

OUTLINE

ROTATOR CUFF TEARS

- ◆ Surgical restoration of normal and altered anatomy
- ◆ Cluster tests
 - Modified empty can test
- ◆ Conservative management to prevent further injury
- ◆ Post-operative management

SHOULDER IMPINGEMENT SYNDROME

- ◆ Anatomic and functional contributors
- ◆ Cluster tests
 - Hawkins-Kennedy; Neer's test
- ◆ Conservative management based on etiologic factors
- ◆ Post-operative management
- ◆ Respect the deltoid as the worst offender

ANTERIOR GLENOHUMERAL INSTABILITY

- ◆ Anatomic restraints
- ◆ Etiologic factors
- ◆ Cluster tests
 - Apprehension test
 - Jobe relocation
 - Release test
 - Anterior drawer
 - Push-pull
- ◆ Surgical procedures
 - Bristow
 - Latarjet
 - Putti-Platt
- ◆ Rehabilitative management

SLAP LESIONS

- ◆ Classification of lesions
- ◆ Special tests
 - Biceps load II
 - Anterior slide tests for early detection
- ◆ Surgical management and rehabilitation based on lesion type

ADHESIVE CAPSULITIS

- ◆ Stages based on symptoms
- ◆ Etiologic factors
- ◆ Effects of conservative versus invasive intervention
- ◆ Conservative management based on stage of disorder
 - Scauplo-thoracic mobilizations
 - Anterior/Posterior/Inferior glenohumeral mobilizations

THORACIC OUTLET COMPRESSION SYNDROME

- ◆ Anatomic locations of potential compromise
- ◆ Etiologic factors in each anatomic location
- ◆ Intervention based on location of compromise and etiologic contributors
- ◆ Assessment tests
 - Adson's
 - Military bracing
 - Hyperabduction
- ◆ Surgical procedures
 - Cervical rib excision
 - Scalenectomy

SHOULDER ARTHROPLASTIES

- ◆ Rehab strategies for:
 - Hemi-arthroplasty
 - Total shoulder arthroplasty
 - Reverse total shoulder arthroplasty

SPECIAL TESTS AND MOBILIZATIONS

Hands-On Lab

- ◆ Interpret tests quickly to recognize problem
- ◆ Glenohumeral and scapulothoracic mobilizations
- ◆ Tips and new techniques

Live Seminar & Webcast

(Times listed in Eastern)

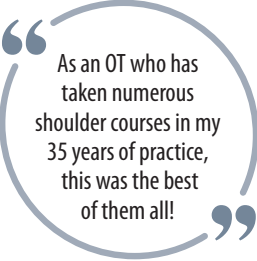
7:30 Registration/Morning Coffee & Tea

8:00 Program begins

Lunch Break: 1 hour (on your own)

3:30 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



Seminar on DVD or Digital Format: You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesirehab.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

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Treating the

Shoulder Complex

Advances in Conservative & Post-op Management

New Tips & Techniques for:

- Rotator Cuff Tears
- Shoulder Impingement Syndrome
- Anterior Glenohumeral Instability
- SLAP Lesions
- Adhesive Capsulitis
- Thoracic Outlet Compression Syndrome
- Shoulder Arthroplasties

South Burlington, VT
Monday, July 20, 2020

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Tuesday, July 21, 2020

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Treating the

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Conservative & Post-op Management for:

- Rotator Cuff Tears
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- Shoulder Arthroplasties
- Reverse Total Shoulder Replacement

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Treating the Shoulder Complex

Get the solutions for several shoulder complex pathologies in this insightful and important 6 hour seminar. Review and practice unique assessment tests to help you with early recognition of various pathologies. Improve treatment for your clients by examining the best evidence-based practices for conservative and post-op management, and by practicing glenohumeral and scapulothoracic mobilization techniques. Gain new tips and techniques you can implement tomorrow for:

- Rotator Cuff Tears
- SLAP Lesions
- Shoulder Arthroplasties
- Shoulder Impingement Syndrome
- Adhesive Capsulitis
- Anterior Glenohumeral Instability
- Thoracic Outlet Compression Syndrome

SPEAKER

MICHAEL T. GROSS, PhD, PT, FAPTA, has 37 years of experience as a licensed physical therapist, specializing in the areas of biomechanics and orthopaedic assessment and treatment. He is a professor in the PhD program in human movement science, and the DPT program in physical therapy at the University of North Carolina at Chapel Hill, where he has taught for 30 years. In addition to his academic responsibilities, he is also active in the faculty's clinical practice, seeing patients two days per week.

Dr. Gross has 70 refereed journal publications in such journals as the *Journal of Orthopaedic and Sports Physical Therapy*, *Physical Therapy*, and the *Journal of Manual and Manipulative Therapy*. He is a reviewer for the *Journal of Orthopaedic and Sports Physical Therapy* and several other journals. Dr. Gross was elected as a Catherine Worthingham Fellow of the American Physical Therapy Association, and has been presented a Teaching Excellence Award from the University of North Carolina School of Medicine as well as the Margaret L. Moore Award for Outstanding New Academic Faculty by the American Physical Therapy Association. He has given well over 300 regional, national, and international presentations and continues to maintain an active clinical practice. Dr. Gross' experience helps make him a very knowledgeable and skilled instructor.

Disclosures:

Financial: Michael Gross is a Professor, Division of Physical Therapy, at the University of North Carolina - Chapel Hill. He receives a speaking honorarium from PESI, Inc.

Non-financial: Michael Gross has no relevant non-financial relationship to disclose.

OBJECTIVES

- ◆ Identify the etiology of common shoulder complex pathologies and identify possible anatomic and other etiologic factors.
- ◆ Review which special tests should be used to identify complex shoulder pathologies and be able to apply these tests effectively.
- ◆ Perform accurate differential diagnosis to determine which shoulder pathology is in place.
- ◆ Determine which patients are appropriate candidates for conservative or should be referred for assessment as surgical candidates.
- ◆ Utilize effective mobilization techniques for a variety of shoulder conditions.
- ◆ Devise an appropriate treatment plan and enable effective patient intervention based on clinical findings.

“

I have 22 years as a PT and this course gave me a new insight into shoulder treatments.

— James, PT

”

Who Should Attend

- ◆ Physical Therapists
- ◆ Physical Therapist Assistants
- ◆ Occupational Therapists
- ◆ Occupational Therapy Assistants
- ◆ Athletic Trainers
- ◆ Strength and Conditioning Specialists
- ◆ Physician
- ◆ Physician Assistants
- ◆ Nurse Practitioners
- ◆ Nurses
- ◆ Exercise Physiologists
- ◆ Massage Therapists

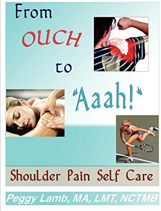
What You Should Wear

- ◆ Participants should wear sleeveless shirts for the lab portion of the course.

Questions?

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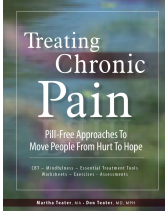
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From Ouch to Aaah! Shoulder Pain Self Care

By Peggy Lamb, MA, LMT, BCTMB

Kiss Shoulder Pain Goodbye – More than half of people over 50 have shoulder pain, and many will undergo unnecessary surgery. This book is a user-friendly guide to successfully address shoulder pain by attending to the involved muscles with simple self care.



Treating Chronic Pain

Pill-Free Approaches to Move People From Hurt To Hope

By Martha Teater, MA, LMFT, LCAS, LPC and Don Teater, MD, MPH

The best treatment for chronic pain isn't found in a doctor's office or pharmacy—it's in the therapist's office. Written by a mental health professional and a physician with over 50 years combined experience, this skills manual will teach you how to treat pain without pills and with confidence, using cutting-edge assessments, insights and interventions.



PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

Live Webcast Details and Live Webcast Continuing Education Credit Information

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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, “Evaluation and Certificate” within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “LIVE SEMINAR SCHEDULE” on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education.

Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

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Vermont Physical Therapists & Physical Therapist Assistants: This course has been submitted to the Vermont Chapter, American Physical Therapy Association for review. Credit is pending. Please contact our customer service department for the most current information.

Physicians: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

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Other Professions: This activity qualifies for 360 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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TREATING THE SHOULDER COMPLEX

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☐ **\$24.99*** *Treating Chronic Pain* book (PUB085190)

*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

WEBCAST with downloadable seminar manual

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4 Select Payment Method

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ADA NEEDS

We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

TUITION OPTIONS

Advance registration required. Cannot be combined with other discounts.

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesirehab.com/coord for availability and job description, first come, first serve.
- **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students (on live seminar and live video webcast tuition). *Advance online registration required.*

QUESTIONS

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OTHER WAYS TO REGISTER

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