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This course is 15 contact hours/1.5 ceus

This course is 18 contact hours/1.8 ceu's for DC, NY or IL therapists

This course is applicable for PT, PTA, OT, AT's. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CA, CO CT, DE, DC, GA, ID, IN, MA, MO, MT, NH, NC, OR, PA, RI, SC, UT, VT, VA, WA, WI and WY. NAS is a provider for continuing education approved by the IDPR for physical therapists, IL provider # 216000074. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. The assignment of Texas PT CCU's does not imply endorsement of specific content, products, or clinical procedures by TPTA or TBPTE. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 PDA units. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487.** Intermediate Level Occupational Therapy Process: evaluation, intervention. AOTA approval hours-15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. FL OT provider # 50-1442. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Don't see your state listed? Call 800-300-5512 for specific state approval numbers as they are continually updated.**

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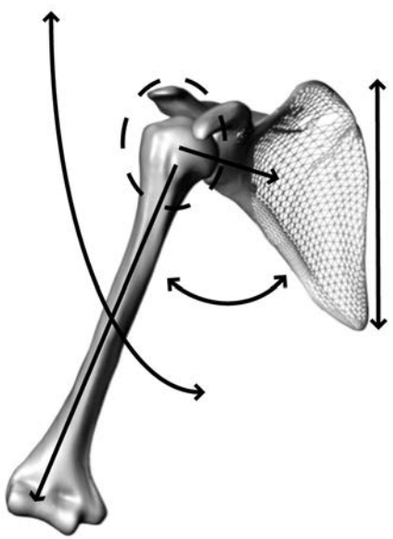
Evaluation and Treatment of Shoulder Biomechanics

An Evidence-Based Course



Presented by
Mark Albert, MED, PT, AT, LAT

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PT, OT, PTA and AT -
Continuing Education Course

Day One

7:30	8:00	**Registration**
8:00	10:00	**Clinical Ideas-Biomechanics and Muscle Function** • Phases of elevation • Plane of scapula • Muscular parameters
10:00	10:15	**Break**
10:15	12:00	**Evidence Perspectives-Evaluation and Assessment** • Philosophy/practical use of evidence • Special tests and selection of the most appropriate tests • Mobility assessment
12:00	1:00	**Lunch (on your own)**
1:00	2:30	**Principles and Practice (Lab)** • Sequential evaluation performed • Novel "chairs" labs • Functional tests philosophy
2:30	2:45	**Break**
2:45	3:45	**Sports Biomechanics and Overhead Injury** • Integration of functional overhead • Comparative sports biomechanics • Common sports injury and treatment
3:45	4:45	**Rotator Cuff Dysfunction and Management (Overuse Through Trauma)** • Causality of interrelated diagnostic categories • Specialized assessment/lab • Surgical rehab principles and challenges
4:45	5:00	**Review/Questions**

Day Two

8:00	10:00	**Scapular Biomechanics and Recognition of Synergy (Lec/Lab)** • Emergent concepts of scapular tracking • Integration of exercise and myofascial techniques • Extensive laboratory analysis and practice
10:00	10:15	**Break**
10:15	12:00	**Impingement-Facts and Fallacies** • Special tests progression • Differentiating primary vs. secondary impingement problems • Evidence-based exercise core • Rationale for joint mobilization current evidence • Specialized exercises/ therapeutic activities
12:00	1:00	**Lunch (on your own)**
1:00	2:45	**Shoulder Stiffness Pathology** • Pathways for shoulder arthrofibrosis • Comprehensive program design • Sequence for joint mobs • 5 degree rule for mobility progression
2:45	3:00	**Break**
3:00	4:15	**Instability and Injury-Management and Assessment (Lab)** • Description of continuum of hypermobility and injury • Injury classification • Surgical rehab considerations
4:15	4:45	Summarizing Approach to: • Restore function • Improve reimbursement • Prevent surgical re-admissions or injury chronicity.
4:45	5:00	Wrap Up • Philosophy on Biomechanical Rehab • Discharge Parameters

About the Educator

Mark S. Albert, MED, PT, ATC, SCS, has over 37 years of clinical experience in sports and orthopedic physical therapy settings. Mark is one of the first therapist's recognized as a Board Certified Specialist in Sports, having been certified in 1987. He has presented over 400 courses and seminars on specialty areas such as sports injury, management of shoulder, knee dysfunction and exercise rehabilitation. Mark has worked in a variety of settings, treating athletes and orthopedic injuries for all ages and abilities. Mark taught for the Georgia State physical therapy program on topics including prevention and care of athletic injuries, abnormal exercise physiology, orthopedic hip and knee, orthopedic shoulder and thorax and exercise physiology.

Mr. Albert served on the editorial board of *JOSPT*, the *Journal of Isokinetic and Exercise Science* and *Prevention Magazine* and is an internationally recognized author of many publications in the areas of orthopedic and sports therapy, isokinetics and rehabilitation. Some of his article titles include: "Rehabilitation of the Knee," "A Problem Solving Approach," "Isokinetic Assessment of Inertial Training," "Homestudy Guide to Orthopedic Series" and "Concepts of Muscle Training." Mark has also published a book titled *Principles of Knee Treatment and Rehabilitation* and is the author of the textbook *Eccentric Muscle Training in Sports and Orthopedics*, Second Edition, which is considered to be a classic reference tool and was recently reprinted in Japanese and French.

In addition to his extensive writing career Mark also served as the athletic trainer for the Georgia Chiefs, Georgia Tech Association, as well as three other universities and several high schools. His extensive research background and clinical experience enable him to provide the most up to date information in his courses.

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APPROVED PROVIDER of CONTINUING EDUCATION by The American Occupational Therapy Association, Inc.

Why You Should Attend This Course

This two-day intermediate level course is designed to emphasize the clinical guidelines utilized when developing an evidence-based rehabilitation program to improve functional recovery and diminish the occurrence of re-injury. Biomechanics form the keystone philosophy for a multi-modal treatment approach; emphasizing both manual treatment/ assessment and dynamic exercise methods. Current evidence-based interventions are presented and analyzed for a variety of diagnoses. Postsurgical programs and time-phased rehab progression are thoroughly discussed for diagnoses such as: rotator cuff tendonitis, tears, ligamentous injuries, and dislocation. Evaluation and treatment techniques for specific sports shoulder injuries and dysfunctions include rotator cuff undersurface tears, dead-arm syndrome, scapular neuritis, myofascial syndromes and microtrauma principles.

The instructor will describe essential components of overhead performance biomechanics and relate specific injuries and treatment concepts for the myriad of sports that involve throwing motions, swimming strokes and weight training for the upper extremity. Clinicians will also be presented with information and techniques on how to analyze and recognize dysfunction phases for painful, stiff shoulders (adhesive capsulitis), in addition to understanding the prognosis of recovery while incorporating evidence-based manual therapy techniques.

The outcomes of actual patients support selected rehab progressions, and the assessment and treatment techniques are thoroughly practiced during the laboratory sessions. The course format fosters skilled patient assessment to restore function, improve reimbursement, enhance problem-solving skills and prevent surgical re-admissions or injury chronicity.

Course Objectives

Upon completion of this course participants will be able to:

- Discuss the importance of understanding the biomechanics of the shoulder when developing a comprehensive shoulder evaluation.
- Discuss the underlying mechanisms of common shoulder dysfunctions.
- Perform and interpret special tests for common shoulder dysfunctions.
- Recognize the components of overhead performance biomechanics as it relates to injuries of sporting events that involve throwing motions, swimming strokes and weight training for the upper extremity.
- Utilize myofascial trigger point therapy is an integral part of the rehab program.
- Develop specialized assessment and treatment programs for specific sports injuries to include: rotator cuff undersurface tears, dead arm syndrome, suprascapular neuritis, myofascial syndromes and microtraumas.
- Explain the dysfunction phases of adhesive capsulitis, painful shoulder and integrate evidence-based rehabilitation techniques to maximize outcomes.
- Analyze and apply available multi-modal exercises and therapeutic activities to maximize individualized functional outcomes.
- Justify the role of EBP (evidence-based practice) to improve evaluation and clinical reasoning skills.
- Develop a program to diminish post-surgical re-admissions and failures by utilizing the correct timing of therapeutic exercises and therapeutic activities.
- Identify how to achieve maximal reimbursement in a merit-based system.

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Registration Form

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e-mail (required) _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of $75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. (NAS) reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.