Rotator Cuff Syndrome

Impingement to Post-Operative Rehab

One-day seminar focusing on muscle re-education & manual mobility of the scapula-gleno-humeral joints.

Objectives:

- Explain the process of Evidence Based Practice Issue (EBP)
- Describe the importance of scapula-cuff stabilization
- Discuss the true function of the Rotator Cuff
- How to design the vital 5 exercise programs
- Demonstrate & participate in hands-on manual exercises

What You Will Learn:

- How to define functionality of the shoulder
- Why scapula stabilization is the core of the Rotator Cuff
- When & How to use closed kinetic chain exercises for the upper extremity
- Importance of positional recruitment for open kinetic chain exercises based on EBP
- Reconsideration of the use of elastic band exercises
- Expand you hands on mobility skills

Course Content:

Define the function of the Rotator Cuff

- Review of functional anatomy
- Defining evidenced based therapeutic value
- The 4 levels of pathology
- Concept of the 3 P's (Pivotors - Protectors - Positioners)

Function of the Scapula-Cuff relationship based on mobility, recruitment, & tri-planar stabilization

- Concept of short & long lever arm mobility - how to create neutral rotation
- How to decompress the painful shoulder - counter contraction
- Reconsider the use of the assisted R.O.M. activities pendulum exercises
- Role of scapula stabilization - Is it the true core of the upper extremity?
- Evidence-based positional recruitment re-directing the therapeutic value of intervention
- Closed kinetic chain exercises - Why use it early in the protocols?

Impingement

- Why is this an overused term? - What does it really mean?
- Non-operative treatment - clinical examination
- Post-operative decompression (SAD - DCE) Role of debridment
- How to design the vital 5 exercise program

Partial Thickness Lesions

- Small-Medium single tears
- Early manual R.O.M. - safe range
- Use of closed kinetic chain exercises
- How to design the vital 5 exercise program

Large (massive) Tears

- Immobilization & Early motion
- What is the safe R.O.M.?
- Post-operative complications
- Why may self-directed R.O.M. activities need to be re-visited?
- Use of closed kinetic chain stabilization
- how to design the vital 5 exercise program

Irreparable Rotator Cuff Tear

- Regaining R.O.M.
- Scapula Stabilization
- Strengthening of the deltoids
- The 3 phases of recommended exercises

LAB #1: Mobility - manual exercises

- Scapula diagonals, glides, & tilts
- Passive - micro mobility techniques for the gleno-humeral joint

LAB #2: Muscle Re-stabilization

- Evidence-based positioning - pit falls of open kinetic chain exercises
- Closed kinetic chain
- Oscillation training

(Lab techniques are available on DVD)

What You Should Bring:

- Pillow
- Towel - regular size
- Body Blade (if available)
- Proper exercise attire to participate in the lab.

Please come dressed & prepared for the lab sessions which will be held throughout the day.