



SHOULDERS

Simplifying the Complex

presented by Wayne Rodgers
APA Sports & Exercise Physiotherapist

COURSE AGENDA

DAY ONE

Establishing treatment goals and priorities with your subjective assessment. What questions should we be asking our patients? What are we trying to learn?

Assessing the patients meaningful functional movements. Analysis of the symptoms.

Performing the essential range of motion tests. How do we accurately assess shoulder joint motion and what tests and objective measurements are most relevant?

Assessing upper limb neural tension and establishing a meaningful score / objective measurement to monitor changes in neural tension in response to manual therapy.

Application of manual therapy techniques to improve upper limb neural tension.

Assessment of the cervical and thoracic spine and the implications of spinal involvement in upper limb pain, restriction and dysfunction

Questioning the value of classic orthopaedic tests. Which tests are relevant and which have limited value?

Moving away patho-anatomical diagnoses and a discussion of the challenges of excessive medical imaging. What value are the scans?

Understanding labral pathology and the implications to management and prognosis.

Instability tests and the unstable shoulder. How do we test the integrity of the specific ligaments of the glena-humeral joint.

DAY TWO

Simplifying the assessment of scapulae dyskineses and recognising the muscle imbalances that drive the common dyskineses.

Assessment of the scapula at rest, with movement and under load.

The scapula reposition test and how it influences treatment choices.

Soft tissue palpation and soft tissue release techniques for the muscles influencing scapula position and general gleno-humeral mobility.

Understanding the precise role of the rotator cuff muscles and recognising common imbalances in the function of the cuff.

Establishing a systematic approach to strengthening the region, including scapula stability exercises and rotator cuff strengthening. What are the most effective rehabilitation exercises for efficient return to function?

NOTE

All of Wayne Rodgers' courses integrate over 30 years of clinical experience and clinical reasoning with the latest in scientific evidence, allowing all participants to discover the most effective strategies for success.

The delivery format is very interactive with a significant percentage (about 80%) of every course dedicated to **mastering practical assessments and treatment skills**.

This course runs for 14 hours over 2 days.