Objectives

1. Explain the etiology of common shoulder complex pathologies and identify possible anatomic and functional movement etiologic factors
2. Identify which special tests should be used to identify specific shoulder complex pathologies and be able to apply these tests proficiently
3. Determine which patients are appropriate candidates for conservative intervention or should be referred for assessment as surgical candidates
4. Utilize effective glenohumeral and scapulo-thoracic mobilization techniques specific to shoulder complex pathologies
5. Devise appropriate treatment plans and enable effective patient intervention based on clinical findings

Adhesive Capsulitis
- Stages based on symptoms
- Etiologic factors
- Effects of conservative versus invasive intervention
- Conservative management based on stage of disorder
- Anterior, Posterior, Inferior Glenohumeral Mobilizations and Scapulo-thoracic Mobilizations

Surgical Procedures: Cervical Rib Excision, Scalenectomy
- Shoulders and etiologic contributors
- Review of Special Tests and Mobilizations - Lab

You Will Learn…
- Rotator Cuff Tear Restoration & Management
- Shoulder Impingement Syndrome
- Anterior Glenohumeral Instability
- SLAP Lesions
- Adhesive Capsulitis
- Thoracic Outlet Compression Syndrome
- Shoulder Arthroplasties

Surgical Restoration of Normal and Altered Anatomy
- Cluster tests, modified empty can test
- Anterior Drawer, Push-Pull
- Anatomic repairs vs. “the best you can do”
- Biceps Load II, Anterior Slide Test
- Etiologic factors in each anatomic location of potential compromise

Surgical Procedures for Stages based on symptoms
- Anterior, Posterior, Inferior Glenohumeral
- Mobilizations and Scapulo-thoracic
- Mobilizations

Conservative management based on stage
- Primary impingement
- Primary impingement
- Assessment Tests: Adson’s, Military Bracing, Hyperabduction
- Surgical Procedures: Cervical Rib Excision, Scalenectomy
- Mobilizations - Lab

Conservative management based on stage
- Shoulder Arthroplasties
- Indications for
- Hemiarthroplasty
- Total shoulder arthroplasty
- Reverse total shoulder arthroplasty
- Outcomes
- Rehabilitation strategies
- Review of Special Tests and Mobilizations - Lab

Program ends 11:00 AM
Program begins 7:30 AM
Registration/Morning Coffee & Tea
Lunch (on your own)
Program ends 4:00 PM
For EDISON: Registration/Morning Coffee & Tea
Lunch (on your own)
Program ends 4:00 PM
Gross has been a physical therapist for 34 years and continues to see patients in the Division of Physical Therapy and Program in Human Movement Science at the University of North Carolina at Chapel Hill. He has taught orthopedic course content in the DPT Physical Therapy Program and biomechanics in the PhD Program in Human Movement Science for the last 27 years. He has also taught in the athletic training and occupational therapy curricula and currently does didactic and clinical teaching in the Division of Physical Therapy’s Orthopedic Residency Program. He has conducted an active research program with students and has over 60 refereed journal publications. He has lectured nationally and internationally on musculoskeletal tissue biomechanics, shoulder rehabilitation, lower quarter and ankle rehabilitation, and fabrication of foot orthoses. Dr. Gross has been a physical therapist for 34 years and continues to see patients in the Division of Physical Therapy faculty practice. Dr. Gross received his BA degree from Miami University (Ohio) and a BS in Physical Therapy from the University of Florida. He practiced for several years prior to receiving an advanced MS degree in Physical Therapy/Sports Medicine and a PhD in Education from the University of North Carolina at Chapel Hill. He has received an outstanding teaching award from the University of North Carolina School of Medicine, and he has been honored by the American Physical Therapy Association with the Margaret L. Moore Outstanding New Faculty Member and Catherine Worthingham Fellow awards. 

Have a seminar idea? A manuscript to publish? The author’s top speakers and authors contact PESI Rehab first. If you are interested in becoming a speaker, or have a new topic idea, please contact Misty Cuntz at msuntz@pesi.com or call (715) 853-6146.

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