

Timeschedule Adam Meakins - Complex doesn't have to be complicated"

Dag 1

09.00-09.30	Welkom en Introductie
09.30-10.00	Simplifying the shoulder explained
10.00-11.00	GHJ Anatomy and Biomechanics
11.00-11.15	Koffiepauze
11.15-12.00	Scapula anatomy and Biomechanics
12.00-13.00	Red flags and The painful shoulder
13.00-13.30	Lunch
14.00-15.00	The stiff and painfull shoulder
15.00-15.15	Koffiepauze
15.15-15.45	Assessment of the stiff shoulder
15.45-16.30	Management of the stiff shoulder
16.30-17.00	Case studies / Summary / Q&A

Dag 2

09.00-09.15	Terugblik op dag 1
09.15-10.45	The weak and painful shoulder
10.45-11:00	Koffiepauze
11.00-11.30	Shoulder symtom modification testing
11.30-12.00	Assessing the shoulders kinetic chain
12.00-13.00	Shoulder exercise prescriptionand progression
13.00-13.30	Lunch
13.30-14.30	The unstable and painful shoulder
14.30-15.00	Assessing the unstable shoulder
15.00-15.15	Koffiepauze
15.15-16.00	Management of the unstable shoulder
16.00-16.30	Assessing shoulder proprioception
16.30-17.00	Case studies / Summary / Q&A