

SHOULDER DISORDERS

An Evidence-Based Approach to Evaluation and Treatment

The shoulder is inherently instable – that’s why it has so much movement! One of the most daunting tasks facing rehab professionals is the in-depth understanding of the shoulder complex and how the intricate anatomy and biomechanics play into the non-surgical and post-surgical rehab process.

Dr. Rzepkowski bring 38 years of orthopedic experience to walk you through:

- Which tests to use to quickly target the compromised structures
- Manual and resistive exercise interventions to promote return of shoulder complex function
- Best practices for pain management

But this seminar isn’t just for pre-op. When you’re following post-op protocol, it can be difficult to understand why the protocol is designed the way it is. In this seminar, you’ll also be able to SEE the surgical procedures to get a thorough understanding of why and how the protocols were developed. You’ll gain a better understanding of:

- The importance of each ligament and how that impacts surgery and recovery
- Why mechanical wear and tear is so common
- The anatomy of impingement: videos that show what’s happening beneath the skin

When you treat patients requiring care for a wide range of shoulder pathologies ranging from tendonitis to total shoulder replacements, this in-depth understanding of the biomechanics is crucial. Join Dr. Rzepkowski today to build your confidence in treating the various types of shoulder dysfunction you see in practice.

Objectives

1. Discuss the various mechanisms of shoulder injury both insidious and acute with the structures compromised.
2. Demonstrate clinical procedures (tests) for targeting compromised shoulder structures.
3. Examine surgical procedures for the shoulder.
4. Examine the role of scapular force couples in scapulo-humeral rhythm required for normal shoulder movement.
5. Learn manual and resistive exercise interventions to promote return of shoulder complex function.

Target Audience:

Physical Therapists • Physical Therapy Assistants
Occupational Therapists • Occupational Therapy Assistants
Athletic Trainers • Doctors of Chiropractic
Licensed Massage Therapists • Certified Strength and Conditioning Specialists • Other Rehab and Healthcare Professionals

Questions? Visit our FAQ page at www.pesirehab.com/faq or contact us at www.pesirehab.com/info.

Live Webcast Schedule

(Times listed in Eastern)

11:00am Program begins

4:30pm Program ends

There will be small breaks spread throughout the day. Break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



Group Training Solutions Made Easy!

- ONLINE or in-person
- Customizable
- Easy remote access
- From 5 to 5000
- CE hours available

www.pesirehab.com/inhouse

NON-PROFIT ORGANIZATION
US POSTAGE PAID
EAU CLAIRE WI
PERMIT NO 32729

PESI Rehab
P.O. Box 1000
Eau Claire, WI 54702-1000
A division of PESI, Inc.

Join us online, for this live training!

SHOULDER DISORDERS

An Evidence-Based Approach to Evaluation and Treatment

LIVE Interactive Webcast

Wednesday, January 20, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

REGISTER NOW: pesirehab.com/webcast/84235



Join us online, for this live training!

SHOULDER DISORDERS

An Evidence-Based Approach to Evaluation and Treatment



- Specific clinical tests to pinpoint the issue
- Manual therapy progressions that move your patients from pain to performance
- Evidence-based strategies for common shoulder issues:
 - ✓ Shoulder impingement
 - ✓ Rotator cuff damage
 - ✓ Labral tear
 - ✓ Fractures
 - ✓ Degenerative joint disease

Best of all? **SEE surgical procedures** to get an in-depth understanding of why and how the protocols were developed

LIVE Interactive Webcast

Wednesday, January 20, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW: pesirehab.com/webcast/84235

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Outline

MECHANISMS OF SHOULDER INJURY

Insidious and acute
Structures that become compromised
Biomechanical roles in shoulder function
Anatomy of impingement

Bankart repair
Proximal shoulder fracture
Total shoulder
Reverse total shoulder

PAIN MANAGEMENT

Peri-operative procedures that reduce pain
How are Interscalene blocks performed
Use of non-narcotic pain cocktails to expedite discharge comfort

PROMOTE RETURN OF SHOULDER COMPLEX FUNCTION

Kinesiology of scapula-humeral rhythm
Priority sequencing of muscle groups
Custom exercises to facilitate rehab intervention
Manual therapy progressions
Incorporate custom exercise videos

TARGETING COMPROMISED STRUCTURES: CLINICAL PROCEDURES

Clinical tests that identify issues quickly
Tests that assess for:
Impingement
Rotator cuff disorders
Labral pathology
Glenohumeral instability
Correctly interpreting the special test data

INSIDER ACCESS TO SURGICAL PROCEDURES

Surgical video reviews of shoulder repairs
Sub acromial decompression
Rotator cuff repair
Labral repair

Speaker

Dr. Terry L Rzepkowski, PT, MS, BS, is a doctorally prepared licensed physical therapist with a focus in orthopedic physical therapy practice. He obtained a BS in physical therapy in 1982 from Ithaca College, an Advanced Master's in 2000, and a Doctorate in physical therapy in 2005 from Rocky Mountain University of Health Professions. Throughout his 38-year career, he has specialized in orthopedics and a love for shoulder rehabilitation specifically: sports medicine applications and musculoskeletal out-patient rehab with a focus on the clinical diagnosis-management of the shoulder patient. Dr. Rzepkowski is a former clinic owner with extensive background and skill in clinical testing non-op, and post-surgical rehab for the shoulder patient. Dr. Rzepkowski's experience allows him to relate his knowledge of the shoulder patient from prevention strategies including rehabilitative exercises, lifestyle and activity modifications, through all phases of rehabilitation.

Dr. Rzepkowski is a professor in the health science department for Nova Southeastern University providing instruction in anatomy, biomechanics, and kinesiology; Terry has extensive knowledge in relating the complexities of the orthopedic patient. As a sought-after presenter, he enjoys sharing his knowledge with interdisciplinary audiences around the country. Terry has spoken professionally on pharmacology for clinicians, shoulder, knee, and hip injuries with advances in arthroscopic repair.

Speaker Disclosures:

Financial: Terry Rzepkowski is an Assistant Professor for Nova Southeastern University Tampa; and an Assistant Professor for South University Tampa. He receives a speaking honorarium from PESI, Inc.

Non-financial: Terry Rzepkowski is a member of the American Physical Therapy Association (APTA).

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits may be available), a certificate to attend another live webcast, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



Digital Seminar or DVD: 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.

Have a seminar idea? A manuscript to publish? The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Celestee Roufs** at croufs@pesi.com or call **715-855-5229**.



Online Learning Made Easy!

Join us on January 20, 2021, for this live, interactive webcast!

Connect, collaborate and learn with our online seminars! It's easy, webcasts provide everything you need for an online educational experience including real-time video and audio, view slides on your computer screen, and the ability to ask your questions. Seminar materials are available for download. Bonus, registration includes 3 month access to the on-demand seminar for you to watch again!

It's easy and convenient!

Register now! pesirehab.com/webcast/84235

Train your whole organization

Purchase one full-price registration → train unlimited additional attendees for only \$49.99 each

- Watch and participate in real time
- One CE Certificate is included
- **BONUS!** Receive free on-demand access for 3 months with registration!

CE CREDIT AVAILABLE FOR WEBCAST – up to 5.0 hours!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesirehab.com/webcast/84235.

Occupational Therapists – Credits pending

Physical Therapists – AK, AZ, CA, DE, IL, KY, MI, NC, NY, PA, TX, VA

For specific credit approvals and details, visit pesirehab.com/webcast/84235

To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$49.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. This activity has been submitted to AOTA for review. Approval pending. For the most up-to-date credit information, please go to: <https://rehab.pesi.com/events/detail/84234>.

Athletic Trainers: PESI, Inc. is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 5.0 hours of Category A continuing education.

Massage Therapists: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/84234.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

REGISTRATION FORM

SHOULDER DISORDERS:

AN EVIDENCE-BASED APPROACH TO EVALUATION AND TREATMENT

SAVE TIME! Express Register Online: pesirehab.com/webcast/84235

1 Please complete entire form if sending by mail please print legibly

*Email address _____
***Email required to receive registration confirmation, CE certificate, and/or digital product.**

Name _____ Profession _____

Billing Address _____ Home Work

Company Name (if work address): _____

City _____ County _____ State _____ Zip _____

*Cell Ph () _____ Work Ph () _____
*Required for event updates

2 Pick Your Training (make copy for your records)

Live Interactive Webcast
January 20, 2021

\$219.99 tuition*

11am Eastern time

Includes:

Real-time Q&A with Speaker

Live CE Certificate

Downloadable Manual

FREE BONUS:

Replay On-demand Access for 90 Days Afterwards

Digital Seminar
\$219.99**

Includes:

Self-study CE Certificate

Lifetime On-demand Access

Downloadable Manual

DVD
\$219.99***

Includes:

Lifetime Access

Downloadable Manual

3 Select Payment Method

All registrations must be prepaid.

Check enclosed payable to **PESI, Inc.**

Purchase order enclosed (Fed ID # 26-3896894)

MC 16 digits VISA 13-16 digits AE 15 digits Discover Novus 16 digits

Card # _____

Card Exp. _____ CVV#*: _____

Signature _____

(*MC/VISA/Discover: last 3-digit # on signature panel on back of card.) (*American Express: 4-digit # above account # on face of card.)

ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

QUESTIONS

Visit pesirehab.com/faq or contact us at pesirehab.com/info

OTHER WAYS TO REGISTER

Fax: 800-554-9775

Mail: PESI Rehab
PO Box 1000
Eau Claire, WI 54702-1000

Phone: 800-844-8260

Online: pesirehab.com/webcast/84235

By placing this order you agree to continue to receive exclusive offers and resources from the best professionals in the world as outlined in our (PESI) privacy policy. Please visit pesirehab.com/privacy for more information.

Total _____
Shipping - \$6.95 (DVD only) _____
Subtotal _____
Tax _____
TOTAL _____

* For webcasts, add applicable tax in HI, NM
**For digital seminars, add applicable tax in AL, AZ, AR, CO, CT, DC, HI, IN, IA, ID, KY, LA, ME, MN, MS, NE, NJ, NM, NY, NC, OH, PA, SD, TN, TX, UT, VT, WA, WI, WY.
***For DVD orders, add applicable tax except in AK, DE, MT, NH, OR
CE hours and approvals on products may differ from live CE approvals.
Additional CE participant prices may vary.