

# 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

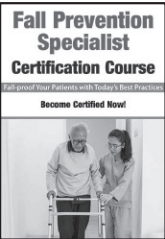
1. Evaluate common shoulder injuries as they relate to rotational athletes.
2. Evaluate current research on pathology and etiology of shoulder injuries.
3. Utilize local and global assessment methods for the shoulder as well as surrounding associated muscle groups and joints.
4. Choose and illustrate assessment concepts by using the entire body and its kinetic chain for addressing shoulder biomechanics.
5. 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.
6. Recommend corrective exercise intervention strategies that clients or patients can utilize to address dysfunctional movement patterns at home.

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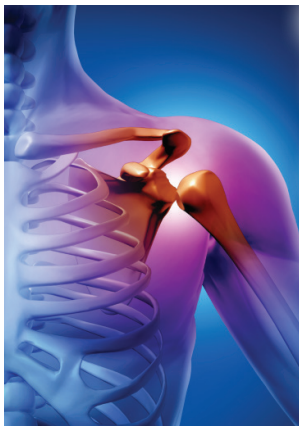
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# Treating Shoulder Injuries

Practical Strategies to Improve Stability,  
Mobility and Motor Control

Live Interactive Webinar  
Saturday, July 16, 2022

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# Treating Shoulder Injuries

Practical Strategies to Improve  
Stability, Mobility and Motor Control



- Effective techniques for pain mitigation, tissue mobility and movement neurofeedback
- In depth demonstrations for taping, cups, floss bands, and more!
- Easy to follow and simple to implement progressions for your treatment
- More than just shoulder! Assessment strategies for the entire kinetic chain

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# 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."*



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## 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

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