

Day One

7:30	8:00	Registration
8:00	9:30	Introduction to the Course • The need for critical thinking and clinical reasoning in rehabilitation
9:30	10:00	The Need for Evidence-Based Practice • Searching for the best evidence
10:00	10:15	Break
10:15	11:15	Comprehensive Examination of the Shoulder
11:15	12:30	Algorithm Examination of Special Tests of the Shoulder-Differential Diagnosis (lab session) • Instability tests • Slap lesions • Bicep tests • AC joint tests
12:30	1:30	Lunch (on your own)
1:30	2:30	Therapeutic Exercise 101 • Science of designing rehabilitation programs • An exercise progression continuum for rehabilitation • Description of the optimum parameters for a rehabilitation program: sets, reps, rest intervals, super sets, frequency, intensity, dosage, etc.
2:30	4:00	Best Exercises for Shoulder Rehabilitation • The art and science for designing therapeutic exercise programs for rehabilitation of patients with shoulder dysfunctions • Review of the foundational exercises (top 10) for shoulder rehabilitation
4:00	4:15	Break
4:15	6:00	Hands on Algorithm Exam of Special Tests of the Shoulder-Differential Diagnosis (lab session) • Rotator cuff impingement syndrome tests • Rotator cuff partial/full thickness tear tests • Provocative position for anterior instability for macro and micro instability testing • Internal impingement tests • Provocative position posterior instability testing for macro instability testing • Bankart lesion tests

Day Two

8:00	9:30	Rotator Cuff Impingement Examination and Rehab • Implications to rehabilitation
9:30	10:00	Current Concepts in Surgical Rehabilitation of RTC Tears and Surgical Repairs • Current research evidence for design of rehabilitation programs
10:00	11:00	Rehab of Selective Hypomobility of the Shoulder • Description of basic science of selective hypomobilities • Discussion of the Tert concept of treating hypomobilities • Optimum interventions for producing plastic deformation of collagen tissue • Current research in manual therapy
11:00	12:00	Manual Therapy Review, Therapeutic Exercise Review (lab session) • Case study presentations for clinical reasoning for selecting manual therapy techniques • Practice selected manual therapy interventions • Review of foundational exercises (top 10) • Practice selected therapeutic exercises for the shoulder
12:00	1:00	Lunch (on your own)
1:00	2:00	Advanced Exercise Techniques for the Rehabilitation of the Shoulder • Isokinetic exercises for rehabilitation • Use of plyometric exercises • Use of CKC upper extremity exercises • Specificity functional exercises
2:00	3:00	Advanced Exercise (lab session) • Practice OKC perturbation exercises • Practice CKC perturbation exercises • Hands-on functional specificity exercises
3:00	3:30	Summary, Questions and Answers

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George J. Davies, DPT, MEd, PT, SCS, ATC, LAT, CSCS, FAPTA, PES provides evidence based therapeutic exercises guidelines for developing rehabilitation programs for patients with various shoulder pathologies. Foundational exercises are described first to work each link in the kinematic chain in an isolated manner to build the "foundation" to progress to the advanced functional specificity exercises. After a solid foundation is established by working each link in the kinematic chain (muscle groups in the shoulder complex); then examples of advanced exercises are illustrated to be incorporated with different patients at selected times in their rehabilitation programs. Regularly \$89.95, with course \$79.95, California Approval PTNAS-2020-010 for 5.0 hours, .5 CEU. PT -OT approved in AK, ID, OR, WA BOC Approval P2047 Category A, This course has not been submitted for Evidence based BOC approval. AOTA provider #4487.

A Master Clinicians Approach to Advanced Concepts in Examination and Treatment of the Shoulder Complex



Presented by

George J. Davies

DPT, MEd, PT, SCS, ATC, LAT, CSCS, FAPTA, PES

This course is applicable for PT's, PTA's, OT's and AT's.

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About The Educator

DR. GEORGE J. DAVIES is a clinician, educator, speaker, researcher, author, editor and consultant. He is an internationally known speaker who has presented hundreds of conferences throughout the world on sports medicine, sports physical therapy, athletic training, shoulder, knee, open and closed kinetic chain topics, orthopaedics, rehabilitation and Isokinetics.

George began in this great profession of sports medicine almost 50 years ago when he started as a student, assistant and head athletic trainer. He has been involved in the clinical practice of sports physical therapy/athletic training, since 1965. He still maintains an active clinical practice at Coastal Therapy in Savannah, GA and Gundersen Lutheran Sports Medicine, LaCrosse, WI. He has been actively involved in the sports coverage as an athletic trainer/sports physical therapist at a variety of sporting events: 1980 Winter Olympics, Lake Placid, NY, 1986 Pan American Games, Indianapolis, IN, 2002 Salt Lake City Winter Olympics, volunteer trainer at the USOTC , Lake Placid, NY, 2003, a member of the USA Medical Staff for the 2005 Summer World University Games in Izmir, Turkey, Paralympic Games in Beijing, China, 2008, and was invited by the IOC to present educational workshops for clinicians from around the world at the London Olympic Games, 2012.

He has a passion for teaching and has been an educator for over 40 years in colleges and universities. For the past 38 years, he has been involved in teaching in physical therapy programs. He is presently a Professor of Physical Therapy at Armstrong Atlantic State University, Savannah, GA since 2004. He was also honored as a Professor-Emeritus of Physical Therapy at the University of Wisconsin-LaCrosse following 30 years of teaching.

He has been involved in many research projects that have been presented at numerous national and international conferences and published in various journals. He has participated in hundreds of scientific conferences and workshops throughout the world in the last 35 years, published over 200 articles and research abstracts in various periodicals, written several books and has contributed chapters to over 40 books.

George was the original co-founder and co-editor of The Journal of Orthopaedic and Sports Physical Therapy for 10 years. To honor George's achievements, at the 25th anniversary year of JOSPT, they honored his achievement by creating the GEORGE J. DAVIES – JAMES A. GOULD EXCELLENCE IN CLINICAL INQUIRY AWARD. This award is given to the best paper each year. George was also one of the co-founders and original Associate Editors for Sports Health: A Multidisciplinary Approach, 2009.

Dr. Davies has also been fortunate to win several prestigious awards during his career in sports medicine.

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Why You Should Attend This Course

This two-day advanced course provides an in-depth analysis of the scientific and clinical rationale for examination and treatment of selected shoulder complex conditions. Over one-third of this course involves hands-on lab sessions utilizing case studies, clinical reasoning, differential diagnosis and problem solving skills. A special focus will be on the algorithm-based examination format for the special tests of the shoulder. Updated evidence-based information on sensitivity/specificity and likelihood ratios of the tests will be thoroughly addressed. In addition, selected mobilization techniques, rhythmic stabilization, perturbation techniques, and open and closed chain exercises will be practiced in the laboratory sessions. Discussion of evidence-based rehabilitation will include the optimum exercises for rehabilitation of the shoulder complex, shoulder taping, proprioceptive/kinesthetic training techniques and the scientific basis for plyometrics. Emphasis will be placed on evidence-based practice incorporating the examination, evaluation, diagnosis, prognosis, treatment intervention strategies and clinical outcome studies for patients with selected shoulder conditions.

Course Objectives

Upon Completion of this course participants will be able to:

- Identify an understanding of the basic concepts and principles of evidence-based practice into one's own clinical practice patterns.
- Describe and utilize the resources available to research the current best practices.
- Demonstrate an understanding of algorithm-based examination and evaluation of the shoulder complex.
- Explain the key factors affecting clinical efficiency and accuracy when using an algorithm-based examination process.
- Discriminate and evaluate the examination findings using clinical reasoning skills to develop successful therapeutic intervention programs.
- Describe the difference between adhesive capsulitis and shoulder selective hypomobility.
- Develop an integrated evidence-based (when available) and empirically-based rehabilitation program for specific dysfunctions of the shoulder.
- Describe the selected disorders of the shoulder presented in the course.
- Differentiate an understanding of the most recent advances in the examination, evaluation, diagnosis, prognosis, treatment interventions and outcomes of selected shoulder disorders using evidence-based concepts.
- Design effective outcome evaluation measures based on current evidence-based clinical and scientific information to develop effective outcome evaluation measures.
- Interpret outcomes to impact future treatment models.

Certificates for attendance are provided upon completion of the course.

This course is 15.0 contact hours/1.5 ceus./15 ccu's

This course is 18.0 contact hours/1.8 ceus for New York, Illinois or District of Columbia licensed therapists.

This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO CT, DE, DC, ID, IN, MA, MO, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #216000074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 ccu's, 15 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. **This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX** and meets continuing competence requirements for physical therapist and physical therapists assistant licensure renewal in Texas for 15 ccu's. **North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487.** AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the ceu requirements for OT's licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, WI and WY. Meets the NBCOT requirements. **BOC provider # P2047**, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. **Call 800-300-5512 for specific state approval numbers as they are continually updated.**

Advanced Concepts in Examination and Treatment of the Shoulder Complex

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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.