COURSE DATE: January 8 - 9, 2021  

Register Online: http://bit.ly/ce12922

TITLE: Non-Surgical Evaluation and Treatment of the Shoulder

DESCRIPTION: Shoulder dysfunction is a very common occurrence and, in terms of musculoskeletal problems, is the third most common reason for patients to seek healthcare. Occupational and physical therapists are often asked to work with patients who have shoulder problems in many clinical settings. These problems are often complex, however, making them difficult to assess and treat. Shoulder dysfunction is often misdiagnosed which adds to the difficulty. An approach informed by clinical experience and available evidence will set the OT or PT up for success in the clinic.

During this course the following will be discussed:

1. Day One - Assessment: Basic shoulder anatomy review; overview of recommended assessment strategy; procedure for taking medical and occupational history; evaluation of posture, shoulder musculature and bony prominences, pain, sensation, range of motion and strength; common shoulder diagnosis presentation and performance of special tests; screening for other shoulder-related conditions; hands-on practice; and case study discussion.

2. Day Two – Intervention: Discussion of common shoulder diagnoses and appropriate treatment techniques, including manual therapy (joint mobilization, soft tissue mobilization, and others); soft tissue stretches; nerve gliding; physical agent modalities; posture training; therapeutic exercise using range of motion and strengthening; hands-on practice; and case study discussion.

OUTCOMES:
1. Generate knowledge in at least five areas of shoulder assessment.
2. Identify at least five special tests for the shoulder.
3. Be able to construct a comprehensive strategy for comprehensive assessment of shoulder dysfunction.
4. Gain a basic understanding of selected disorders of the shoulder and their clinical presentation.
5. Identify at least five techniques to treat shoulder dysfunction.
6. Engage in clinical reasoning via case studies on shoulder patients to develop effective treatment planning skills.

INSTRUCTOR: Dana Washburn, MS, OTR/L
Dana Washburn has 20 years of experience as an occupational therapist and seven years as an occupational therapy educator. She currently works as Clinical Assistant Professor in the Department of Occupational Science & Technology at the University of Wisconsin-Milwaukee. Within the Occupational Therapy Program she teaches physical rehabilitation assessment and treatment, use of physical agent modalities, and seminar courses. Her clinical focus is adult physical rehabilitation and she has worked in a variety of practice settings including acute care, sub-acute rehabilitation, home health and outpatient therapy. She has significant clinical expertise in the area of shoulder rehabilitation. She received her MS in occupational therapy from Rush University and is a Certified Kinesio Tape Practitioner.

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LEVEL: Introductory   AUDBIENCE: Occupational and Physical Therapists

AGENDA:

Day One
8:00 AM  Registration Opens
8:30 AM  Non-Surgical Shoulder Assessment: Anatomy Review; Assessment Strategy; Patient History,
8:30 AM  Presentation and Symptoms
10:15 AM Break
10:30 AM  Common Non-Surgical Shoulder Diagnoses, Special Tests, and Screening
12:00 PM Lunch (on your own)
1:00 PM  Non-Surgical Shoulder Assessment: Hands-on Practice
2:45 PM  Break
3:00 PM  Case Studies & Discussion
5:00 PM  Adjourn

Day Two
8:00 AM  Non-Surgical Shoulder Treatment Planning: Matching Assessment Findings with Interventions
10:00 AM Break
10:15 AM  Non-surgical Shoulder Treatment Planning: Matching Assessment Findings with Interventions
12:00 PM Lunch (on your own)
1:00 PM  Shoulder treatment: Hands-on Practice
2:30 PM  Break
2:45 PM  Case Studies & Discussion
4:30 PM  Adjourn

PRE-COURSE ASSIGNMENT: Fundamentals of Hand Therapy: Clinical Reasoning and Treatment Guidelines for
Common Diagnoses of the Upper Extremity (2nd Ed.) by Cooper (2014), Chapter 22

REQUIRED COURSE MATERIALS: For participants: Please wear comfortable clothing and bring yoga mats and
pillows if possible. Clothing that exposes the shoulder complex is preferred.

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

COURSE #12922

PRICING: $500 before 12/8/2020; $550 after 12/8/2020

CEUs: 14 CE Contact Hours (1.4 CEUs)

LOCATION: UW-Milwaukee Continuing Education, Plankinton Building, 7th Floor, 161 West Wisconsin
Avenue, Milwaukee, WI 53203

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