

Title: Functional Rehab of the Shoulder

Speaker: Terry Trundle - PTA, ATC, LAT

Objective	Content	TIME	Method
Define functionality of the shoulder & the open chain challenge	<ol style="list-style-type: none"> 1. Related anatomy 2. Concept of Evidence Based Practice 3. The 3 phases of rehab 4. Concept of the 3 "P's" 5. Short & Long lever arm mobility 6. Scapula Stabilization 	8:00 - 8:45	Lecture - A/V, DVD presentation of hands-on techniques
Function of the Rotator Cuff	What's the true function of the Rotator Cuff?	8:45 - 9:30	Lecture - A/V, DVD presentation of exercises
Break		9:30 - 9:45	
Describe scapula cuff stabilization for impingement syndrome	<ol style="list-style-type: none"> 1. Describe primary & secondary impingement 2. Non-operative therapeutic guidelines 3. Post-operative phase for SAD-DCE 4. Designing the vital 5 program 	9:45 - 10:30	Lecture - A/V, Discussion
Rehab guidelines for partial, small, & medium thickness lesions	<ol style="list-style-type: none"> 1. Early motion concerns 2. The 3 phases of rehab 3. Benefits of closed kinetic chain 4. Designing of the vital 5 program 5. OKC tri-plane stabilization 	10:30 - 11:30	Lecture - A/V, DVD presentation of exercises
LUNCH		11:30 - 12:30	
Large-full thickness tears of the Rotator Cuff, irreparable treatment recommendation	<ol style="list-style-type: none"> 1. Manual early motion concerns 2. Benefits of CKC 3. OKC - Tri-plane stabilization 4. Creating interactive outcome goals 5. Vital 5 home exercise program 6. The 3 phases for irreparable RCT 	12:30 - 1:30	Lecture - A/V, DVD, Discussion
Apply Tri-plane stabilization appropriate to shoulder instability	<ol style="list-style-type: none"> 1. Function of the labrum 2. Bankart & SLAP lesions 3. Surgical options for instability 4. Protective rehab guidelines 	1:30 - 2:00	Lecture - A/V, Surgical demo DVD
Break		2:00 - 2:15	
Total shoulder arthroplasty post-op guidelines	<ol style="list-style-type: none"> 1. Indicators for TSA 2. Reverse prosthesis, Why? 3. The 3 phases of protective rehab 4. Vital 5 exercises for returning to function 	2:15 - 2:45	Lecture - A/V, Discussion
Expand your hands on mobility skills & muscle positional recruitment	<ol style="list-style-type: none"> 1. Scapula mobility glides & tilt 2. Passive micro-mobility of the glenohumeral joint 3. Positional recruitment 	2:45 - 3:30	Lab, Hands-on participation, Discussion