

Lyn Watson

shoulder physiotherapy specialist

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-



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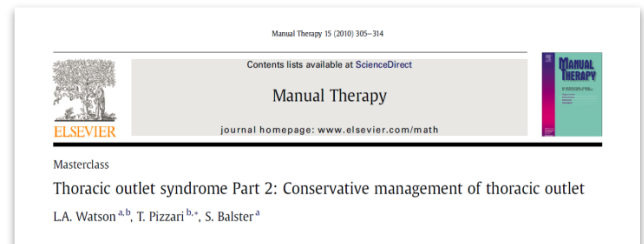
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DAY 2

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-

