

**SHOULDER AND ELBOW UPDATE 2008**  
**Concurrent Workshops**  
**Day 1**  
**Friday, November 14<sup>th</sup>**

**1. Clinical Examination of the Shoulder**

*Gerald R. Williams, Jr., MD*  
*Matthew L. Ramsey, MD*  
*David L. Glaser, MD*  
*Brian J. Sennett, MD*  
*John Fenlin, MD*  
*Joseph Abboud, MD*

This hands-on workshop will cover clinical examination of the shoulder including physical inspection and special tests. These surgeons will demonstrate and describe the latest techniques to evaluate for rotator cuff disorders, instability, and labral lesions. **\*\*Please wear appropriate lab attire.**

**2. Manual Techniques to Improve Range of Motion of the Shoulder**

*Will Clark, PT, MSc*  
*Michael A. Shaffer, MS, PT, ATC*  
*Brian Eckenrode, MSPT, OCS*  
*Christopher Kauffman, MSPT*  
*Marisa Pontillo, DPT, SCS*

This hands-on workshop will review traditional joint mobilization techniques for the shoulder as well as introduce new techniques to enhance range of motion and/or reduce pain.

**3. Cadaver Anatomy Specimens of the Shoulder and Elbow**

*David Ebaugh, PhD, PT, OCS*

Review the anatomic structures of the shoulder and elbow. Five stations will allow lab faculty to point out pertinent anatomy.

**4. Examination and Rehabilitation of the Overhead Athlete**

*Scott Sheridan, MS, PT, ATC, CSCS*  
*Phil Donley, MS, PT, ATC*  
*Brian Cammarota, Med, ATC, CSCS*

This session will provide an overview of unique examination and rehabilitation techniques and return to sport criteria for the overhead athlete.

**5. Examination and Interventions for Scapular Disorders Caused by Nerve Injury or Instability**

*Martin J. Kelley, PT, DPT, OCS*  
*Sean Loughlin, MSPT, OCS*

Through a series of case studies and video demonstration, this session will discuss the examination and intervention of scapular disorders caused by spinal accessory nerve palsy, long thoracic nerve palsy, and posterior instability.

**6. Cervical vs. Shoulder/Elbow Pain: Examination and Rehabilitation**

*Joseph Gianoni, DPT, MS, PT, OCS, ATC*

Through a combination of lecture and hands-on instruction, this session will provide techniques to distinguish cervical pain from shoulder and/or elbow pain and techniques for rehabilitation

**7. Histopathology and Management of Work-Related Musculoskeletal Disorders of the Upper Extremity**

*Jane Fedorczyk, PT, MS, CHT, ATC*

This session will provide the latest evidence for the examination and rehabilitation of work-related injuries of the upper extremity from a leading researcher in the field. Learn the latest concepts of tendon injury, healing and rehabilitation.

**8. Case Study Presentations: Rehabilitation Following Rotator Cuff Repair Complicated by Stiffness or Weakness**

*John Basti, PT*

*Brian G. Leggin, PT, DPT, OCS*

Through case studies, discussions, and demonstration, learn how to manage complicated patients following rotator cuff repair. Bring a description of one of your own complicated patients to discuss during the session.

**SHOULDER AND ELBOW UPDATE 2008**  
**Concurrent Workshops**  
**Day 2**  
**Saturday, November 15<sup>th</sup>**

**1. Evaluation and Management of Scapular Dysfunction**

*Phil McClure, PhD, PT, OCS*

*Angela Tate, PhD, PT, OCS*

Through a combination of lecture and hands-on, this session will provide an overview of the anatomy and biomechanics of the scapula as well as the latest evidence for examination and rehabilitation of scapular disorders. **\*\*Please wear attire to allow your shoulder and scapula to be exposed.**

**2. Clinical Examination of the Elbow**

*Matthew Ramsey, MD*

*Laura Walsh, OTR/L, CHT*

*Gayle Severance, OTR/L, CHT*

This hands-on workshop will cover clinical examination of the elbow including physical inspection and special tests. These clinicians will demonstrate and describe the latest techniques to evaluate various elbow disorders.

**3. Total Shoulder and Reverse Shoulder Arthroplasty Technique Videos**

*Joseph P. Iannotti, MD, PhD*

*Gerald R. Williams, Jr., MD*

These surgeons will provide video of these surgical procedures and discuss the nuances of the surgery and implications for rehabilitation.

**4. Manual Techniques to Improve Shoulder Strength**

*Martin J. Kelley, PT, DPT, OCS*

*Will Clark, PT, MSc*

*Brian Eckenrode, MSPT, OCS*

*Christopher Kauffman, MSPT*

This hands-on workshop will present techniques to enhance shoulder strength with manual resistance. Strengthening of isolated muscle groups and combination movements will be presented.

**5. Rehabilitation Considerations of the Adolescent Shoulder**

*Ted Ganley, MD*

*Joseph Molony, PT, MS, SCS, CSCS*

Children and adolescents are increasingly involved in organized sports leading to increased risk of injury. This workshop will present strategies for the evaluation, rehabilitation, and prevention of shoulder disorders in adolescent athletes.

**6. Dynamic and Core Stabilization to Enhance Upper Extremity Function**

*Michael A. Shaffer, MS, PT, ATC*

*Sean Loughlin, MSPT, OCS*

*Marisa Pontillo, DPT, SCS*

This hands-on workshop will present strategies and techniques to improve core strength and stability to enhance shoulder function and athletic performance.

**7. Management of Nerve Injuries of the Upper Extremity**

*David Steinberg, MD*

*Timothy Bayruns, PT, DPT, OCS*

Through lecture and hands-on demonstration learn how to evaluate and manage upper extremity nerve injuries. Surgical management and rehabilitation with nerve gliding techniques will be presented.

**8. Case Study Presentation: Rehabilitation of Complicated Arthroplasty and Proximal Humerus Fracture Patients.**

*John Basti, PT*

*Brian G. Leggin, PT, DPT, OCS*

Through case studies, discussions, and demonstration, learn how to manage complicated patients following shoulder arthroplasty and proximal humerus fracture. Bring a description of one of your own complicated patients to discuss during the session.