

Outline

Common Shoulder Injuries + Pathology

Traumatic vs. over-use/dis-use (-itis/-osis)
Acute vs. subacute vs. chronic
Structural vs. muscular vs. neuro
Rotational athletes and injury
Throwing, kicking, tennis, golf, hockey

Movement Assessment Techniques for Dynamic Positioning

Strategies for observing static posture
Shoulder specific assessments:
Glenohumeral joint
Acromioclavicular joint
Sternoclavicular joint
Scapula
Kinetic chain and myofascial network assessments:
Trunk dissociation/rotation
Hip
Breathing

Treatment Techniques for the Three Most Common Dysfunctions

Hands-on Modalities and Manual Techniques

Cupping/decompression applications
Pain mitigation
Tissue mobility
Movement neurofeedback
Compression band therapy
Pain mitigation
Tissue mobility
Movement neurofeedback
Instrument assisted therapies

Kinesiology Taping

Pain mitigation
Positioning and external cueing via neurofeedback
Edema and fluid dynamics control

Corrective Exercise Strategies

Let the assessment be your guide
Isometric vs. concentric vs. eccentric
Muscle contraction
Global vs. local focus
Progression and regression strategies

Live Webinar Schedule (Times listed in Central)

8:00 Program begins
12:00-1:00 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.

Objectives

- Evaluate common shoulder injuries as they relate to rotational athletes.
- Evaluate current research on pathology and etiology of shoulder injuries.
- Utilize local and global assessment methods for the shoulder as well as surrounding associated muscle groups and joints.
- Choose and illustrate assessment concepts by using the entire body and its kinetic chain for addressing shoulder biomechanics.
- Apply and demonstrate evidence-based treatment techniques. Examples of applications for active modalities in the course include; manual therapies of decompression therapy, compressive therapies and use of kinesiology taping for common shoulder dysfunctions.
- Recommend corrective exercise intervention strategies that clients or patients can utilize to address dysfunctional movement patterns at home.

PESI Offers Group Discounts! To save on groups of 5 or more, contact us at pesirehab.com/info/

FREE

Watch the first 10 minutes FREE

Get yours today at pesirehab.com/1373video



NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
EAU CLAIRE WI
PERMIT NO. 32729

Group Training Solutions Made Easy!

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



www.pesirehab.com/inhouse

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

Join us online for this live training!

Treating Shoulder Injuries

Practical Strategies to Improve Stability, Mobility and Motor Control

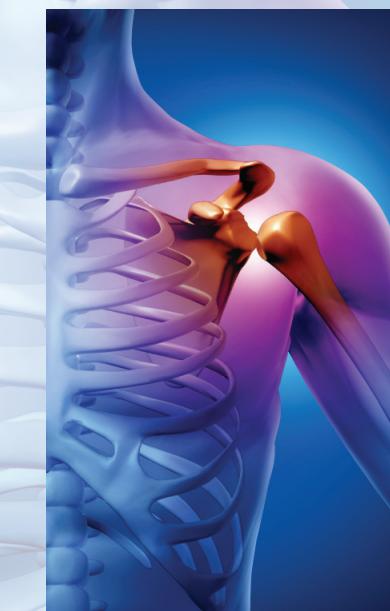


Treating Shoulder Injuries

Practical Strategies to Improve Stability, Mobility and Motor Control

Live Interactive Webinar
Saturday, July 16, 2022

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



Live Interactive Webinar
Saturday, July 16, 2022

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



REGISTER NOW: pesirehab.com/webcast/87379



REGISTER NOW: pesirehab.com/webcast/87379

A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Treating Shoulder Injuries

Practical Strategies to Improve Stability, Mobility and Motor Control

The shoulder is complex, but with this simple framework, you'll accelerate your patient outcomes! With easy to integrate assessment techniques that incorporate the entire kinetic chain, you'll explore evidence-based strategies to address the most common shoulder injuries you see in clinic.

Dr. Reid Nelles will give you a step-by-step guide where you'll learn:

- How to quickly identify the root cause of impairment; structural, muscular, or neuro?
- Expert guidance on which techniques yield the best results
- Progression and regression strategies to help every type of shoulder patient you treat

Manual therapy, stabilization, mobilization, strength, ROM, myofascial cupping, compression strategies, kinesiology taping concepts, corrective exercise strategies – it's all here!

Filled with live demonstrations and applications of cutting-edge techniques, you don't want to miss this opportunity to break free of the 'norm' and reach a new level of success. Join today to **feel more confident in your ability to treat even the most complex shoulder injuries.**



"Clean, approachable, immediately usable.
Addresses 25% of my case load."

"I loved how he described the method, the insight for taping. Lots just clicked for me, I would love to spend some time with instructor, my kind of clinician and mentor."



Risk Free Purchase! PESI stands by our trainings and we have a 100% satisfaction guarantee. If you are not satisfied, please contact our customer service team at www.pesirehab.com/info or 800-726-3888 and we will make it right.

Questions?

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

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.

Meet Your Speaker

Reid Nelles, DC, is a chiropractor who earned his Bachelor of Science from University of Minnesota – Duluth where he then followed his passion onto Northwestern Health Sciences University to pursue a Doctorate in Chiropractic. Reid was fortunate to be chosen for the medical staffing of the World Sport Games in Lignano, Italy which kick started his infatuation with sports chiropractic. Over the years, he has honed his experience and gained even more knowledge of movement patterns, corrective exercises, hands-on techniques, and so much more within the athlete population.

He owns and operates Minnesota Movement, a clinic in Excelsior, Minnesota. It is here that Dr. Reid fulfills his role in the community of ensuring that no athlete or person has a reason to skip a work out, bike ride, game, round of golf, day with their kids, or any activity due to an injury or pain. Reid believes that; if you move – you're an athlete. Reid is a self-proclaimed "jack of all trades, master of none" when it comes to athletic endeavors and loves golf, skiing, snowboarding, hiking, hockey, wakeboarding, waterskiing, fishing and hunting. His primary goal is to restore and improve qualities of movement with anyone he sees.

Speaker Disclosure:

Financial: Dr. Reid Nelles is the owner of Minnesota Movement. He is a consultant and receives compensation. He receives speaking honoraria from PESI, Inc. and RockTape USA.

Non-financial: Dr. Reid Nelles has no relevant non-financial relationships.

Target Audience:

Physical Therapists • Physical Therapist Assistants • Chiropractors
Athletic Trainers • Massage Therapists • Strength and Conditioning Coaches

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Physical Therapists and Athletic Trainers.**

For specific credit approvals and details, visit pesirehab.com/webcast/87379

National CE Credit Approvals For Live Webinar

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast, passing the online post-test (80% passing score), and completing the evaluation. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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 6.0 hours of Category A continuing education.

For all credit approvals and details, visit: www.pesirehab.com/webcast/87379

Earn up to
6.0 CE
Hours for one
low price!

Self-study credit: To check availability for your profession, go to pesirehab.com or call 800-726-3888 with your licensing board to verify acceptance of self-study credit for license renewal.

*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 Kids, PESI Rehab and Psychotherapy Networker.

SIGN UP-TODAY!

Choose your Learning Experience!

PESI offers multiple formats to fit your CE needs

Register Online at: pesirehab.com/webcast/87379

Live Interactive Webinar (Option 1)

July 16, 2022 PWZ87378

\$219.99 tuition

8am Central time

Live Webinar Experience:

- Participate live in real-time while connecting and collaborating with peers
- Ask the presenter your questions
- Earn a live CE certificate

FREE BONUS: Replay on-demand access for 90-days after webinar

*Live CE is only available when viewed live

Get a Group Discount! Contact us at pesirehab.com/info to save for groups of 5 or more

On-Demand Digital Seminar (Option 2)

\$219.99 POS065134

Digital Seminar Experience:

- Learn at your own pace with 24/7 access from your PESI account
- Access to the program materials
- Enjoy lifetime on-demand access
- Earn a self-study CE certificate

CE hours and approvals may vary from live event. Visit pesirehab.com or call 800-726-3888 to check for availability.

DVD (Option 3)

\$219.99 RNV065134

DVD Experience:

- Self-study CE certificate available

CE hours, approvals and cost of CE Certificates may vary from live event. Visit pesirehab.com or call 800-726-3888 to check for availability and pricing

OTHER WAYS TO REGISTER

Phone: 800-726-3888

Fax: 800-554-9775

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

*If mailing/faxing registration, find form at www.pesi.com/form or call 800-726-3888

ADA NEEDS

We would be happy to accommodate your ADA needs; Please notify us at time of registration.

QUESTIONS

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

TAXES AND SHIPPING

Taxes and shipping apply where applicable, see website for details



Ceasars Palace, Las Vegas
October 5 - 8, 2022
www.rehabsummit.com