COURSE DATE: May 17, 2019

TITLE: A Manual Therapy Approach to Treating Shoulder Pain

DESCRIPTION: Patients with shoulder complex pain provide clinicians with several challenges in attempting to identify the nature of the patient’s symptoms and determine an appropriate course of treatment. This hands-on course will integrate current evidence of how information from the physical therapy examination is used to enhance clinical decision making for the integration of manual therapy interventions (joint and soft tissue mobilizations) for the shoulder complex. Extensive laboratory sessions will be offered to develop the clinician’s skills in assessing shoulder dysfunction, performing a variety of manual therapy skills, and prescribing appropriate follow-up therapeutic exercises. Ideas for patient education will be presented to facilitate the manual therapy techniques.

OUTCOMES:
- Critically evaluate the science of the examination of the shoulder complex to identify impairments that may be addressed through joint and soft tissue mobilizations.
- Develop appropriate intervention strategies for patients with shoulder complex pain including a multimodal approach of both manual therapy and therapeutic exercise.
- Demonstrate psychomotor competency of performing different manual therapy techniques of the shoulder complex region to enhance outcomes.
- Formulate an opinion of the value of several different interventions of the shoulder complex according to the most recent literature.

INSTRUCTOR: Dr. Paul Reuteman PT, DPT, MHS, OCS, ATC
Dr. Paul Reuteman PT, DPT, MHS, OCS, ATC is a Clinical Professor in the Program of Physical Therapy at the University of Wisconsin – La Crosse. His primary teaching responsibilities include musculoskeletal examination and intervention, clinical-decision making principles and clinical radiology. He maintains an active clinical practice at Riverside Corporate Wellness in La Crosse, WI. Dr. Reuteman is a board-certified Orthopedic Clinical Specialist from the ABPTS and is a board-certified Athletic Trainer from the NATA. Dr. Reuteman is the co-founder of Specialized Physical Therapy Education and serves as Faculty and a Lead Instructor of their Orthopedic Residency Program. In 2017, he was voted the Physical Therapist of the Year in the La Crosse area. He was also recently honored by his alma mater, Marquette University, by receiving the Distinguished Alumnus Award in the Health Sciences.

LEVEL: Intermediate

AUDIENCE: PT’s, PTA’s, OT’s, OTA’s

Register Online: http://bit.ly/ce11616
AGENDA:

7:30 AM Registration Opens
8:00 AM Welcome and Introductions
8:15 AM Lecture- Evidence review of evaluation and treatment of the shoulder complex
  * Concepts of Regional Interdependence
  * Identifying pattern recognition for patient with upper quarter pain
  * Clinical decision making process to enhance upper quarter examination
9:15 AM Break
9:30 AM LAB- Examination principles of the upper quarter and shoulder complex
10:30 AM LAB- Shoulder Complex Soft Tissue Mobilization Techniques
12:00 PM Lunch (on your own)
1:00 PM LAB- Scapulothoracic and Acromioclavicular Joint Mobilizations
2:00 PM LAB- Glenohumeral Joint Mobilizations
2:30 PM Break
2:45 PM LAB- Glenohumeral Joint Mobilizations (cont.) with ideas for appropriate follow-up therapeutic exercises
4:00 PM Round robin practice and/or case discussions
4:50 PM Wrap up and course evaluations
5:00 PM Adjourn

COURSE: #11616


CEUs/CLOCK HOURS: 0.75 CEU’s (7.5 Clock Hours)

LOCATION: UWM School of Continuing Education
161 W Wisconsin Ave; 7th Floor
Milwaukee, WI 53203

PRE-COURSE ASSIGNMENT: None

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