Course Description

This course will focus on the examination, diagnosis, non-operative rehabilitation, surgical management, and post-operative management for the disabled throwing shoulder, the unstable shoulder, and massive rotator cuff tears. Didactic lecture will be delivered by 3 physical therapists and athletic trainers who are members of the American Society of Shoulder and Elbow Therapists, and 3 surgeons who are members of the American Shoulder and Elbow Surgery society. Lectures will include current research pertinent to each topic, case presentations and question answer time periods. One hour of the course will be dedicated to a hands on lab to observe and practice throwing assessment, late rehabilitation to performance training for the throwing athlete, and soft tissue manual therapy strategies for the stiff shoulder.

Learning Objectives

- For the disabled throwing shoulder, unstable shoulder, and massive rotator cuff tear:
  - Understand normal and pathologic anatomy
  - Implement non-operative and post-operative rehabilitation strategies
  - Understand the surgical Interventions, associated healing timeframes, and rehabilitation implications post-operatively
- Perform a throwing assessment and identify normal and abnormal mechanics for overhead athletes.
- Design advanced rehabilitation to performance programs for overhead athletes.
- Perform soft-tissue release, glenohumeral and scapulothoracic joint mobilization techniques for the stiff shoulder.
Agenda

Saturday, May 6, 2017
7:30-8:00am Registration
8:00-9:00am Welcome; ASSET Mission; Speaker Introductions
Shoulder Clinical Anatomy – June Kennedy, MS, PT
9:00-10:15am Pathomechanics of the Disabled Throwing Shoulder - Stephen Thomas, PhD, ATC
10:15-10:30am Break
10:30-11:30am Surgical Interventions for the Disabled Throwing Athlete – Sameer Nagda, MD
11:30am-12:30pm Post-operative Rehabilitation After SLAP Repair +/- Biceps Tenodesis, and other important considerations for return to throwing after surgery – Alan Tyson, PT, SCS, ATC, CSCS
12:30-1:30pm Lunch (provided) George Davies
Keynote Speech: 50+ years in Sports Medicine – Life Lessons Along the Way
1:30-2:30pm Current Trends in Examination and Non-Operative Management of Shoulder Instability - Alan Tyson, PT, SCS, ATC, CSCS
2:30-3:30pm Surgical Management of the Unstable Shoulder – Dean Taylor, MD; Remplissage for Engaging Hill Sachs lesions - Grant Garrigues, MD
3:30-3:45pm Break
3:45-4:30pm Current Trends and Concepts of Rehabilitation after Various Shoulder Instability Procedures – Early to Return to Work/Athletics – Alan Tyson, PT, SCS, ATC, CSCS
4:30-5:30pm Therapy Rotations at Duke Sports Medicine Physical Therapy Gym (20 minutes per station): Throwing Assessment/Ex progression/Soft tissue mobilization techniques

Agenda (continued)

Sunday, May 7, 2017
8:00-8:45am Non-operative Management of the Massive Irreparable Rotator Cuff – June Kennedy, MS, PT
8:45-10:00am Surgical Options for the Massive Rotator Cuff Tear: Repair, Superior Capsular Reconstruction, or Reverse Total Shoulder Replacement – Grant Garrigues, MD
10:00-10:10am Break
10:10-11:30am Post-operative Rehabilitation after Massive Cuff Repair, Superior Capsule Reconstruction, and Reverse Shoulder Arthroplasty – June Kennedy, MS, PT
11:30-12:00pm Question/answer panel - All

FACULTY
Grant Garrigues, MD - Duke Sports Science Institute
June Kennedy, MS, PT - Duke Sports Medicine PT
Sameer Nagda, MD - Anderson Clinic, Washington, DC
Dean Taylor, MD - Duke Sports Science Institute
Stephen Thomas, PhD, ATC - Temple University and Penn Throwing Clinic, Philadelphia, PA
Alan Tyson, PT, ATC - Architech Sports, Charlotte, NC

Please visit our Web site for speaker biosketches: www.asset-usa.org/CEU_Conference_Duke2017.html

Questions? Contact: 847-698-1636 or asset@aaos.org