

Lyn Watson

shoulder physiotherapy specialist

Level 2 Shoulder Course Description

Lyn Watson's Level 2 Shoulder Courses is a high level shoulder orthopaedic course that specifically covers the following pathologies.

Observe Lyn assess real everyday patients

It also includes Lyn assessment and development of a management, treatment and rehabilitation program for 3-4 shoulder orthopaedic patients, live, in front of the course. This enables course participants to observe her approach to clinical assessment, clinical reasoning and the development of a management pathway. There is then an open discussion regarding her assessment, clinical reasoning and rationale for each patient after the assessment.

Specific Topics Covered

Degenerative Rotator Cuff Pathology

- Definition of sub-groups of Impingement
- Degenerative vs Traumatic Rotator Cuff Pathology
- Clinical Management Pathways for "sub-acromial" impingement
- Surgical vs Conservative & Post Op Rotator Cuff Rehabilitation
- Rehabilitation Choices & Progression for SA Impingement Patients
 - Practical session Theraband drills
- Anterior Superior Rotator Cuff Pain – The Other Impingers
 - Differential diagnosis & management strategies
 - Subscapularis Tendon Pathology
 - Role of injection therapy, Practical session massage / mobilization skills
 - Rehabilitation strategies & time lines

Recent Articles published by Lyn Watsons, Melbourne Shoulder Group

Journal of Hand Therapy 30 (2017) 125–135

Contents lists available at ScienceDirect

Journal of Hand Therapy

journal homepage: www.jhandtherapy.org

JHT READ FOR CREDIT ARTICLE #485.
Scientific/Clinical Article

Rehabilitation of symptomatic atraumatic degenerative rotator cuff tears: A clinical commentary on assessment and management

Sarah Bleichert PT, MCISC^a, Genevieve Renaud PT, MCISC^a, Joy MacDermid PT, PhD^a, Lyn Watson PT^b, Ken Faber MD, MHPE, FRCSC^a, Ross Lissen PT^b, Marie Saulnier PT, MCISC^a, Paul Phillips PT, MCISC^a, Tyler Evans PT, MCISC^a, Jackie Sadi PT, MSc^{a,*}

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Specific Topics Covered (cont'd)

The Hypermobile Shoulder with Rotator Cuff Overload

- The incidence and relevance to your clinical practice
- Typical presentations at different ages
- How to juggle and balance rehabilitation of the rotator cuff on a hypermobile GH Joint
- When a surgical consultation is needed and the surgery that can help
- Rehabilitation post surgery

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Thoracic Outlet Syndrome

- Classification & Diagnosis of TOS
- Differential Diagnosis (Cx, Tx, Scapula)
- Provocation Testing
- Treatment Strategies & Practical Rehabilitation Session & Taping
- Integrating the Neck into Shoulder Girdle Rehabilitation

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Posterior Instability

- Clinical Presentation,
- Assessment to differentiate Post. Instability from GIRD
- Rehabilitation Program
- Critique of Published Research

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Specific Topics Covered (cont'd)

SLAP Lesions

- Research Published vs Clinical Presentation Reality
- Sub-Grouping the presentation and assessment tools
- Assessment, Conservative & Surgical Treatment options

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Scapula Mechanics, Assessment and Rehabilitation Strategies (covered through-out the course for each pathology)

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ORIGINAL ARTICLE

Measurement of scapula upward rotation: a reliable clinical procedure

L Watson, S M Balster, C Finch, R Dalziel

Modifying a shrug exercise can facilitate the upward rotator muscles of the scapula



Tania Pizzari^{a,b,*}, James Wickham^c, Simon Balster^d, Charlotte Ganderton^b, Lyn Watson^{b,d}

Br J Sports Med 2005;39:599–603. doi: 10.1136/bjpm.2004.013243

For each of these topics Lyn incorporates the relevant research and her clinical experience to cover;

- Typical subjective and physical presentation
- The spectrum of Pathomechanics that exist for these pathologies
- Assessment, differentiation and clinical reasoning to sub group the pathologies
- Development of a treatment or management strategy
- Treatment:
 - Conservative rehabilitation; when, for how long, what's a realistic recovery
 - Pre-op rehabilitation, intervention, surgery and
 - Post-op Rehabilitation
- A Systematic approach to Rehabilitation through progression of:
 - Scapula contribution from assessment, correction, rehabilitation and integration into GHJ rehabilitation
 - GHJ movement control, endurance and strengthening
 - Sports specific rehabilitation.

This is a high level shoulder orthopaedic courses that will equip you with the clinical reasoning skills to develop an assessment and treatment strategy for any shoulder patient that presents to your clinic.

Prerequisite: completion of Lyn's Level 1 Shoulder Course