Examination and Treatment of Shoulder Injury in the Overhead Athlete

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

Day One
7:30 8:00 Registration
8:00 8:45 Epidemiology of the Overhead Athlete’s Arm: What are we really doing right?
• What are the risks for injury?
• How can we manage risk as health care providers?
8:45 9:30 Common UE Injuries: From Youth to Pros
• Little league shoulder to SLAP tears
• UCL injuries to ulnar neuritis
9:30 9:45 Break
9:45 10:45 The UE Evaluation - Evidence vs. Art
• How to combine evidence base material with the art of an evaluation
• Upside Down Pyramid Approach
10:45 12:00 Upper Extremity Evaluation Lab:
• Thoracic, shoulder, elbow, wrist evaluation skills
• Specific special tests, flexibility and muscle testing
12:00 1:00 Lunch (on your own)
1:00 1:45 Manual Therapies - The Science Behind our Hands
• Evidence for uses of manual therapies
• Why and when to use manual therapy
1:45 3:00 Soft Tissue Mobilization: From Identifying the Correct Tissue to Treatment - Lab
• Upper extremity soft tissue palpation
• Soft tissue mobilization techniques to decrease pain and improve mobility
3:00 3:15 Break
3:15 4:15 Manual Therapy - Joint Mobilizations – Lab
• Joint mobilization techniques: thoracic, scapular, glenohumeral, elbow, wrist to improve ROM
4:15 6:00 Building a Base - The Reason We Work on Legs with Shoulder Athletes
• Evidence on LE and how it affects the UE
• Improve upper extremity performance with the lower extremity

Day Two
8:00 9:00 The Science - Therapeutic Exercises
• Evidence behind out treatments and their progressions
• Isometric vs. isostatic vs. plyometric: When and why?
9:00 10:00 The Lab: Therapeutic Exercises and Activities
• Thoracic, Scapular, Shoulder, Elbow, Wrist progressions
• From Post-op to plyometric
10:00 10:15 Break
10:15 11:15 Return to Play - How to Know When
• Evidence behind when to return to play: time vs. criterion
• Upper extremity tests for return to play
11:15 12:00 Return to Play Protocol
• Functional testing for the UE
• Importance to reimbursement and decreasing readmission.
12:00 1:00 Lunch (on your own)
1:00 1:45 The Throwing Motion - Breaking Down a Pitchers Mechanics
• Evidence behind throwing mechanics
• What increases risk and decreases performance
1:45 2:30 Fixing the Faults - Finding What Works for Each Athlete - Video Lab
• Video break down and finding fixes for them
• Creating a throwing clinic: strategies and billing
2:30 3:30 Improving Performance: Weighted Ball and Long Toss Programs
• Evidence behind performance enhancing programs
3:30 3:45 Course Wrap Up/Questions

For special needs requests, submit a help ticket at www.healthclick.com
Why You Should Attend This Course

This two-day advanced course will provide the clinician with the most recent evidence-based practice guidelines when treating overhead athletes from youth to adult. With an increase in early sports specialization, this course will highlight the risks and benefits of early sport specialization in pediatrics and how care differs from the skeletally mature adult. Participants will receive the latest research on Tommy John repairs for UCL tears, shoulder labral pathologies and pediatric diagnoses that are seen in the overhead athletes.

This course will focus on the science and art behind performing a comprehensive evaluation and creating a well-rounded, complete plan of care for the overhead athlete. Over 40% of the class covers hands-on techniques with lab session where clinicians are practicing evaluation skills, manual skills and advanced therapeutic exercises and activities that can be utilized the next day in clinics with your athletes. A special focus will be on getting overhead athletes back into the game safely with utilizing video throwing analysis and evidence-based return to play protocols along with how to properly bill for these specialty measures. With the growing changes in the health care coverage, the overall course objective is to equip the participants with the most up to date evidence to improve overhead athletes’ outcomes quicker. A comprehensive course packet will include pictures, references and clinical pearls for quick reference in the clinic.

This course is applicable PT’s, PTA’s, AT’S, and OT’s to optimize their knowledge and skills when treating shoulder injuries. Techniques presented will enable the clinician to be better qualified to provide the best outcomes in a value-based medical system.

Course Objectives

Upon completion of this course participants will be able to:

• Identify the changes in injury incidence and the associated risks in sports for the overhead athlete.
• Identify common overhead athlete diagnoses and their signs and symptoms.
• Perform an evidence-based upper extremity evaluation.
• Discuss the literature behind manual therapy techniques as a treatment for the overhead athlete.
• Perform soft tissue mobility and joint mobilization techniques for the upper extremity with emphasis on the overhead athlete.
• Explain the role of the lower extremities in the overhead athlete.
• Discuss and apply the literature behind therapeutic exercises and their progression for the overhead athlete.
• Identify and discuss proper billing for the current evidence-based exercises and therapeutic activities for return to play criterion for the overhead athlete.
• Discuss optimal throwing mechanics and apply this understanding to treating overhead athletes.
• Discuss current literature on performance enhancement protocol for the overhead athlete.
• Develop a systematic approach to setting up a thrower’s clinic to improve functional outcomes, diminish injuries and decrease readmission for poor compliance.
• Identify key terminology and practices to optimize reimbursable time.