

THE PAINFUL SHOULDER:

Complex ≠ Complicated

with Adam Meakins



COURSE OVERVIEW

A fun and informal two day course designed for all therapists regardless of their professional titles or experience, who are looking for a patient-centred, pragmatic, and practical approach to the assessment and management of all painful shoulder issues.

This course aims to give all attending the confidence that doing the simple things really well is both effective and evidence based. It also attempts to show how many of the over complicated and confusing methods of assessment and treatments are just not necessary or needed.

This course does NOT promise any miracle cures or quick fixes, rather it focuses on a simple, honest, and practical approach that gives those attending lots of ideas that can be used immediately with all who have painful shoulders.

COURSE OBJECTIVES

- Simplify the assessment, management, and treatment of the most commonly encountered shoulder problems.
- Examine how to best assess and diagnose painful shoulders.
- Expose the common myths and misconceptions around shoulder anatomy, biomechanics, assessments, and pathology.
- Evaluate how to best assess shoulder movement, strength, endurance, power, proprioception, and its kinetic chain.
- Practice all levels of shoulder rehab exercises and how to progress and/or regress rehab intensity as required.

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DAY 1

0900 - 0930	Simplifying the Shoulder
0930 - 1030	Assessment & Treatment
1030 - 1100	COFFEE
1100 - 1230	Anatomy and Biomechanics
1230 - 1330	LUNCH
1330 - 1500	Scapulas and Necks
1500 - 1530	COFFEE
1530 - 1700	Stiff Shoulders

DAY 2

0900 - 1030	Weak Shoulders
1030 - 1100	COFFEE
1100 - 1230	Rehab Practical 1
1230 - 1330	LUNCH
1330 - 1430	Loose Shoulders
1430 - 1545	Rehab Practical 2
1545 - 1600	Summary and Close