

## Course Dates & Locations

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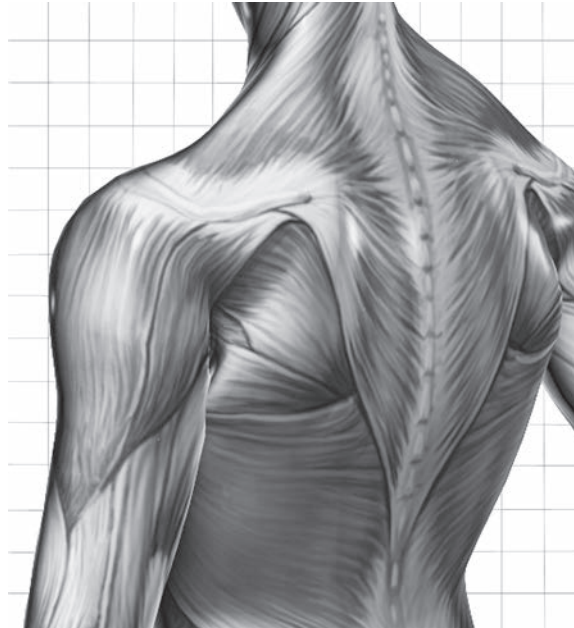


Certificates of attendance are provided upon successful completion of the course.

This course is 15.0 contact hours/15.0 CCU's/1.5 CEUs

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

# Comprehensive Examination & Treatment of Shoulder Disorders: What are you missing?



An Evidence-Based Course

Presented by  
**Chris Durall,**  
**PT, DPT, MS, SCS, LAT, CSCS**  
**North American Seminars, Inc.**

1-800-300-5512 | Fax 1-800-310-5920

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PT, OT, PTA and ATC -  
Continuing Education Course

## Day One

7:30	8:00	<b>Registration</b>
8:00	9:00	<b>De-Mystifying the Shoulder Complex</b> <ul style="list-style-type: none"><li>• What do we really know?</li><li>• Why should you care?</li><li>• The Vital Link: Thoracic Spine</li></ul>
9:00	10:00	<b>Overview of Selected Shoulder Pathologies</b> <ul style="list-style-type: none"><li>• AC Joint Pathologies</li><li>• Adhesive Capsulitis: <i>What Works and What Doesn't?</i></li></ul>
10:00	10:15	<b>Break</b>
10:15	12:00	<b>Selected Shoulder Pathologies</b> <ul style="list-style-type: none"><li>• Subacromial Pain Syndrome</li><li>• Rotator Cuff Tears</li><li>• Glenohumeral Joint Instability</li><li>• Labral Injuries</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	3:00	<b>Clinical Examination of the Shoulder Complex (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Assessing Thoracic Spine and 1st Rib Function</li><li>• Assessing Scapular Function</li><li>• How "Special" are the Special Tests of the Shoulder?</li><li>• Testing for AC Joint and Rotator Cuff Pathology</li></ul>
3:00	3:15	<b>Break</b>
3:15	5:15	<b>Clinical Examination of the Shoulder Complex (Lab-continued)</b> <ul style="list-style-type: none"><li>• Clinical Testing for Labral Pathology: <i>An Exercise in Futility?</i></li><li>• Shoulder Stability Testing</li></ul>
5:15	5:45	<b>A Novel Treatment Based Classification System for Shoulder Pain</b> <ul style="list-style-type: none"><li>• Simplifying Clinical Decision</li></ul>
5:45	6:00	<b>Questions &amp; Summary</b>

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## Day Two

8:00	9:00	<b>Day One Review and Practice</b>
9:00	10:00	<b>Post-Operative Shoulder Rehabilitation</b> <ul style="list-style-type: none"><li>• Arthroplasties</li><li>• Decompressions</li><li>• Labral Repairs</li><li>• Rotator Cuff Repairs</li><li>• Stabilizations</li></ul>
10:00	10:15	<b>Break</b>
10:15	12:00	<b>Therapeutic Exercise for the Shoulder &amp; Thoracic Spine (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Proven Exercises to Increase Strength and Stability</li><li>• Exercises to Improve Mobility</li><li>• Exercises to Improve Proprioception</li></ul>
12:00	1:00	<b>Lunch (on your own)</b>
1:00	2:30	<b>Manual Therapy for the Shoulder &amp; Thoracic Spine (Lecture/Lab)</b> <ul style="list-style-type: none"><li>• Thoracic Spine and 1st Rib Mobilization and Manipulation Techniques: <i>To Thrust or not to Thrust?</i></li><li>• Techniques to Increase Scapular Mobility</li><li>• Novel Techniques to Increase Gleno-Humeral Joint Mobility</li><li>• Techniques to Increase, SC Joint and AC Joint Mobility</li></ul>
2:30	2:45	<b>Break</b>
2:45	3:15	<b>Postural Supports &amp; Taping</b> <ul style="list-style-type: none"><li>• Supports &amp; Slings</li><li>• Kinesiotaping-<i>Does it Work?</i></li></ul>
3:15	3:30	<b>Outcome Measures for the Shoulder</b> <ul style="list-style-type: none"><li>• <i>Why Bother?</i></li><li>• Shoulder Pain and Instability Index (SPADI)</li><li>• Disability of the Arm, Shoulder, &amp; Hand Scale (DASH)</li></ul>
3:30	4:00	<b>Case Studies: Putting It All Together/Final Questions &amp; Answers</b>

## About the Educator

**Chris Durall, PT, DPT, MS, SCS, LAT, CSCS**, is the Director of the Student Health Center Physical Therapy Department and a Graduate Faculty member at the University of Wisconsin-LaCrosse. Dr. Durall has extensive experience in manual therapy and sports physical therapy and he combines attributes of both in his courses.

Dr. Durall earned baccalaureate (1993) and Advanced Master's (1998) degrees in Physical Therapy from UW-LaCrosse, and a Doctorate in Physical Therapy from Creighton University (2002). He is a graduate of the Gundersen-Lutheran Sports Physical Therapy Residency program, a board-certified sports physical therapist, a licensed athletic trainer, and a certified strength and conditioning specialist. Dr. Durall has authored or co-authored numerous textbook chapters and research articles on a variety of musculoskeletal topics.

## Why You Should Attend This Course

This two-day hands-on advanced seminar is designed to help clinicians achieve superior outcomes when working with patients with musculoskeletal shoulder disorders. Dr. Durall blends current evidence and 22 years of orthopedic and sports clinical experience to help participants diagnose and manage shoulder disorders with greater confidence and proficiency. Manual therapy and therapeutic exercise interventions for the thoracic spine, 1st rib and shoulder complex will be uniquely blended and systematically practiced to facilitate immediate clinical application. The critical role of the thoracic spine is emphasized in this course and participants will have the opportunity to learn a variety of mobilization techniques for the thoracic spine. Pathologies of the shoulder complex discussed include AC Joint Injuries, Adhesive Capsulitis, Subacromial Pain Syndrome, Instability, Labral Injuries and Rotator Cuff Tears. Numerous treatment approaches and recent advances in research are integrated to provide the clinician with a diverse array of options to help optimize biomechanical function and functional ability. This course is intended to facilitate immediate clinical application and hands-on lab time is liberally incorporated during this course. Participants can expect to refine and advance their clinical examination and treatment skills in a supportive and active learning environment.

## Course Objectives

### Upon completion of this course, participants will be able to:

- Describe the functional anatomy, mechanics and pathomechanics of the shoulder complex.
- Explain the etiology of common shoulder pathologies such as: acromioclavicular joint injuries, adhesive capsulitis, Subacromial pain Syndrome, labral injury and rotator cuff tears.
- Perform a thorough and systematic examination of the shoulder and thoracic spine complex.
- Formulate safe and efficacious post-operative shoulder rehabilitation programs.
- Competently utilize mobilization techniques for the thoracic spine, 1st rib and shoulder complex to treat shoulder disorders.
- Formulate therapeutic exercise programs for patients with shoulder disorders using current evidence on muscle activation during different exercises.
- Design an effective and appropriate rehabilitation program based on current clinical and scientific research for the following shoulder pathologies: AC joint injuries, adhesive capsulitis, Subacromial Pain Syndrome rotator cuff pathology, shoulder instability and labral tears.
- Measure patient outcome success using a standardized functional performance instrument.
- Improve the ability to solve complex shoulder problems through greater appreciation of the intimate relationship between the thoracic spine and shoulder complex.

## Registration Form



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

**Comprehensive Examination & Treatment of Shoulder Disorders**  
**Course Tuition: see website**  
Send tuition to: North American Seminars, Inc.  
2000 Mallory Lane Suite 130-67 Franklin, TN 37067  
1-800-300-5512 Fax 1-800-310-5920 [www.healthclick.com](http://www.healthclick.com)

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.