COURSE DATE: May 31 – June 1, 2019

TITLE: Evaluation and Treatment of the Shoulder for the Overhead Athlete

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.

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

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

John 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.

LEVEL: Introductory to Intermediate

AUDIENCE: PT’s, PTA’s, OT’s, OTA’s and AT’s

Register Online: http://bit.ly/ce11760
AGENDA:
Evaluation and Treatment of the Shoulder for the Overhead Athlete

Day 1
7:30  Registration
8:00  Anatomy, pathoanatomy, and biomechanics of the shoulder complex for the overhead athlete
8:30  Surface anatomy of the shoulder
9:15  Examination of the shoulder
10:15 Break
10:30 Continue with exam of the shoulder
11:00 Joint mobilization for the GH, SC and AC joints
12:00 Lunch (on your own)
1:00  Continue Joint mobilization for the shoulder
2:00  Soft tissue techniques for the shoulder
3:15  Taping techniques for the shoulder
4:30  Adjourn

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

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PRE-COURSE ASSIGNMENT: Review anatomy of the shoulder

REQUIRED COURSE MATERIALS:

- Please bring markers for surface anatomy
- Dress appropriately to expose shoulder region
- Mobilization belt
- Scissor for cutting tape

FOCUS:
Domain of OT: Client Factors
Occupational Therapy Process: Intervention and Outcomes

COURSE: #11760
PRICE: $410 before 4/30/2019; $460 after
CEUs: 1.4 CEU’s (14 Clock Hours)

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

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