

# AN EVIDENCE-BASED APPROACH TO ORTHOPAEDIC MANUAL PHYSICAL THERAPY OF THE SHOULDER

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## Course Objectives:

- To understand the relationship between **structure & function** & its implications on the management of **orthopaedic impairments of the shoulder joint complex**
- To appreciate the **efficacy** for the use of **orthopaedic manual therapy** within the context of a comprehensive **examination & intervention** Scheme
- To obtain a basic level of proficiency in the performance of an **essential skill set** of effective manual therapy techniques that can be immediately incorporated into clinical practice
- To discuss the **etiology, pathogenesis, & sequelae** of common orthopaedic impairment syndromes of the shoulder joint complex & **intervention strategies** that emphasize the use of manual intervention

## Course Overview:

The anatomic complexity of the shoulder joint complex contributes to the myriad of challenging impairments that frequently occur within this region. The interdependency between structure & function requires an intimate knowledge of joint kinematics. Orthopaedic Manual Therapy is a useful paradigm that consists of examination procedures designed to provide important information regarding the mobility characteristics of this joint complex. The use of manual intervention, in conjunction with other evidence-based procedures, often leads to favorable outcomes.

This interactive, hands-on continuing education experience is designed for the rehabilitation professional who is interested in pursuing innovative, effective, & eclectic strategies for the management of patients with pathology of the shoulder joint complex. Throughout the seminar, an emphasis will be placed upon utilizing the best evidence to support the Orthopaedic Manual Therapy (OMT) examination & intervention strategies that are proposed. Course content will include an integrated review of Shoulder Joint Complex normal & abnormal anatomy & kinematics, a review of the current body of knowledge related to the management of the shoulder, extensive instruction in a myriad of current OMT techniques currently in use, & appropriate supportive intervention strategies. The hands-on lab component will comprise the majority of the course & will focus on developing proficiency in a variety of OMT techniques that may be immediately translated into direct clinical practice. An emphasis will be placed on clinical decision-making & the integration of manual techniques into a comprehensive examination & intervention plan.

## **Course Schedule (15 contact hours):**

### **DAY #1 - Morning:**

- 7:30 - 8:00 Registration
- 8:00 - 9:00 Introduction to Orthopaedic Manual Therapy (OMT)
- 9:00 - 10:45 Functional Anatomy & Arthrokinematics of Shoulder Complex
- 11:00 - 12:00 OMT Examination of the Shoulder Joint Complex

### **DAY #1 - Afternoon:**

- 12:00 - 1:00 Lunch
- 1:00 - 2:30 OMT Examination of the Shoulder Joint Complex (cont'd)
- 2:45 - 5:00 OMT Mobilization Techniques for the Glenohumeral Joint

### **DAY #2 - Morning:**

- 8:00 - 9:30 OMT Mobilization Techniques for the Acromioclavicular Joint & Sternoclavicular Joint
- 9:30 - 10:45 OMT Mobilization Techniques for the Scapulothoracic Joint
- 11:00 - 12:00 Common Syndromes of the Shoulder Joint Complex & Management

### **DAY #2 - Afternoon:**

- 12:00 - 1:00 Lunch
- 1:00 - 3:00 Common Syndromes of the Shoulder Joint Complex & Management (cont'd)
- 3:15 - 5:00 Case Studies & Questions