based on Differential Diagnosis: Decision Making, Technique, New Advances	David L. Glaser, MD
10:10 am	Break	Moderator - Matthew Ramsey
10:30 am	Evidence Based Rehabilitation following Rotator Cuff Repair: When Should We Start and How What Should We Do?	Brian G. Leggin, PT, DPT, OCS
11:00 am	Shoulder Arthroplasty: Conventional vs. Reverse - Decision Making, Patient Selection, Implant Design	Gerald R. Williams, Jr., MD
11:40 am	Rehabilitation Following Conventional and Reverse Arthroplasty	Joseph Kearns, PT, DPT, OCS
12:00 noon	Case Presentations and Discussion	Ebaugh, Goodstadt, Ramsey, Kelley, Glaser, Leggin, Williams, Kearns
12:30 pm	Lunch	Moderator - David Glaser
1:30 pm	The Spectrum of Shoulder Instability and SLAP Lesions	Matthew L. Ramsey, MD
2:00 pm	Surgical Management of Instability and SLAP Lesions	Gerald R. Williams, Jr., MD
2:30 pm	Rehabilitation of Shoulder Instability and SLAP Lesions	Brian G. Leggin, PT, DPT, OCS
3:00 pm	Break	Moderator - Brian Leggin
3:20 pm	Pathophysiology and Surgical Management of Frozen Shoulder	Andrew F. Kuntz, MD
4:00 pm	Guidelines for Rehabilitation of Frozen Shoulder	Martin J. Kelley, PT, DPT, OCS
4:30 pm	Case Presentations and Discussion	Sennett, Williams, Leggin, Kuntz, Kelley
5:00 pm	Adjourn	

Shoulder and Elbow Update Day 2 October 16, 2022

8:00 am Scapular Disorders: An Algorithm for Evaluation and Management 8:30 am Elbow Instability and Ulnar Collateral Ligament Injuries: Differential Diagnosis and Surgical Management 9:00 am Rehabilitation of UCL Reconstruction Brian Cammarota, DPT, ATC 9:20 am Differential Diagnosis, Classification and Management of Proximal Humerus and Scapular Fractures 9:50 am Rehabilitation of Shoulder Girdle Fractures 9:50 am Rehabilitation of Shoulder Girdle Fractures 9:50 am Rehabilitation of Shoulder Girdle Fractures 9:50 am Brian G. Leggin, PT, DPT, OCS 10:10 am Break Moderator - Brian Leggin 10:30 am Differential Diagnosis, Pathogenesis and Management of Elbow Epicondylitis and Tendinosis 10:50 am Rehabilitation of Elbow Epicondylitis and Tendinosis 10:50 am Rehabilitation of Elbow Epicondylitis and Tendinosis 11:40 am Fractures about the Elbow: Differential Diagnosis, Indications for Surgery and Goals of Surgical Management 11:40 am Rehabilitation Principles Following Elbow Fracture 11:2:00 pm Rehabilitation Principles Following Elbow Fracture 12:00 pm Panel Discussion 12:00 pm Panel Discussion 13:00 - 3:00 4:45 pm Concurrent Workshops 13:00 - 3:00 4:45 pm Workshop 1: Clinical Examination of the Shoulder 13:00 - 3:00 4:45 pm Workshop 1: Clinical Examination of the Shoulder Workshop 2: Manual Techniques for the Shoulder and Elbow Martin Kelley, Will Clark, Joseph Kearns Workshop 3: Kinetic Chain Approach to the Overhead Athlete's Shoulder: Baseball, Swimming, Volleyball, Tennis Workshop 4: Instrumented Assisted Soft Tissue Mobilization for the Shoulder and Elbow Workshop 5: Clinical Decision Making in the Rehabilitation of Elbow Disorders 5:00 pm Adjourn	Time	Topic	Moderator - Andrew Kuntz
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