

# The Shoulder: *Theory & Practice* Course Program 26<sup>th</sup> Edition

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Please note: The order of the program, content, and timetable structure may vary

Proceeds from this course support an international research program

The content that will be covered during the course from 14:00 to 19:00 will include:

## Introduction

Global Burden of Musculoskeletal Disability  
Reframing Musculoskeletal Practice  
Risk Factors for Developing Shoulder Pain  
Modifiable and Not Modifiable Factors  
Why Doesn't Everybody Respond the Same Way?  
Biopsychosocial Factors  
Lifestyle Factors  
Social Determinants of Health  
Health Literacy - 2 Red Bulls or 1 Coca Cola?  
The Power of Language - Words Can Heal and Harm  
Patient Education at the Forefront of Management  
Providing Education in the Patients Preferred Learning Style  
Making Patient Education Interactive  
Healthcare Sustainability - Best Practice

## Function, Biomechanics, The Kinetic Chain

Importance of incorporating regional and whole-body kinematics, biomechanics, and ergonomics to optimise shoulder function and clinical outcomes  
Why do humans throw?  
Practical: Lower limb and trunk assessment to maximise upper limb function

## Assessment

This clinically orientated and practical session takes a biopsychosocial approach to assessment and management supporting the clinical reasoning process and shared decision making  
Emphasis on how to construct and direct an empathetic patient interview to maximise the therapeutic relationship and maximise information collection is prioritised  
The session highlights the dilemma of diagnosis and presents alternative approaches

## Rehabilitation Without Addressing Lifestyle Factors - *Are We Kidding Ourselves?*

A deep but easily comprehensible dive into cell physiology and how lifestyle factors can positively or negatively impact on our cells and ultimately clinical outcomes  
A biochemical explanation for the reasons we should include exercise in our rehabilitation programs, and why exercise, by itself will never be enough  
How to assess lifestyle factors  
The behavioural change cycle

## Injections, Medicines, and Supplements

The good, the bad, and the useless

## Rotator Cuff Related Shoulder Pain (#RCRSP)

What's in a name?

This session involves a very detailed and in-depth review of this multi-factorial problem  
The current evidence based research across professions regarding the aetiology and pathology of this condition will be presented in detail  
This session critically compares outcomes between surgical & non-surgical intervention

## **Shape-Up-My-Shoulder (#SUMS) Rehabilitation Program**

This theoretical and practical session will present a three-stage rehabilitation program that may be considered for the majority of musculoskeletal shoulder presentations

Integrating an interactive educational program woven throughout the rehabilitation program

Identifying a 'safe' entry point into rehabilitation (also known as *Not running a marathon on Day 1*)

How to progress the program effectively

Pain education to guide the patient during the program

Hands-on or Hands-off?

Stage I: Early Stage Rehabilitation including the Shoulder Symptom Modification Procedure

Stage II: Muscle Performance

Stage III: Function

Stages and components of the program

Developing a weekly program

Transitioning to hard, high end, and 'chaotic' rehabilitation

## **Virtual Reality: Is seeing, believing, and achieving?**

The role of VR and mixed reality in shoulder rehabilitation

Evidence and application

## **Transitioning to Self-Management**

What happens after formal rehabilitation comes to an end?

Transition to 3600 MET minutes / week.

Why is this essential

How to calculate and achieve this

## **Questions and Discussion**

Wrapping it all up

## **Bonus Learning: Frozen Shoulder**

If time permits we will cover this in the course. Sometimes questions and practical take priority. If this is the case at the conclusion of the course a one hour theory bonus training session will be available for course participants. This includes in-depth theory that covers the history of the condition, and how it should be assessed and evidence for management. The use and types of injection therapy are included. Practical assessment and management techniques will be covered in the course. This bonus section is available for four (4) weeks after the end of the course.

## **Bonus Learning: Rehabilitation Program for Massive Inoperable Rotator Cuff Tears**

### **Shape-Up-My-Shoulder (#SUMS) Rehabilitation Program for Massive Inoperable Rotator Cuff Tears / Rotator Cuff Arthropathy**

If time permits we will cover this in the course. Sometimes questions and practical take priority. If this is the case at the conclusion of the course a bonus training session will be available for course participants.

What is the evidence?

How does surgical intervention, immobilisation, and rehabilitation compare to rehabilitation by itself?

Presentation of a specialised rehabilitation program based on our research.