

## Outline

### Day 1 - Shoulder

#### EXAM LAB: ANATOMY & BIOMECHANICS

Postural positioning of the head and scapula

Impingement exams:

- Neer
- Hawkins/Kennedy
- Crossover

Ergonomic accommodations to decrease impingement.

Surgical interventions

#### CLINICAL DIAGNOSIS LAB

Correlate mechanism of injury common exams and surgical interventions for

- RTC
- Glenoid labrum
- Biceps LH
- Gleno-humeral dislocation

#### PAIN MANAGEMENT, MEDICAL DIAGNOSES, AND SURGICAL INTERVENTION

Comparative normal versus diagnostic imaging (X-ray, MRI)

Shoulder Fx

Total Shoulder replacement anatomical and reverse

Interscalene nerve block, Exparel peri-operative pain management

#### INJURY PREVENTION AND DEVELOPING A JOINT-SPECIFIC TREATMENT PLAN LAB

Establish proximal scapular stability progress to distal mobility.

Progression:

- Flexibility considerations
- Manual scapular stabilization exercises
- RTC manual exercise with scapular integration
- Dynamic distal stabilization exercises
- Home exercise with exercise bands

### Day 2 - Hip & Knee

#### INJURY PREVENTION EXAM LAB

Posture of the pelvis sagittal/frontal plane

Predisposing elements that lead to injury

- Glut medius weakness
- IT band test (Ober's)
- Hip flexor (Thomas)
- Hamstrings (SLR)

#### CLINICAL DIAGNOSIS LAB- HIP

Correlate mechanism of injury

Tissue exam

- Hip Scour
- Impingement sign
- Labral tests

#### CLINICAL DIAGNOSIS LAB- KNEE

Dynamic positioning in movement

Dynamic Valgus

- Ligament dominance
- Quad dominance
- Leg dominance
- Ankle position/ Footwear

Correlate mechanism of injury

Tissue exam

- Ligament Medial-Lateral
- Ligament Anterior-Posterior
- Meniscal damage

#### PAIN MANAGEMENT, MEDICAL DIAGNOSES, AND SURGICAL INTERVENTION

Hip

- Comparative normal versus diagnostic imaging (X-ray, MRI)
- Acetabular labral defects
- Hip fracture
- Total Hip replacement (Approaches: Posterior, Lateral, Anterior)
- Super Path Hip
- Femoral Nerve Block

Knee

- Comparative normal versus diagnostic imaging (X-ray, MRI)
- Meniscal Injury (Meniscectomy vs, repair)
- Osteochondral defect
- ACL repair (Hamstring vs Patellar Tendon)
- Total Knee replacement (Traditional, Subvastus, Bipolar, Unipolar, Custom fit)
- Obturator nerve block

#### INJURY PREVENTION AND DEVELOPING A JOINT-SPECIFIC TREATMENT PLAN LAB

Hip - Balance weakness and flexibility

- Flexibility considerations
- Proximal closed chain stability exercises
- Hip and core exercises
- Home exercises for dynamic functional integration

Knee - Incorporate Neuromuscular (N-M) retraining

- Flexibility considerations
- Functional closed chain exercises
- Address ligament/muscular dominance
- Sensory integration in balance progression
- N-M integration in jump mechanics
- Home exercises for dynamic functional integration
- Advanced plyometric training for the LE

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2-DAY

# Advanced Course in Clinical Orthopedics

Prevention, Pathology, and Hands-On  
Intervention for Shoulder, Hip and Knee Injuries

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2-DAY

# Advanced Course in Clinical Orthopedics

Prevention, Pathology, and Hands-On  
Intervention for Shoulder, Hip and Knee Injuries



Featuring National Orthopedic Expert,  
**Terry Rzepkowski, DPT**

- Differential diagnosis to maximize evaluation efficiency and optimize patient outcomes
- Confidently treat even the most complex and challenging orthopedic patients
- Immediate post-op exercises and progressions to safely and quickly rebuild function
- Functional strategies to manage post-op rehab

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## 2-Day Advanced Course in Clinical Orthopedics:

Prevention, Pathology, and Hands-On Intervention for Shoulder, Hip and Knee Injuries

Orthopedics is an incredibly fast-moving specialty. Technological advancements are dramatically adding to the vast options available for a wide variety of orthopedic problems — making it challenging to stay current...

It’s imperative that your treatment decisions are guided by the latest research-based information. **This comprehensive online course makes it easy for you to ensure the best outcomes for your patients.**

Join orthopedic expert, Terry Rzepkowski, DPT, as he shares cutting edge concepts that are being integrated into practice today and learn the latest clinical evidence that should be guiding your treatment decisions. You’ll gain **practical new insights** and discover the **latest treatment updates** for this specialized patient population:

- Techniques to minimize the impact of degenerative joint disease in both inpatient and outpatient settings
- How to differentiate the type of joint damage that has taken place
- Strategies to avoid orthopedic complications
- Video demonstrations of actual joint surgical procedures
- Total joint replacement rehabilitation strategies for the shoulder, elbow, hip, and knee.
- Functional strategies to manage post-op rehab
- And much more!

Return to work with new ideas, new tests you can use to identify orthopedic problems correctly, and new concepts to make certain the rehabilitation plan chosen is specific to your individual patients. Master joint rehabilitation techniques, increase your credibility, grow your career potential — And most importantly, improve your patients’ treatment outcomes.

### Objectives

1. Evaluate the anatomy and biomechanics of the shoulder, hip, and knee.
2. Perform assessment techniques to identify predisposing factors to injury of the shoulder, hip and knee.
3. Develop a personalized risk-specific treatment approach to minimize functional injury predisposition.
4. Perform hands-on clinical assessments to identify structural pathology of the shoulder, hip, and knee.
5. Evaluate the key factors in determining the decision for a total or reverse total shoulder.
6. Articulate the role of 3D modeling for implants of the shoulder.
7. Assess advanced tissue sparing procedures for hip replacement.
8. Determine prognosis, treatment duration, and outcome for each type of orthopedic surgical procedure of the shoulder, hip, and knee.
9. Analyze advanced pain management strategies in the post-operative patient.
10. Assess neuromuscular risk factors leading to LE joint stress.
11. Perform hand-on functional rehab techniques for the shoulder, hip, and knee.
12. Design functional home exercise programs in appropriate staged progression for the shoulder, hip, and knee patient.
13. Evaluate the role of advanced plyometric training for the athlete in performance improvement and reduction of injury risk factors.

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**Live Webinar Schedule - both days**  
*(Times listed in Eastern)*  
**8:00** Program begins  
**12:00-12:30** Lunch Break  
**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.

### Meet Your Speaker



**Dr. Terry L Rzepkowski, PT, DPT, 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’ in 2000, and a Doctorate in Physical Therapy in 2005 from Rocky Mountain University of Health Professions. Throughout his 39-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 orthopedic patient from prevention strategies including rehabilitative exercises, lifestyle and activity modifications, through all phases of rehabilitation.

Speaker Disclosure:  
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).

★★★★★

*“Speaker was very knowledgeable. He delivered the material in an entertaining manner. He gave great analogies for attendee to understand and for attendee to explain to their patients. Would absolutely do another one of Terry’s seminars.”*

- Andrea L, Physical Therapist

★★★★★

*“I completely underestimated the depth of this program. I LEARNED SO MUCH!! Thank you!”*

- Donna P, Chiropractor

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