

Level 2 Shoulder Course Outline

DAY 1

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

Published Articles-



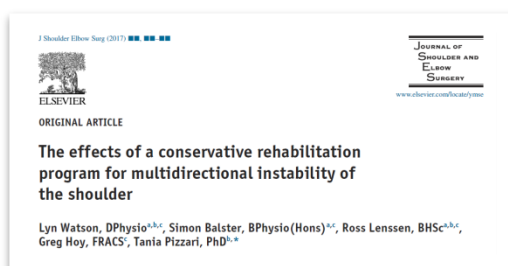
Lunch

Patient 1 (Observe Lyn assess & develop a management plan)

Patient 2 (Observe Lyn assess & develop a management plan)

• The Hypermobile Shoulder with Rotator Cuff Overload

Published Articles-

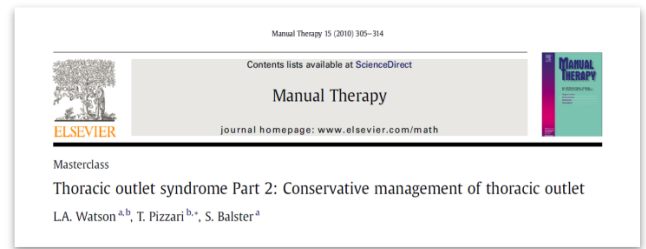


DAY 2

Thoracic Outlet Syndrome

- **Classification & Diagnosis of TOS**
- **Differential Diagnosis (Cx, Tx, Scapula)**
- **Provocation Testing**
- **Treatment Strategies & Practical Rehabilitation Session & Taping**

Published Articles-



Patient 3 (Observe Lyn assess & develop a management plan)

Patient 4 (Observe Lyn assess & develop a management plan)

Lunch

Posterior Instability

- **Clinical Presentation, Diagnostic Tests & Rehabilitation Strategies & Surgery**
- **Research Published on MDI**

Published Articles-



SLAP lesions

- **Sub-Grouping the Presentation and Assessment tools**
- **Assessment, Diagnosis, Conservative & Surgical Treatment Options**
- **Research Published and Clinical Reality**

Published Articles-

