

# LynWatson

shoulder physiotherapy specialist

## Level 1 Shoulder Course Outline

### 2 Day Schedule

#### **The Shoulder: Current Concepts, Anatomy & Biomechanics**

A clinically oriented review of our research findings and how they've shaped and changed our assessment, rehabilitation and management. This will be referenced back to the anatomy and biomechanics of the shoulder complex with specific reference to patients presenting to your clinics.

#### **Objective Assessment of the Shoulder**

A clinically oriented session explaining the system we use to examine a shoulder girdle. This system will help the clinician accurately diagnose shoulder pathology and determine whether Physiotherapy is indicated and then the type of Physiotherapy that will best suit a particular patient.

#### **Subjective Assessment of the Shoulder**

#### **Glenohumeral Instability**

A detailed look at mechanisms of injury, patient presentation, assessment and management strategies, including surgical and conservative treatment regimes. Includes conservative management of multidirectional instability and the hypermobile patient as developed by Lyn Watson

#### **Assessment of Glenohumeral Instability**

Practical session aimed at demonstrating instability assessment techniques

#### **Principles of Shoulder Rehabilitation**

A thorough discussion on Lyn's structured and progressive approach to rehabilitation tailored to the patients pathology and functional requirements with a demonstration of these exercises.

#### **Rotator Cuff & Stiff Shoulders**

A clinical overview of presentation of rotator cuff tears, impingement & stiffness of the shoulder with differential diagnosis and treatment strategies. Also a discussion of typical post-op rehabilitation programs

#### **Treatment & Mobilisation Techniques of the Stiff Shoulder**

Practical session demonstrating and discussing surgery and post operative rehabilitation protocols as well as conservative management and mobilisation techniques developed by Lyn Watson.

#### **Demonstration of Shoulder Taping**