**Presentation by Prof. Ann Cools 2 uur via WebinarGeek**

Recent literature suggests that exercise therapy and surgical intervention are equally effective in the treatment of atraumatic degenerative rotator cuff tears, in terms of pain reduction, functional recuperation, and patient satisfaction. Therefore, patients are more and more referred to the physiotherapists as the first choice of treatment.

As a consequence of this evolution, there is a need for a science based exercise program, to be performed in a home setting, and with a maximal level of adherence, since adherence is the key factor to success of an exercise program.

​The purpose of this lecture is to build up a rationale for the use of specific exercises, based on, amongst others, our own research results, and to provide the clinician with a variety of examples of exercises through video material during the presentation.

Ann Cools, PT, PhD, works as an associate professor at the Department of Rehabilitation Sciences and Physiotherapy at the Ghent University, Belgium, and is also affiliated as research collaborator to the Dept of Occupational and Physical Therapy and Institute of Sports Medicine, Bispebjerg Hospital, University of Copenhagen, Denmark.

Her expertise in research and teaching, as well as her clinical work, is shoulder rehabilitation in general, and scapular involvement in shoulder pathology and sports rehabilitation in particular. She developed several research lines in shoulder rehabilitation, including EMG analysis of scapular muscle recruitment, 3D-analysis of scapular behavior, injury prevention screening protocols for musculoskeletal adaptations in overhead athletes, and clinical studies in the area of shoulder rehabilitation.

She has published numerous papers in peer-reviewed international journals, writes contributions and chapters in several international recognized books, and gives courses on a national and international level. She was founding member and president of the European Society of Shoulder and Elbow Rehabilitation (EUSSER) 2008-2012, and Head of the University Physiotherapy education 2008-2016.

She is member of the editorial board of several high ranked international journals.

**Duration**
120 minutes