Evaluation and Treatment of Shoulder Biomechanics
An Evidence-Based Course

Presented by
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PT, OT, PTA and AT - Continuing Education Course

Day One

7:30  8:00  Registration
8:00  10:00  Clinical Ideas-Biomechanics and Muscle Function
• Phases of elevation
• Plane of scapula
• Muscular parameters

10:00  10:15  Break
10:15  12:00  Evidence Perspectives - Evaluation and Assessment
• Philosophy/practical use of evidence
• Special tests and selection of the most appropriate tests
• Mobility assessment

12:00  1:00  Lunch (on your own)
1:00  2:30  Principles and Practice (Lab)
• Sequential evaluation performed
• Novel "chairs" labs
• Functional tests philosophy

2:30  2:45  Break
2:45  3:45  Sports Biomechanics and Overhead Injury
• Integration of functional overhead
• Comparative sports biomechanics
• Common sports injury and treatment

3:45  4:45  Rotator Cuff Dysfunction and Management (Overuse Through Trauma)
• Causality of interrelated diagnostic categories
• Specialized assessment/lab
• Surgical rehab principles and challenges

4:45  5:00  Review/Questions

Day Two

8:00  10:00  Scapular Biomechanics and Recognition of Synergy (Lec/Lab)
• Emergent concepts of scapular tracking
• Integration of exercise and myofascial techniques
• Extensive laboratory analysis and practice

10:00  10:15  Break
10:15  12:00  Impingement-Facts and Fallacies
• Special tests progression
• Differentiating primary vs. secondary impingement problems
• Evidence-based exercise core
• Rationale for joint mobilization current evidence
• Specialized exercises/therapeutic activities

12:00  1:00  Lunagh (on your own)
1:00  2:45  Shoulder Stiffness Pathology
• Pathways for shoulder arthrofibrosis
• Comprehensive program design
• Sequence for joint mobs
• 5 degree rule for mobility progression

2:45  3:00  Break
3:00  4:15  Instability and Injury - Management and Assessment (Lab)
• Description of continuum of hypermobility and injury
• Injury classification
• Surgical rehab considerations

4:15  4:45  Summarizing Approach to:
• Restore function
• Improve reimbursement
• Prevent surgical re-admissions or injury chronicity.

4:45  5:00  Wrap Up
• Philosophy on Biomechanical Rehab
• Discharge Parameters

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About the Educator
Mark S. Albert, MED, PT, ATC, SCS, has over 37 years of clinical experience in sports and orthopedic physical therapy settings. Mark is one of the first therapist’s recognized as a Board Certified Specialist in Sports and is the author of several high schools. His extensive research background and clinical experience enable him to provide the most up to date research background and clinical experience to the athletes and orthopedic

Why You Should Attend This Course
This two-day intermediate level course is designed to emphasize the clinical guidelines utilized when developing an evidence-based rehabilitation program to improve functional recovery and diminish the occurrence of re-injury. Biomechanics form the keystone philosophy for a multi-modal treatment approach; emphasizing both manual treatment/assessment and dynamic exercise methods. Current evidence-based interventions are presented and analyzed for a variety of diagnoses. Post-surgical programs and time-phased rehab progression are thoroughly discussed for diagnoses such as: rotator cuff tendonitis, tears, ligamentous injuries, and dislocation. Evaluation and treatment techniques for specific sports shoulder injuries and dysfunctions include rotator cuff undersurface tears, dead-arm syndrome, scapular neuritis, myofascial syndromes and microtrauma principles.

The instructor will describe essential components of overhead performance biomechanics and relate specific injuries and treatment concepts for the myriad of sports that involve throwing motions, swimming strokes and weight training for the upper extremity. Clinicians will also be presented with information and techniques on how to analyze and recognize dysfunction phases for painful, stiff shoulders (adhesive capsulitis), in addition to understanding the prognosis of recovery while incorporating evidence-based manual therapy techniques. The course content will support selected rehab progressions, and the assessment and treatment techniques are thoroughly practiced during the laboratory sessions. The course format fosters skilled patient assessment to restore function, improve reimbursement, enhance problem-solving skills and prevent surgical re-admissions or injury chronicity.

Course Objectives
Upon completion of this course participants will be able to:

• Discuss the importance of understanding the biomechanics of the shoulder when developing a comprehensive shoulder evaluation.
• Discuss the underlying mechanisms of common shoulder dysfunctions.
• Perform and interpret special tests for common shoulder dysfunctions.
• Recognize the components of overhead performance biomechanics as it relates to injuries of sporting events that involve throwing motions, swimming strokes and weight training for the upper extremity.
• Utilize myofascial trigger point therapy is an integral part of the rehab program.
• Develop specialized assessment and treatment programs for specific sports injuries to include: rotator cuff undersurface tears, dead arm syndrome, suprascapular neuritis, myofascial syndromes and microtraumas.
• Explain the dysfunction phases of adhesive capsulitis, painful shoulder and integrate evidence-based rehabilitation techniques to maximize outcomes.
• Analyze and apply available multi-modal exercises and therapeutic activities to maximize individualized functional outcomes.
• Justify the role of EBP (evidence-based practice) to improve evaluation and clinical reasoning skills.
• Develop a program to diminish post-surgical re-admissions and failures by utilizing the correct timing of therapeutic exercises and therapeutic activities.
• Identify how to achieve maximal reimbursement in a merit-based system.

Registration Form

Send tuition to: North American Seminars, Inc.
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