**The Complex Shoulder: A Different Approach to a Common Pain**

**Course Description:**

“My shoulder hurts.” Shoulder pain is a common problem which can originate from many different areas of the body making this simple complaint one of the hardest to treat. This course is designed to help attendees to incorporate evidence-based treatment in the management of complex shoulder patients in order to more quickly and efficiently treat your everyday shoulder patient. The course is designed to look past traditional special tests and rotator cuff strengthening in order to assess postural and mechanical issues that are often the underlying cause of the pain. During this course you will learn to identify dysfunctions, perform differential diagnoses, and utilize thoracic manual therapy and scapular proprioceptive neuromuscular facilitation (PNF). Course instruction includes lecture, lab, and case studies in order to integrate the knowledge that you have learned.

**Course Instructors:** (Please see attached CV)

Jamie Partridge, PT, DPT, OCS

Sarah Lohmann, PT, DPT, OCS

**Course Date:** October 18, 2014

**Course Location:** **The Fontana Center: 709 Kaliste Saloom Rd, Lafayette, LA**

**Please park behind the facility on the day of the course**

Course Objectives-

1. Brief review of anatomy and arthrokinematics of shoulder girdle complex
2. Discuss differential diagnosis for shoulder pathologies and review of systems.
3. Review current literature regarding evidence based practice for treatment of shoulder pain
4. Identify postural dysfunctions which contribute to shoulder pathology and demonstrate appropriate treatment strategies
5. Discuss fundamentals of manual therapy and review techniques for shoulder, scapula, and thoracic spine

Course Outline:

7:30-8:00 Registration

8:00-830          Introduction and Anatomy

Review of course objectives and review of shoulder, scapular, and thoracic anatomy and arthrokinematics

8:30-9:30          Differential Diagnosis of the shoulder

Discussion of a comprehensive review of systems and red flags related to shoulder pain, including how to rule in/out alternative diagnoses and make appropriate referrals.

9:30-9:45 Break

9:45-10:45 Review of current literature

Review of current literature regarding shoulder pain and the use of manual therapy, core stability, and postural dysfunction

10:45-11:45      Postural dysfunction lecture

Outline for assessment of postural issues that may be contributing to shoulder pain

11:45-12:15 Lunch on your own: Fast food restaurants near by

12:15-1:15 Postural Dysfunction Lab

Practical application of postural assessment including strength testing in posterior shoulder girdle, scapular kinesis testing and thoracic screenings

1:15-1:45:          Fundamentals of manual therapy

Review of manual therapy principals, applications and contraindications

1:45-2:00: Break

2:00-4:00: Manual Therapy Lab

Thoracic mobilizations and manipulations, shoulder mobilizations, and scapular PNF patterns for muscle retraining.

4:00-5:00 Case studies and Wrap-up/Course Review

Case studies will be based on patients seen in our clinic and allow participants the opportunity to integrate the knowledge used in diagnosis and treatment of patient cases.