

## A Systematic Approach to Examination, Diagnosis and Manual Therapy of the SHOULDER

*Diagnose Precisely. Treat Effectively.*



### COURSE OUTLINE

#### DAY 1

8:00-8:15 am	Introductions: Instructors and Course Participants	
8:15-9:45 am	Anatomy and Pathoanatomy of the Shoulder	Lecture
9:45-10:15 am	Surface Anatomy: Bony Surface Anatomy of the Shoulder Complex	Lab
10:15-10:30 am	<b>BREAK</b>	
10:30-11:00 am	Complete Surface Anatomy	Lab
11:00-11:45 am	History (Who, What, Where, When, To What Extent?)	Lecture
11:45-12:30 pm	Clinical Examination of the Shoulder	Lab
12:30-1:30 pm	<b>LUNCH</b>	
1:30-2:00 pm	Complete Clinical Examination	Lab
2:00-2:30 pm	Adhesive Capsulitis	Lecture
2:30-3:15 pm	Treatment of Capsular Pattern of the Glenohumeral Joint (GHJ): Addressing Limitations Below 90°	Lab
3:15- 3:30 pm	<b>BREAK</b>	
3:30- 4:00 pm	Complete Joint-Specific Treatment Below 90°	Lab
4:00- 5:00 pm	Treatment of GHJ: End-Range Techniques	Lab
5:00- 5:15 pm	<b>BREAK</b>	
5:15- 6:00 pm	Shoulder Impingement	Lecture
6:00- 6:30 pm	Clinical Examination: Extra Tests for Impingement	Lab

#### DAY 2

8:00- 8:30 am	Interpretation of Examination Findings	Lecture
8:30-10:15 am	Bursal Massage, Joint-Specific Treatment for Non-Capsular Pattern of The GHJ: Posterior Capsule Tightness	Lab
10:15-10:30 pm	<b>BREAK</b>	
10:30-11:30 pm	Sternoclavicular Joint (SCJ) & Acromioclavicular Joint (ACJ): Joint Specific Testing and Treatment and Scapular Taping	Lab
11:30- 12:30 pm	Soft Tissue Techniques: Transverse Friction Massage, Eccentric Loading	Lab
12:30- 1:00 pm	<b>LUNCH</b>	
1:00- 2:15 pm	Instability with Additional Clinical Tests	Lecture/Lab
2:15- 2:30 pm	Exercise Considerations	Lecture
2:30- 2:45 pm	Case Studies: Tying Together All the Concepts Presented	Lecture
2:45-3:00 pm	<b>Questions &amp; Closing Remarks</b>	