

Mastering The Rotator Cuff: A sports-based, hands-on workshop for practical “best practice” management.

Rotator cuff injuries account for 4.5 million physician office visits per year. Management of this problem can range from frustrating to rewarding depending on the depth of your training. This practical workshop will outline everything you need to know about successfully treating rotator cuff pathology. This hands-on workshop will review the current “best practices” for evaluation, treatment and home rehab. You’ll leave this class with greater understanding and confidence about how to manage the most common problems to affect the shoulder.

Outline

Hour 1

Review of normal shoulder anatomy and biomechanics

Understanding the shoulder pathology continuum

Hands on assessment plus video & live demonstrations of treatment including; myofascial release, IASTM, manipulation/ mobilization, patient education, low-tech stretching & rehab exercises for:

- Scapular Dyskinesis

- Upper Crossed Syndrome

Hour 2-4

Hands on assessment plus video & live demonstrations of treatment including; myofascial release, IASTM, manipulation/ mobilization, patient education, low-tech stretching & rehab exercises for:

- Shoulder Anterior Impingement Syndrome

- Rotator Cuff Tears

- Biceps Tendinopathy

- SLAP- Labral tears