

THE SHOULDER - LEVEL I

June 3rd, 4th and 5th, 2010

Course Schedule

Day 1

8.30 AM – 10.30 AM

Lecture. Anatomy & Biomechanics of the shoulder girdle

10.30 AM – 11.00 AM

Coffee break

11.00 AM – 1.00 PM

Lecture. Anatomy & Biomechanics of the shoulder girdle continued

1.00 PM – 2.00 PM

Lunch

2.00 PM – 3.00 PM

Lecture Scapula Biomechanics

3.00 PM – 4.30 PM

Practical Session – Shoulder Assessment

Day 2

8.30 AM – 10.30 AM

Lecture. Clinical Assessment – Subjective highlights - Glenohumeral Joint Instability

10.30 AM – 11.00 AM

Coffee break

11.00 AM– 1.00 PM

Practical Session – Instability Assessment; SLAP lesion assessment – demonstration

1.00 PM – 2.00 PM

Lunch

2.00 PM – 4.30 PM

Practical Session - Rehabilitation Strategies for the shoulder

Day 3

8.30 AM – 10.30 AM

Lecture – The Stiff Shoulder; Practical Session – Massage & Mobilization techniques

10.30 AM – 11.00 AM

Coffee

11.00 AM – 12.30 PM

Lecture – Management of Rotator Cuff Pathology