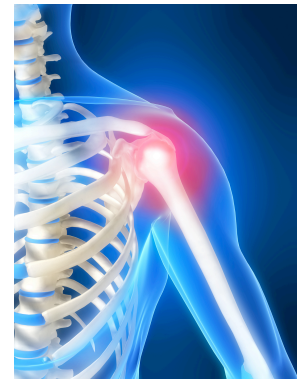


# The Shoulder: Steps to Success



## Day 1.

08.45 Registration

09.00 Setting the scene – the current state of play

09.30 *The Rotator Cuff & the Scapula: Partners in Crime?*  
Research versus reality & assessment dilemmas: Keeping it simple!

10.30 Coffee

10.45 *The Rotator Cuff & the Scapula: Partners in Crime?*  
Essentials of treatment- where to start.

12.30 Lunch

13.30 *The Kinetic Chain and Dynamic Slings*  
Putting the shoulder in context: It's all about 'normal movement'

15.00 Coffee

15.15 *The Stiff Shoulder*  
*Frozen, freezing or not?* Differential diagnosis & Treatment options.

16.30 Finish

## Day 2.

09.00 *What did we do yesterday? A quick recap*

09.15 *The Irritable shoulder – where to start?*  
How does pathology help guide treatment.

10.30 Coffee

10.45 *Rotator Cuff Pathology: Tips and tricks*  
Can we do better? Strength versus movement. Should exercises hurt?  
Increasing capacity. The whole package!

12.30 Lunch

13.30 *The ACJ: Stiffness & Instability*  
A special case or applying the principles?

14.30 Coffee

14.45 *Getting it right from the start: Steps to Success*  
The power of language & communication. Enhancing exercise adherence.

Real- life: Case studies and putting it into practice.

16.00 Finish