

Continuing Education for Healthcare Professionals



COURSE DESCRIPTION:

This is a hands on course that will teach how to evaluate and treat an overhead athlete's shoulder. This course will teach the participants to use manual therapy techniques to affectively address limitations in the shoulder complex. This course will discuss and train participants in effective exercises that can be used to progress the patient to their return to sport.

LEARNING OUTCOMES:

Understand the shoulder complex and how the upper extremity works with the core and lower body during over head throwing, swimming, volleyball and tennis

Be able to complete a clinical evaluation for the overhead athlete

Understand the use of manual therapy techniques including joint mobilization, soft tissue and taping techniques for the shoulder

Understand the appropriate exercises to use during the rehabilitation process for the overhead athlete

Be able to complete a throwing assessment and to develop a throwing program

PROGRAM NUMBER: 10397

CEUs: 1.4 (Contact Hours: 14 hours)

PRICE: \$410 (before / on 11/08/17)
 \$460 (after 11/08/17)

LEVEL: Introductory

AUDIENCE: OTs, OTAs, PTs, PTAs, ATs

CONTENT FOCUS: Domain of OT:
 Areas of Occupation

Occupational Therapy Process:
 Evaluation, Intervention



Evaluation and Treatment of the Shoulder for the Overhead Athlete

INSTRUCTOR:

John Cain, OTR, CHT, COMT, CLT, graduated from the University of Wisconsin, Milwaukee in 2001. He became a Certified Leduc Trained Lymphedema Therapist in 2004, a Certified Hand Therapist (CHT) in 2007 and earned his Certified Orthopedic Manual Therapist (COMT) in 2010. Currently, John works at the Aurora Health Care in South Milwaukee where he specializes in upper extremity orthopedic injuries and lymphedema patients. Since 2010 John has been an assistant instructor for the IAOM UE Track.



PRE-COURSE ASSIGNMENT:

Review anatomy of the shoulder

REQUIRED COURSE MATERIALS:

Please bring washable markers for surface anatomy, dress appropriately to allow exposure to shoulder region during labs, mobilization belt, and scissor for cutting tape

DATE: Friday, December 8th, 2017 - Saturday, December 9th, 2017
 8:00 a.m. to 4:30 p.m.

LOCATION: UW-Milwaukee School of Continuing Education
 161 West Wisconsin Avenue, Milwaukee, WI 53203

QUESTIONS? CONTACT US

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Evaluation and Treatment of the Shoulder for the Overhead Athlete

Instructor: John Cain, OTR, CHT, COMT, CLT

December 8th & 9th, 2017

Agenda

Day 1:

- 8:00 AM Anatomy, pathoanatomy, and biomechanics of the shoulder complex for the overhead athlete
- 8:30 AM Surface anatomy of the shoulder
- 9:15 AM Examination of the shoulder
- 10:15 AM Break
- 10:30 AM Continue with exam of the shoulder
- 11:00 AM Joint mobilization for the GH, SC and AC joints
- 12:00 PM Lunch (on your own)
- 1:00 PM Joint mobilization for the shoulder Continued
- 2:00 PM Soft tissue techniques for the shoulder
- 3:15 PM Taping techniques for the shoulder
- 4:30 PM Adjourn

Day 2:

- 8:00 AM Upper body screening: Thoracic outlet syndrome (TOS) and the Ulnar collateral ligament (UCL) screens
- 9:00 AM Core Considerations: screen
- 9:45 AM Lower body involvement in the overhead athlete
- 10:15 AM Break
- 10:30 AM Stretches, RTC and scapular strengthening, core and lower body strengthening
- 12:00 PM Lunch (on your own)
- 1:00 PM Continue with exercises for the throwing athlete
- 2:00 PM Throwing assessment
- 3:00 PM Return to sports and Throwing Programs
- 4:00 PM Problem solving; Question and Answer
- 4:30 PM Adjourn