

Lyn Watson's Sporting Shoulder Workshop

Presented by
**Dr Lyn Watson (Prof.Doc. Physio),
Simon Balster & Ross Lenssen**

Topics Covered:

The Hypermobile Athlete

- Incidence, epidemiology & impact of GHJ hypermobility on the traumatic & micro-traumatic sporting population
- How to assess for hypermobility & how does this impact on the rehabilitation & management of the sporting shoulder?

Rotator Cuff Overload in the Hypermobile Athlete

- How dynamic instability leads to rotator cuff overload & how to differentiate this diagnosis from impingement
- How this commonly presents in overhead athletes – Swimmers, Throwers, Rock climbers & Gym enthusiasts!!!

Practical Session -

- Dynamic stability of the shoulder assessment techniques
- A structured progression of rehabilitation for the athletic shoulder
- Demonstration of the Watson Rehabilitation Programme
 - This rehabilitation programme has been shown in a randomized controlled trial to create significant functional improvement in patients with shoulder instability

The American Journal of Sports Medicine

Comparison of 2 Exercise Rehabilitation Programs for Multidirectional Instability of the Glenohumeral Joint: A Randomized Controlled Trial

Sarah A. Warby, PhD, B Physio (Hons)*, Jon J. Ford, PhD, M Physio, B AppSci (Physio), Andrew J. Hahne, PhD, B Physio (Hons), Lyn Watson, DProf., B AppSci (Physio), GradDip, Simon Balster, BPhy (Hons), BSc(Hons), Ross Lenssen, BHSc, Tania Pizzari, PhD, B Physio (Hons)

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	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 Lenssen 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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Traumatic Instability

- Anterior Traumatic Instability – Management strategies including conservative & operative management
- Dilemma's & problems commonly encountered -
 - Instability in the older age group dislocation
 - What to do with stiffness?
 - When is it safe to return to throwing?
- Shoulder pathologies encountered and sometimes missed in the sporting shoulder (in particular **Posterior Instability & SLAP lesions**) assessment & management pathways

Posterior Capsule Tightness

- How often does the posterior capsule really get stiff?


Practical Session

- Assessment for posterior capsule tightness & how to pick the false positive
- Posterior Instability Assessment
- SLAP Assessment
- Posterior Instability Rehabilitation

Journal of Hand Therapy

Official Journal of the American Society of Hand Therapists

A comprehensive rehabilitation program for posterior instability of the shoulder

Lyn Watson, B AppSci (Physio), GradDip of Manipulative Physio, DProf, Simon Balster, B Sci, B Physio (Hons), Sarah Ann Warby, PhD, B Physio (Hons), Jackie Sadi, MSc, Greg Hoy, MBBS, FRACS, Tania Pizzari, PhD, B Physio (Hons) 

Advanced Assessment & Rehabilitation of The Shoulder

- Strength Testing in the Clinic: Equipment, Screening/Baseline Assessment, Return to Sport Assessment, Adjustment of Strength & Conditioning aims, Load Management
- Total Body Integration for whole body sporting performance
- Advanced Rehabilitation – End Stage Rehabilitation & Proprioceptive Re-Training
- Functional Sporting Rehabilitation that can be tailored for all sports

Traumatic Rotator Cuff Tears

- Assessment & Management Strategies
- Best Evidence Practice for Post-Operative Rehabilitation Programmes

Practical Session

- Post Op Rehabilitation Programme for Rotator Cuff Repairs
- Taping Techniques for the Shoulder

