Jo has been teaching her shoulder course for over 20 years. During her career she has travelled all over the UK, Europe and the rest of the world to work with and observe some of the World’s leading shoulder experts.

Her involvement in original research, study at Masters level and vast experience of treating patients with shoulder problems has enabled her to develop a simple, evidence-informed approach to assessment and rehabilitation of the shoulder that is immediately applicable to practice. Simple assessment strategies will enable participants to design effective treatment interventions, which reflect the functional needs of patients. The course will look at the challenges of true evidence based practice and how developments in the pain sciences and communication literature offer opportunities for enhancing interventions

**In this webinar she will be talking about;**

* **Understanding the shoulder muscle “team”**
* **What is the impact of pathology?**
* **What about exercise prescription?**