COURSE DATE: October 25, 2019

TITLE: Conservative Management of Shoulder Instability

DESCRIPTION: This course will review the clinical presentation of shoulder instability with a discussion of the different classifications of this pathology, both post-operative and non-operative. The course will also review the mechanics of the glenohumeral complex with a summary of scapular dyskinesis. In the absence of direct trauma, this can be either the cause of shoulder pathology or the result of shoulder instability. Treatment and rehabilitation strategies will be discussed primarily for non-operative cases. Finally clinical cases will be reviewed to demonstrate the significance of treating the entire shoulder girdle as part of a complete rehabilitation program.

OUTCOMES
- Define shoulder instability and the classifications
- Define anatomical versus functional shoulder instability
- Define scapular dyskinesis
- Identify the relationship between scapular dyskinesis and shoulder instability
- Create a rehabilitation treatment plan for shoulder instability taking into consideration the entire shoulder complex.

INSTRUCTOR: Maria Zanoni, PT

Maria Zanoni, PT has over 30 years’ experience working in orthopedic settings, the last 21 in private practice. Maria received her Physical Therapy degree from Marquette University and a Masters in Exercise Science from Seattle Pacific University. She completed a manual therapy residency with the Ola Grimsby Institute followed by a Masters of Orthopedic Manual Therapy from the University of Utah. She is an adjunct clinical instructor at Marquette University in both the Biomedical Science and Physical Therapy Departments.

LEVEL: Intermediate
AUDIENCE: OTs, OTAs, PTs, PTAs, and ATs

AGENDA:

DAY ONE
- 8:00 AM Registration Opens
- 8:30 AM Define Shoulder Instability: Anatomical and Functional
- 9:30 AM Anatomy Review
- 10:15 AM Break
- 10:30 AM Define Dyskinesis
- 11:00 AM Evaluation and treatment considerations; Lecture and Lab
- 12:00 PM Lunch (on your own)
- 1:00 PM Case Studies;
- 2:00 PM Lecture and Lab
- 4:00 PM Question and Answer; Adjourn
FOCUS:
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

COURSE #: 12293
CEUs/CLOCK HOURS: 0.60 CEU’s (6 Clock Hours)

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

Register Online: http://bit.ly/ce12293