

Kinetic Chain Webinar

There is increasing interest in the relevance and role of the kinetic chain in shoulder rehabilitation. Whether our patients are elite athletes or work in desk based jobs the shoulder does not function in isolation. So how does incorporating the kinetic chain impact our shoulder exercises? Is there evidence to support the role of the kinetic chain in performance and injury? Is this concept only relevant to our athletes and high functional demand individuals or does it have relevance to our general populations? In this webinar we will take a comprehensive bottom up and top down look at the current evidence base regarding the kinetic chain and shoulder pain and rehabilitation and what it means to our practice. You will leave with clinical tips and exercises to enhance your rehabilitation of patients with shoulder pathology.

Objectives:

1. Investigate the evidence evaluating the role of the kinetic chain in performance and injury.
2. Consider key subjective features that may indicate the relevance of the kinetic chain in a patients shoulder presentation
3. Discuss simple objective assessment tools to evaluate the relevance of the kinetic chain.
4. Highlight the potential benefits of incorporating the kinetic chain in shoulder exercises and how this impacts local muscle recruitment
5. Illustrate simple ways of incorporating the kinetic chain in your shoulder exercises.
6. Consider the relevance of the kinetic chain in terms of its potential role in symptom modification within a biopsychosocial model.