

The Shoulder: Theory & Practice Course Program 15th Edition

Jeremy Lewis PhD FCSP Consultant Physiotherapist | Professor of Musculoskeletal Research

Please note: The order of the program, content, and timetable structure may vary

Day 1

9:00 - 9:30

Introduction, Evidence Based Practice, Psychosocial Factors Epidemiology & Outcomes

Psychosocial factors that will surprise you! And some facts to impress your friends at dinner parties!



9:30 - 10:30

Function, Anatomy, Biomechanics, Evolution, The Kinetic Chain

How does the shoulder function? Importance of considering regional and whole body kinematics in relation to shoulder function.



10:30 - 10:45

Break



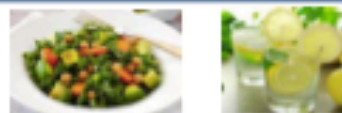
10:45 - 12:30 Assessment and Management

This clinically orientated & practical session highlights the dilemma of diagnosis. It includes a biopsychosocial approach to assessment & management supporting the clinical reasoning process. Includes in depth discussion on orthopaedic tests, posture & imaging.



12:30 - 13:15

Lunch



13:15 - 15:00

Assessment (cont.)

Pain science is discussed, as is the importance of the words we use in clinical practice.



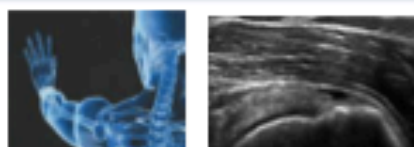
15:00 - 15:15

Break



15:15 - 17:30

Assessment and Management (cont.)



Day 2

9:00 - 9:15

Review of Day 1 and Discussion



9:15 - 10:30

Rotator Cuff Related Shoulder Pain

This theoretical and practical session involves a very detailed and in-depth review of this multi-factorial problem. The current evidence based research across a number of professions evidence regarding the aetiology and pathology of this condition will be presented in detail. This session includes a critical appraisal of the use of injection therapy in the management of RCRSP and critically compares outcomes between surgical & non-surgical intervention. Evidence based management is presented in detail. Lifestyle issues and patient scenarios and videos are included.

10:30 - 10:45

Break



10:45 - 12:30

Rotator Cuff Related Shoulder Pain (cont.)



12:30 - 13:15

Lunch



13:15 - 15:00

Frozen Shoulder

Theoretical and practical session investigating the latest research and evidence supporting the assessment & management of this intriguing condition.



15:00 - 15:15

Break



15:15 - 16:00 Frozen Shoulder (cont.)

16:00 - 17:00

Patient Presentations, Case Studies, Summary

Day 3 & 4

The 3 or 4 Day Courses includes the same theoretical and practical content as the 2 Day Course. The 3 & 4 Day Courses also includes real time patient assessment and management session and additional information as organised prior to the course. Three and four day courses are requested by host organisations.