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This course is 15 contact hours/1.5 CEU's/CCU's

This live course is 18 contact hours/1.8 CEUs for
therapists licensed in FL, NY, IL, DC or NC

Certificates for attendance are given upon successful completion of
the course.

Orthopedic Management of the Neurologically Involved Shoulder

An Evidence Based Approach



Presented by
Kimberly A. Contryman,
PT, DPT, NCS, OCS

North American Seminars, Inc.
1-800-300-5512 | Fax 1-800-310-5920
www.healthclick.com

PT, OT, PTA and ATC - Continuing Education Course

Day One

7:30	8:00	Registration
8:00	8:30	Introductions/Principles and Concepts
8:30	9:00	Case Study <ul style="list-style-type: none">• Assess trunk, shoulder and scapula alignment• Determine possible disabilities• Prioritize and create a treatment plan addressing shoulder malalignments
9:00	9:30	Movement Analysis Model <ul style="list-style-type: none">• Define the movement analysis model• Describe how to use this model with patients, specifically with shoulder dysfunction• Demonstrate analysis of movement on a "normal" shoulder
9:30	10:30	Movement Analysis (Lab)
10:30	10:45	Break
10:45	12:00	Relating Components of Neurology with Orthopedics <ul style="list-style-type: none">• Structures of the shoulder girdle• Spinal tracts and their role• Components of the brain
12:00	1:00	Lunch (on your own)
1:00	2:00	Evidence Based Practice <ul style="list-style-type: none">• Definition• Salbach, NM Article• Keane-Miller Article
2:00	2:30	ICF Model <ul style="list-style-type: none">• Define the concept of the model• Utilization of the ICF model in the clinical setting• Specific patient examples in relation to the model
2:30	3:00	Function of the Shoulder Girdle <ul style="list-style-type: none">• Structural relationships of the shoulder girdle to the spine• Sensory input relationship to motor output• Cognition and its role
3:00	3:15	Break
3:15	3:45	Common Presentations of a Neurologically Involved Shoulder <ul style="list-style-type: none">• Malalignments of the shoulder to the spine• Synergistic patterns of the upper extremity• Movement patterns

3:45	4:30	Patient Evaluation <ul style="list-style-type: none">• Evidence based practice• Special tests for the shoulder• Lab: Impingement, capsuloligamentous integrity, labral tears
4:30	5:30	Strengthening-Why Not? (Lecture/Lab) <ul style="list-style-type: none">• Trunk• Scapular stabilizers• Rotator cuff
5:30	6:00	Treatment Strategies <ul style="list-style-type: none">• Neurologic treatment• Orthopedic treatment• Creating a neurological and orthopedic treatment approach
6:00	6:15	Review/Questions
		Day Two
8:00	8:30	Questions/Review of Common Patient Presentations
8:30	10:00	Joint Mobilization From Both an Orthopedic and Neurologic Perspective (Lecture/Lab) <ul style="list-style-type: none">• Spine• Scapula• Humerus
10:00	10:15	Break
10:15	11:00	Soft Tissue Mobilization (Lecture/Lab) <ul style="list-style-type: none">• Rationale and objectives• Techniques for the upper trapezius, subscapularis• Assessment of treatment
11:00	12:00	Taping (Lecture/Lab) <ul style="list-style-type: none">• Kinesiotaping• Orthopedic taping
12:00	1:00	Lunch (on your own)
1:00	2:00	Relating Components of Neurology with Orthopedics (Lecture/Lab) <ul style="list-style-type: none">• Radial• Ulnar• Median
2:00	3:00	Patient Application
3:00	3:30	Review/Questions

About the Educator

Kimberly A. Contryman, PT, DPT, NCS, OCS earned her masters of physical therapy in 1991 from Northern Arizona University. She was NDT certified in 1995, received her certification as a neurology specialist by the APTA in 2000 and received her certification as an orthopedic specialist in 2002. In May of 2002 the University of Southern California awarded Kim a doctorate of physical therapy. She received the Order of the Golden Cane, which is the highest honor awarded to graduates who demonstrate outstanding accomplishments in a variety of professional areas. While in her doctoral program at USC, Kim worked as an assistant instructor in the DPT program at the university as well as treating physical therapy patients. Dr. Contryman was awarded the Outstanding Mentorship Award for her exceptional skill in assisting students to master difficult curricular content. Throughout her career, Dr. Contryman's primary focus in physical therapy has always been on providing both inpatient and outpatient rehabilitation. In addition to hands-on physical therapy, Dr. Contryman was a clinical manager for over five years. Kim received the 5-Star Award given to outstanding employees within that health system. Kim is frequently a guest lecturer and is involved in teaching at various colleges within her geographical area. Neurology and orthopedics form an important part of Dr. Contryman's background. Her expertise includes all forms of orthopedic and neurological diagnoses including traumatic head injuries, cerebral vascular accidents, pathological conditions, orthopedic insults and postsurgical care. Presently, Dr. Contryman owns Blue Ridge Physical Therapy where she treats a diverse population of patients with a variety of diagnoses focusing on orthopedic and neurological insults. Kim demonstrates a hands-on approach individualized to each patient rather than to each diagnosis.



Why You Should Attend This Course

This two-day intermediate level course provides a thorough evidence based analysis of evaluation and treatment of the neurologically involved shoulder. The concepts and principles demonstrated in this course enhance both the clinician's knowledge base and hands-on skills. This course enables the clinician to identify impairments in alignment, movement patterns, musculoskeletal dysfunctions and potential pain producers. Course instruction is enhanced by extensive hands-on practice of the treatment approaches for soft tissue, joint and neural mobilization and taping techniques. These techniques can also be applied to a multitude of impairments such as CVA, spinal cord, traumatic brain injury, peripheral nerve injuries as well as orthopedic pathologies and status post surgeries. The interactive lecture and laboratory sessions prepare the medical professional to identify effective rehabilitation procedures for safe therapeutic management. Lab exercises and case studies also demonstrate the utilization of the Disablement Model, particularly the ICF model. The incorporation of physiological and accessory movement and the unique combination of the techniques used for treatment in this class ultimately result in increased range of motion and overall achievement of positive functional outcomes. This course material assists the clinician in becoming more efficient with diagnosing, documenting, communicating and progressing the patient to a more functional level. Literature supporting these concepts and techniques is presented throughout the course to provide clinicians the information necessary to practice evidence-based medicine.

Clinicians can immediately apply this information to develop comprehensive evaluation and treatment programs for the neurologically involved shoulder.

Course Objectives

Upon completion of this course participants will be able to:

- Properly evaluate and develop appropriate treatment programs for the neurologically involved shoulder.
- Assess and develop treatment programs for specific musculoskeletal restrictions in the neurologically involved shoulder.
- Identify, assess and treat potential pain producers in the neurologically involved shoulder.
- Describe the movement analysis model in relation to shoulder complex motion.
- Identify normal and abnormal shoulder mechanics relative to functional tasks.
- Demonstrate manual skills to include soft tissue, neural and accessory joint mobilization.
- Perform shoulder taping techniques to enhance the patient's functional level.
- Document and communicate progress in the patient's rehabilitation as necessary for insurance reimbursement, patient satisfaction and quality physical therapy programs.
- Provide appropriate evidence for performance of therapy services on patients.
- Demonstrate awareness of how to perform a literature review and find the necessary information for substantiating treatments and assisting with decision making.

Certificates of attendance are provided upon successful completion of the



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Registration Form



Home	Profession
Address	
City	State
	Zip
Credit Card	
Exp.date	Phone (required)
e-mail (required)	
Location of attendance	

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.