Day One

7:30  8:00 Registration
8:00  9:30 Introduction to the Course
   • The need for critical thinking and clinical reasoning in rehabilitation
9:30  10:00 The Need for Evidence-Based Practice
   • Searching for the best evidence
10:00 10:15 Break
10:15 11:15 Comprehensive Examination of the Shoulder
11:15 12:30 Algorithm Examination of Special Tests of the Shoulder-Differential Diagnosis (lab session)
   • Instability tests • SLAP lesions
   • Biops tests • AC joint tests
12:30 1:30 Lunch (on your own)
1:30  2:30 Therapeutic Exercise 101
   • Science of designing rehabilitation programs
   • An exercise progression continuum for rehabilitation
   • Description of the optimum parameters for a rehabilitation program: sets, reps, rest intervals, super sets, frequency, intensity, dosage, etc.
2:30  4:00 Best Exercises for Shoulder Rehabilitation
   • The art and science for designing therapeutic exercise programs for rehabilitation of patients with shoulder dysfunctions
   • Review of the foundational exercises (top 10) for shoulder rehabilitation
4:00  4:15 Break
4:15  6:00 Hands on Algorithm Exam of Special Tests of the Shoulder-Differential Diagnosis (lab session)
   • Rotator cuff impingement syndrome tests
   • Rotator cuff partial/full thickness tear tests
   • Provocative position for anterior instability for macro and micro instability testing
   • Internal impingement tests
   • Provocative position posterior instability testing for macro instability testing
   • Bankart lesion tests
3:15  3:30 Summary, Questions and Answers

Day Two

8:00  9:30 Rotator Cuff Impingement
   Examination and Rehab
   • Implications to rehabilitation
9:30 10:00 Advanced Exercises and Rehabilitation Protocols for Therapeutic Activities
   • Advanced exercises focused on specificity of rehab for return to therapeutic activities
10:00 10:15 Break
10:15 10:45 Continuation - Advanced Exercises and Rehabilitation Protocols
   • Scientific basis and examples of perturbation training
   • Foundations and examples of OKC therapeutic exercises
   • Foundations and examples of OKC therapeutic exercises
   • Scientific basis and examples of plyometric exercises
11:15 12:15 Treatment of shoulder – Hands on Lab
   (manual therapy, specific exercises )
   • Application of using clinical reasoning for cases and using exam techniques and how they can be applied as manual therapy interventions
   • Case study presentations for the application of exercises to improve shoulder function with therapeutic activities
   • Clinical decision making teaching and practicing the “Top 10” exercises
   • Lunch (on your own)

Upper Extremity Functional Testing
Algorithm for Return to Therapeutic Activities for Reimbursement
   • A specific testing format using subjective information using patient PRQs, objective testing, muscle performance and functional testing
   • The purpose of this testing is to provide documentation of patient changes and progression for reimbursement
   • Specific exercises for Evidence-Based Rehabilitation of the Shoulder – hands on lab (lab session)
   • Emphasis on neuromuscular dynamic stability exercises
   • Practice OKC perturbation exercises for therapeutic activities
   • Practice OKC perturbation exercises for therapeutic activities
   • Examples of perturbation exercises emphasized and practiced
   • Summary, Questions and Answers

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This course has been designed to Optimize Functional Outcomes and Reimbursement

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This two-day advanced course provides an in-depth analysis of the scientific and clinical rationale for examination and treatment of selected shoulder complex conditions. In addition, the course involves hands-on lab sessions utilizing case studies, clinical reasoning, differential diagnosis, and problem-solving skills. A particular focus will be on the algorithm-based examination format for the special tests of the shoulder.

Updated evidence-based information on sensitivity/specificity and likelihood ratios of the tests will be thoroughly addressed. In addition, selected mobilization techniques, rhythmic stabilization, perturbation techniques, and open and closed chain exercises will be practiced in the laboratory sessions. Discussion of evidence-based rehabilitation will include the optimum exercises for rehabilitation of the shoulder complex, shoulder taping, proprioceptive/kinesthetic training techniques and the scientific basis for plyometrics. Emphasis will be placed on evidence-based practice incorporating the examination, evaluation, diagnosis, treatment, intervention strategies and clinical outcome studies for patients with selected shoulder conditions. Specific testing and treatment algorithms provide the clinician with the tools to maximize functional outcomes and reimbursements.

Upon Completion of this course participants will be able to:

- Identify an understanding of the basic concepts and principles of evidence-based practice into one's own clinical practice patterns.
- Describe and utilize the resources available to research the current best practices.
- Demonstrate an understanding of algorithm-based examination and evaluation of the shoulder complex.
- Explain the key factors affecting clinical efficiency and impact when utilizing algorithm-based examination process.
- Discriminate and evaluate the examination findings using clinical reasoning skills to develop successful therapeutic intervention programs.
- Utilize a functional testing algorithm for clinical decision making for documentation for return to therapeutic activities and reimbursement.
- Develop an integrated evidence-based (when available) and empirically-based rehabilitation program for specific dysfunctions of the shoulder.
- Describe the selected shoulder disorders presented in this course and how the examination and evidence-based treatment can enhance the patients' ability to return to therapeutic activities.
- Differentiate an understanding of the most recent advances in the examination, evaluation, diagnosis, prognosis, treatment interventions and outcomes of selected shoulder disorders using evidence-based concepts.
- Design effective outcome evaluation measures based on current evidence-based clinical and scientific information.
- Utilize tests and activities that have good psychometric properties that facilitate returning the patient to therapeutic activities and provide objective documentation to support reimbursement.

Certificates for attendance are provided upon completion of the course.

\[\text{This course is 15.0 contact hours/1.5 ceus/15 ccu's} \]

This course is applicable for PT, PTA, OT, COTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO, CT, DE, DC, GA, ID, IN, IA, MA, MD, MT, NH, NC, OR, RI, SC, UT, VT, WA, WI and WY. BOC provider # P2047, call for evidence-based approval.

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