

## Course Details

Course Title:	<b>The Shoulder: <i>Theory and Practice</i></b> (9 <sup>th</sup> edition)
Course Tutor:	<b>Dr Jeremy Lewis PhD. MSc.</b> FCSP. MMACP. Consultant Physiotherapist, Sonographer and Visiting Professor
Duration:	2 day
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## Course Tutor

Dr Jeremy Lewis is a New Zealand born, Australian trained physiotherapist who currently works as a Consultant Physiotherapist, and as the Research and Innovation Lead, for the Musculoskeletal Service at Central London Community Healthcare NHS Trust in London, UK. He also works privately in central London. He has been awarded a Fellowship of the Chartered Society of Physiotherapy, which is the highest award the Society can bestow on one of its members. He has been acknowledged as one of the 5 most eminent clinicians in his profession (UK DoH [Department of Health] National AHP Clinical Expert Database). He assesses and treats patients with complex shoulder problems. Jeremy has also trained as a sonographer and performs ultrasound guided shoulder injections, (including intra-articular hydro-distension procedures for Stage III frozen shoulder) as part of the rehabilitation process if required and appropriate. Jeremy has conducted clinical, laboratory and cadaver research into various aspects of shoulder function and pathology. Jeremy also has a Master of Science in Manipulative Therapy, and Postgraduate Diplomas in Manipulative Physiotherapy (La Trobe University, Melbourne, Australia), Sports Physiotherapy (Curtin University, Perth, Western Australia), and in Biomechanics (Strathclyde University, Scotland). He has also completed MSc modules in injection therapy for soft tissues and joints, and has a Postgraduate Certificate in Diagnostic Imaging (Ultrasound) (University of Leeds, UK). Since 1992, Jeremy has taught over 250 shoulder workshops internationally to over 5000 health professionals in the USA, Australia, New Zealand, the Cayman Islands, Brazil, Chile, Arentina, Norway, Switzerland, the Middle East, Ireland, South Africa, India, extensively throughout Europe and throughout the UK. He has also lectured on the shoulder at many international conferences. He presented the keynote lecture at the 11<sup>th</sup> International Shoulder and Elbow Surgeons Conference in Edinburgh (2010) with a presentation entitled; *Subacromial Impingement Syndrome: a musculoskeletal condition or a medical illusion?* His main areas of research interest are rotator cuff tendinopathy and shoulder pain syndromes. He is currently supervising PhD and MSc students. Jeremy is an associate editor for the journal; *Shoulder & Elbow*.

## Course Description

This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis and rehabilitation of shoulder pathology, as well as extensive reference to research publications from a variety of disciplines. New models of shoulder assessment including the Shoulder Symptom Modification Procedure (Lewis JS (2009) *British Journal of Sports Medicine*) and a new model for staging the continuum of rotator cuff tendinopathy (Lewis JS (2010) *British Journal of Sports Medicine*) will be presented. Emphasis will be placed on clinical reasoning to support management decisions. Participants completing these courses will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated region of the body. This course remains a 'work in progress' and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions. This course will be fun, thought provoking, and provide opportunity to discuss ideas and share experiences.

## Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
3. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
4. To gain proficiency in the Shoulder Symptom Modification Procedure.
5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
6. To develop greater competency in the management of patients with a variety of shoulder pathologies including; the acute shoulder, subacromial pain syndrome, rotator cuff, the stiff and restricted shoulder, shoulder pain syndromes, and pain referred to the shoulder.
7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, especially the continuum of rotator cuff and biceps tendinopathy.
9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder.
11. To develop a greater confidence in the use of exercise therapy, hands on therapy and taping techniques for the shoulder and evaluation of the efficacy of the techniques.

# The Shoulder: *Theory and Practice* (9<sup>th</sup> edition) 2 Day Programme

## Course Programme (2014)

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

Day 2:		Day 1:	
<p><b>Discussion and Questions</b> <b>Sensory-motor control</b> Theoretical and practical session exploring the importance of incorporating sensory motor education in the management of all shoulder conditions. Includes practice of techniques.</p>	<p>0830-0845 0845-09:30</p>	<p><b>Introduction and Epidemiology</b> <b>Function</b> This session reviews aspects of clinical and functional anatomy and biomechanics of the shoulder. Use is made of an individualised functional assessment approach to tailor treatment planning for a patient's individualised needs.</p>	<p>0830-0845 0845-1000</p>
<p><b>Subacromial Pain Syndrome (SPS) and Rotator Cuff Tendinopathy</b> This practical and theoretical session involves a very detailed and in-depth review of this multi-factorial problem. The current evidence based research across a number of professions evidence regarding the aetiology and pathology of this condition will be presented in detail. <b>Coffee / Tea Break</b> <b>SPS and Rotator Cuff Tendinopathy (cont.)</b> Continuation of the earlier session. <b>Lunch</b> <b>SPS and Rotator Cuff Tendinopathy (cont.)</b> Continuation of the earlier session. This practical and theoretical session will explore a model for the continuum of rotator cuff tendinopathy including recommendations for EBP management. This session includes a critical appraisal of injection therapy in the management of subacromial pain syndrome and critically compares outcomes between surgical and non-surgical intervention. Multimodal management of the continuum of rotator cuff tendinopathy. Recommendations for staged progression of sub optimally loaded, normal, reactive, disrepair and degenerated RC tendon. <b>Coffee / Tea Break</b> <b>Treatment and Rehabilitation Practical</b> <b>Introduction to the Contracted Frozen Shoulder</b> <b>Discussion and Summary</b></p>	<p>0930-10:00  10:00-10:15 10:15-12:00  12:00-1245 1245-1430  1430-1445 1445-1600 1600-1615 1615-1630</p>	<p><b>Coffee/ Tea Break</b> <b>Assessment and Management</b> This clinically orientated session highlights the components of the subjective and physical examination of the shoulder that will assist the clinician in the clinical reasoning process. It will include the Shoulder Symptom Modification Procedure (SSMP) involving a structured algorithm to help the clinician determine what procedures should be used in patient management. The SSMP involves techniques to determine; the influence of scapular position on symptoms, scapular repositioning procedures, functional glenohumeral repositioning tests, techniques to determine the influence of the posture on the shoulder symptoms and an assessment of the cervical and thoracic region on shoulder symptoms. <b>Lunch</b> <b>Assessment and Management (cont.)</b> Continuation of the earlier session. This theoretical and practical session critically appraises the evidence to support the use of imaging in helping to establish a diagnosis and critically reviews special orthopaedic tests used in the assessment of the shoulder. <b>Coffee / Tea Break</b> <b>Assessment and Management (cont.)</b> Continuation of the earlier session. This final theoretical and practical session introduces neuromodulation techniques to reduce shoulder pain.</p>	<p>1000-1015 10:15-12:00  12:00-12:45 12:45-14:30  1430-1445 1445-1630</p>