

**Method of Instruction:**

This course is a mix of hands on practical, lecture and discussion. The lecture format is designed to encourage discussion and critique of the research in the area of shoulder injury. Case studies are used to allow participants to apply the concepts introduced in the lecture.

**Day 1: Background and manual therapy.**

A. Course overview (9:00-11:00)

- Evidence based background about shoulders' biomechanics and pathology in sport

B. Shoulder biomechanics in different overhead sports (11:00-13:00)

- Not all overhead athletes have the same shoulders' pathogenesis: Why shoulders get injured?
- Which are the reported indicator of a shoulder potential injury?

C. New trends on Sport physiotherapy (14:00-17:00)

- Non-invasive therapies to save the athletes from surgery: Glenohumeral maneuvers.
- Massage therapy in overhead athletes: Key points for massage therapy in all upper limbs motors, included scapular muscles.

**Day 2: New trends on shoulder assessing methods.**

A. Current shoulder tests: Are all reliable and valid? (9:00-11:00)

- Practical session about current shoulder test: pros and cons.

B. Recognizing focus points to prevent athletes shoulder injury (12:00-13:00)

C. Assessing athletes shoulder with reliable and valid methods: practical session (14:00-17:00)

- The use of mobile Apps to assess athletes' shoulders.
- Assessing glenohumeral rotation range of movement: Are valid all the tests?

**Day 3: Programming for prevention- and injury exercises.**

A. Determine which are the main muscles to include in each specific exercise program (9:00-11:00)

- This important section will introduce to the participant to the various training program and components of shoulder injury exercise programs. The specificity of each injury and adapted exercise will be explored. Injury case studies will be shown to demonstrate how shoulder joints biomechanics can be manipulated to address common shoulder injuries.

B. Basis of training progression to program the exercise (11:00-13:00).

- All exercise program has to be based on the strength training theory. This session will be addressed to improve knowledge about the management of training load to program the exercise across the season.

C. Know different specific exercise prevention programs (14:00-15:00).

- Practitioners will discover new trends on exercise programs and exercises purposes.

D. Practicing different exercises to realize the technical requirements and main key point for show to the athlete. How to use new equipment for prevention exercise programs (15:00-16:30).

E. Closing, conclusions and messages to take home (16:30- 17:00)