

## THE SHOULDER DEFINED A ONE DAY WORKSHOP FOR PHYSIOTHERAPISTS

**AIM:** To give physiotherapists an understanding of the regional and functional anatomy of the shoulder complex. Also to increase the physiotherapists confidence in assessing, understanding & managing shoulder complex problems in a clinical environment. The workshop will further highlight some current trends and philosophies related to the clinical assessment of shoulder complex problems with reference to the appropriate evidence & research.

### Programme:

9.00 - 9.15am	Registration
9.15 - 9.30am	Introduction to the workshop
9.30 - 11.00am	Examination & assessment of the shoulder complex <i>Includes principles, philosophies &amp; key points that should be addressed when assessing shoulder complex problems. It also catalogues common conditions frequently overlooked.</i>
11.00 - 11.30am	<b>Coffee/Tea</b>
11.30 - 1.00pm	Practical session - movements of the shoulder complex <i>Details &amp; emphasises the relationships between gleno-humeral and scapulo-thoracic movements. The session also highlights movement deficiencies that may occur &amp; how these can be identified and treated.</i>
1.00 - 1.45pm	<b>Lunch</b>
1.45 - 3.30pm	Practical session - muscles of the shoulder complex <i>Classifies the muscles within this anatomical region &amp; details their actions, functions &amp; role with specific time allocated to the problems associated with assessing and treating Rotator Cuff lesions. Also, how this knowledge can be incorporated within clinical assessments and rehabilitation.</i>
3.30 - 3.45pm	<b>Tea/Coffee</b>
3.45 - 4.30pm	Practical session - clinical tests for shoulder complex problems <i>Demonstration &amp; practice of clinical tests that can be used to confirm or negate shoulder complex problems such as impingement, laxity &amp; Rotator Cuff involvement. Each test will be supported by references &amp; evidence to confirm their validity.</i>
4.30 - 4.45pm	Discussion, debrief & depart

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