

Day One

7:30	8:00	Registration
8:00	9:30	Introduction to the Course • The need for critical thinking and clinical reasoning in rehabilitation
9:30	10:00	The Need for Evidence-Based Practice • Searching for the best evidence
10:00	10:15	Break
10:15	11:15	Comprehensive Examination of the Shoulder
11:15	12:30	Algorithm Examination of Special Tests of the Shoulder-Differential Diagnosis (lab session) • Instability tests • Slap lesions • Bicep tests • AC joint tests
12:30	1:30	Lunch (on your own)
1:30	2:30	Therapeutic Exercise 101 • Science of designing rehabilitation programs • An exercise progression continuum for rehabilitation • Description of the optimum parameters for a rehabilitation program: sets, reps, rest intervals, super sets, frequency, intensity, dosage, etc.
2:30	4:00	Best Exercises for Shoulder Rehabilitation • The art and science for designing therapeutic exercise programs for rehabilitation of patients with shoulder dysfunctions • Review of the foundational exercises (top 10) for shoulder rehabilitation
4:00	4:15	Break
4:15	6:00	Hands on Algorithm Exam of Special Tests of the Shoulder-Differential Diagnosis (lab session) • Rotator cuff impingement syndrome tests • Rotator cuff partial/full thickness tear tests • Provocative position for anterior instability for macro and micro instability testing • Internal impingement tests • Provocative position posterior instability testing for macro instability testing • Bankart lesion tests

Day Two

8:00	9:30	Rotator Cuff Impingement Examination and Rehab • Implications to rehabilitation
9:30	10:00	Advanced Exercises and Rehabilitation Protocols for Therapeutic Activities • Advanced exercises focused on specificity of rehab for return to therapeutic activities
10:100	10:15	Break
10:15	11:15	Continuation - Advanced Exercises and Rehabilitation Protocols • Scientific basis and examples of perturbation training • Foundations and examples of OKC therapeutic exercises • Foundations and examples of CKC therapeutic exercises • Scientific basis and examples of plyometric exercises
11:15	12:15	Treatment of shoulder – Hands on Lab (manual therapy, specific exercises) • Application of using clinical reasoning for cases and using exam techniques and how they can be applied as manual therapy interventions • Case study presentations for the application of exercises to improve shoulder function with therapeutic activities • Clinical decision making teaching and practicing the “Top 10” exercises
12:15	1:15	Lunch (on your own)
1:15	2:15	Upper Extremity Functional Testing Algorithm for Return to Therapeutic Activities for Reimbursement • A specific testing format using subjective information using patient PROs, objective testing, muscle performance and functional testing • The purpose of this testing is to provide documentation of patient changes and progression for reimbursement
2:15	3:15	Specific exercises for Evidence-Based Rehabilitation of the Shoulder – hands on lab (lab session) • Emphasis on neuromuscular dynamic stability exercises • Practice OKC perturbation exercises for therapeutic activities • Practice CKC perturbation exercises for therapeutic activities • Examples of perturbation exercises emphasized and practiced
3:15	3:30	Summary, Questions and Answers

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A Master Clinicians Approach to Advanced Concepts in Examination and Treatment of the Shoulder Complex



Presented by

George J. Davies

DPT, MEd, PT, SCS, ATC, LAT, CSCS, PES, CSMS, FAPTA

This course is applicable for PT's, PTA's, OT's and AT's.

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About The Educator

DR. GEORGE J. DAVIES is a clinician, educator, speaker, researcher, author, editor and consultant. He is an internationally known speaker who has presented hundreds of conferences throughout the world on sports medicine, sports physical therapy, athletic training, shoulder, knee, open and closed kinetic chain topics, orthopaedics, rehabilitation and Isokinetics.

George began in this great profession of sports medicine almost 54 years ago when he started as a student, assistant and head athletic trainer. He has been involved in the clinical practice of sports physical therapy/athletic training, since 1965. He still maintains an active clinical practice at Coastal Therapy in Savannah, GA and Gundersen Lutheran Sports Medicine, LaCrosse, WI. He has been actively involved in the sports coverage as an athletic trainer/sports physical therapist at a variety of sporting events: 1980 Winter Olympics, Lake Placid, NY, 1986 Pan American Games, Indianapolis, IN, 2002 Salt Lake City Winter Olympics, volunteer trainer at the USOTC , Lake Placid, NY, 2003, a member of the USA Medical Staff for the 2005 Summer World University Games in Izmir, Turkey, Paralympic Games in Beijing, China, 2008, and was invited by the IOC to present educational workshops for clinicians from around the world at the London Olympic Games, 2012.

He has a passion for teaching and has been an educator for over 49 years in colleges and universities. For the past 46 years, he has been involved in teaching in physical therapy programs. He is presently a Professor of Physical Therapy at Georgia Southern University, Savannah, GA since 2004. He was also honored as a Professor-Emeritus of Physical Therapy at the University of Wisconsin-LaCrosse following 30 years of teaching.

He has been involved in many research projects that have been presented at numerous national and international conferences and published in various journals. He has participated in hundreds of scientific conferences and workshops throughout the world in the last 35 years, published over 200 articles and research abstracts in various periodicals, written several books and has contributed chapters to over 40 books.

George was the original co-founder and co-editor of The Journal of Orthopaedic and Sports Physical Therapy for 10 years. To honor George's achievements, at the 25th anniversary year of JOSPT, they honored his achievement by creating the GEORGE J. DAVIES – JAMES A. GOULD EXCELLENCE IN CLINICAL INQUIRY AWARD. This award is given to the best paper each year. George was also one of the co-founders and original Associate Editors for Sports Health: A Multidisciplinary Approach, 2009.

Dr. Davies has also been fortunate to win several prestigious awards during his career in sports medicine.

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Why You Should Attend This Course

This two-day advanced course provides an in-depth analysis of the scientific and clinical rationale for examination and treatment of selected shoulder complex conditions. Over one-third of this course involves hands-on lab sessions utilizing case studies, clinical reasoning, differential diagnosis, and problem-solving skills. A particular focus will be on the algorithm-based examination format for the special tests of the shoulder.

Updated evidence-based information on sensitivity/specificity and likelihood ratios of the tests will be thoroughly addressed. In addition, selected mobilization techniques, rhythmic stabilization, perturbation techniques, and open and closed chain exercises will be practiced in the laboratory sessions. Discussion of evidence-based rehabilitation will include the optimum exercises for rehabilitation of the shoulder complex, shoulder taping, proprioceptive/kinesthetic training techniques and the scientific basis for plyometrics. Emphasis will be placed on evidence-based practice incorporating the examination, evaluation, diagnosis, prognosis, treatment intervention strategies and clinical outcome studies for patients with selected shoulder conditions.

Specific testing and treatment algorithms provide the clinician with the tools to achieve maximum functional outcomes and reimbursement.

Course Objectives

Upon Completion of this course participants will be able to:

- Identify an understanding of the basic concepts and principles of evidence-based practice into one's own clinical practice patterns.
- Describe and utilize the resources available to research the current best practices.
- Demonstrate an understanding of algorithm-based examination and evaluation of the shoulder complex.
- Explain the key factors affecting clinical efficiency and accuracy when using an algorithm-based examination process.
- Discriminate and evaluate the examination findings using clinical reasoning skills to develop successful therapeutic intervention programs.
- Utilize a functional testing algorithm for clinical decision making for documentation for return to therapeutic activities and reimbursement.
- Develop an integrated evidence-based (when available) and empirically-based rehabilitation program for specific dysfunctions of the shoulder.
- Describe the selected shoulder disorders presented in this course and how the examination and evidence-based treatments can enhance the patients' ability to return to therapeutic activities.
- Differentiate an understanding of the most recent advances in the examination, evaluation, diagnosis, prognosis, treatment interventions and outcomes of selected shoulder disorders using evidence-based concepts.
- Design effective outcome evaluation measures based on current evidence-based clinical and scientific information.
- Utilize tests and measures that have good psychometric properties that facilitate returning the patient to therapeutic activities and provide objective documentation to support reimbursement.

Certificates for attendance are provided upon completion of the course.

This course is 15.0 contact hours/1.5 ceus./15 ccu's

This course is 18.0 contact hours/1.8 ceus for New York, Illinois or District of Columbia licensed therapists.

This course is applicable for PT, PTA, OT, COTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO, CT, DE, DC, GA, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. BOC provider # P2047, call for evidence-based approval status. North American Seminars, Inc. is an AOTA provider for continuing education. Provider # 4487. Advanced Level Occupational Therapy Process: evaluation, intervention, outcomes. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. NAS is an approved continuing education sponsor for physical therapists and assistants licensed in New York. NAS is approved by the IDPR for physical therapy ceus in the state of Illinois. IL PT provider #216000074. Colorado PT approved for 15 ccu's, 15 Category-1 PDA points. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapist assistant licensure renewal in Texas for 15 ccu's. Approval period: 7/1/2016-6/30/2019. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. Call for status on specific state or professional approvals if you don't see them listed.

Advanced Concepts in Examination and Treatment of the Shoulder Complex

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