

## Day One

- 7:30 8:00 Registration
- 8:00 9:15 Introduction to the course
- The need for critical thinking in rehabilitation
  - The need for evidence-based practice
- 9:15 10:00 Examination of the shoulder
- 10:00 10:15 Break
- 10:15 12:15 Examination and evaluation, continued (lab session)
- Emphasis on algorithm-based examination for the special tests of the shoulder
- 12:15 1:15 Lunch (on your own)
- 1:15 2:15 Adhesive capsulitis versus shoulder selective hypomobilities
- Treatment interventions
- 2:15 2:45 Shoulder Instabilities: 180 degree paradigm shift in treatment interventions
- 2:45 3:10 Shoulder surgical stabilization procedures and rehabilitation
- Bankart reconstruction
- 3:10 3:30 SLAP lesions
- Surgery
  - Rehab
- 3:30 3:45 Break
- 3:45 5:45 Laboratory session
- Continuation of algorithm-based examination of special tests of the shoulder
  - Selected treatment interventions
- 5:45 6:00 Questions and Answers

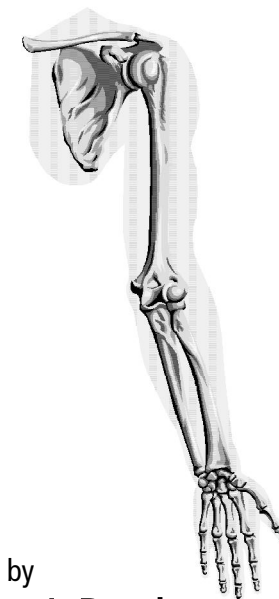
## Day Two

- 8:00 9:00 Classifications of rotator cuff impingement syndromes
- Implications to rehabilitation
- 9:00 9:30 Rotator cuff surgical repairs and rehabilitation
- 9:30 10:00 Evidence-based rehabilitation in the design of therapeutic exercise programs for the shoulder complex
- 10:00 11:00 Continuation of evidence-based rehabilitation in the design of therapeutic exercise programs for the shoulder complex
- 11:00 12:15 Laboratory session
- Review of algorithm-based examination of special tests of the shoulder
  - Selected treatment interventions
  - Manual therapy
  - Neuromuscular dynamic stability
  - Perturbation training
  - OKC training
  - CKC rhythmic stabilization
- 12:15 1:15 Lunch (on your own)
- 1:15 2:00 Empirically-based, advanced innovative rehabilitation programs for the shoulder complex
- 2:00 3:00 Laboratory session (continued)
- Review of algorithm-based examination of special tests of the shoulder
  - Selected treatment interventions
  - Manual therapy
  - Neuromuscular dynamic stability
  - Perturbation training
  - OKC training
  - CKC rhythmic stabilization
- 3:00 3:30 Summary, Questions and Answers

## 2010 Course Dates & Locations

see [www.healthclick.com](http://www.healthclick.com)  
for latest course dates

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



### Recommended Course Related Resource

**The Interactive Shoulder Algorithm™** new version 1.5 home study and reference tool provides clinicians with a step-by-step process to effectively evaluate the shoulder complex for orthopedic dysfunction. Therapists will significantly increase the efficiency of their examinations by mastering the information in this teaching tool. Effective rehabilitation programs can be developed by the clinician through greater understanding of the testing sequence and the anatomical implications of the tests. The experienced clinician can utilize this software to obtain a master level understanding of shoulder testing procedure.

Each test segment detailed in the software covers critical pathways, position of the patient, position of the clinician, position of the clinician's hand, direction of movement of body part, tissues implicated, indications of a positive test and amount of force to be applied.

Twenty-nine tests for shoulder evaluation are clearly defined through digital video, 3D animation and biomechanical motion. George Davies, DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA provides narration and technique demonstration in each video. Basic anatomy of the shoulder is also explored. The software is **\$108.00** if purchased with registration (regularly \$129.95). For an additional \$75, 1.05 CEU's, 10.5 hrs CEUs can be obtained from the submission of the enclosed post test. Multiple therapists may obtain CEU's from one software purchase. This software is guaranteed to meet your satisfaction. Requires Windows 2000 or Windows XP, CDROM drive, 128 MB RAM, 15MB hard drive space. The software runs off the CD and can be easily moved to different computers. Call for multiple CEU test pricing. See [www.healthclick.com](http://www.healthclick.com) for additional details.

Presented by

**George J. Davies**

DPT, MED, PT, SCS, ATC, LAT, CSCS, FAPTA

**North American Seminars, Inc.**

**1-800-300-5512**

**Fax 1-800-310-5920**

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Call 1-800-300-5512 for location information and additional course dates or visit [www.healthclick.com/courses/nas10.cfm](http://www.healthclick.com/courses/nas10.cfm)

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The Interactive Shoulder Algorithm home study has been approved by the **Pennsylvania State Board of Physical Therapy for .5 General Hours and 10 hrs Direct Access!** Approval # PTC000526

## About The Educator

**DR. GEORGE J. DAVIES** is an internationally known speaker who has presented hundreds of conferences throughout the world on sports physical therapy, athletic training, shoulder, knee, open and closed kinetic chain topics, orthopaedics, rehabilitation and Isokinetics. George has been a clinician, educator, speaker, researcher, author, editor and consultant for over 34 years. He has been involved in the clinical practice of sports physical therapy/athletic training since he was a student athletic trainer over 43 years ago.

Dr. Davies has been involved in many research projects that have been presented at numerous national conferences and published in various journals. He has participated in hundreds of scientific conferences and workshops throughout the world in the last 30 years. He has published over 150 articles and research abstracts in various periodicals, has written several books, and has contributed chapters to over 30 books.

George was the original co-founder and co-editor of The Journal of Orthopaedic and Sports Physical Therapy. To honor George's achievements, at the 25<sup>th</sup> anniversary of JOSPT, the JOSPT Sports Physical Therapy and Orthopaedic Section's honored George by creating the GEORGE J. DAVIES - JAMES A. GOULD EXCELLENCE IN CLINICAL INQUIRY AWARD, awarded annually to the best clinical article published in JOSPT.

He served as the President of the Sports Physical Therapy Section - APTA from 1992-1998. He was the 1999 recipient of the Peyton Award to acknowledge and honor an outstanding member of the SPTS. It is the highest award offered by the Sports Physical Therapy Section for contributions to the sports physical therapy profession.

George was the 1994 recipient of the American Physical Therapy Association's prestigious Baethke-Carlin Award for Excellence in Academic Teaching. He was the 2000 recipient of the Coulee Region Officials Association Distinguished Service Award for 25 years of volunteer service to the LaCrosse community in the area of athletics and sports medicine. George also won First Great Lakes Athletic Trainers Association Outstanding Educator Award in 2002. He was the recipient of the coveted NATA President's Challenge Award, June 2007. This award is presented to one person every year for outstanding contributions that have a national impact or are of major and lasting importance.

George was selected as a Fellow-American Physical Therapy Association (FAPTA), 2005 and also received the Hall of Fame Award - Sports Physical Therapy Section - APTA, 2006.

Dr. Davies is presently a Professor of Physical Therapy at Armstrong Atlantic State University, Graduate Program in Physical Therapy, Savannah, Georgia.

## 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 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

- Integrate an understanding of the basic concepts and principles of evidence-based practice into one's own clinical practice patterns.
- Understand and utilize the resources available to research the current best practices.
- Demonstrate an understanding of algorithm-based examination and evaluation of the shoulder complex.
- Identify the key factors affecting clinical efficiency and accuracy when using an algorithm-based examination process.
- Interpret 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.
- Classify the selected disorders of the shoulder discussed in the course.
- Compare and contrast 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.
- Utilize current evidence-based clinical and scientific information to develop effective outcome evaluation measures.
- Integrate interpretation of 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.

This course is 18.0 contact hours/1.8 ceus for Florida, District of Columbia and North Carolina licensed therapists.

This course can be used for continuing competency for license renewal for OTs and PTs in the State of California. This course has been approved by the Nevada State Board of Physical Therapy Examiners for 1.5 units of continuing education. This course meets the continuing education requirements for physical therapists in the states of Washington, Oregon, Montana, Alaska Idaho, Utah, Rhode Island, Colorado, Massachusetts, Connecticut, New Hampshire, North Carolina, Virginia, Missouri and Vermont. NAS is an approved provider of the IDPR to provide ceus for physical therapists in Illinois. Illinois PT Provider #216000074. FL OT Provider #50-1442. This course has been approved by the Pennsylvania Physical Therapy Licensing Board and has been approved for 10 hours toward Direct Access. This course has been approved by the Maryland Board of Physical Therapy Examiners. This course will be submitted to the FFTA for ceu approval for physical therapists licensed in Florida. BOC Provider #P2047. The Virginia, Illinois, Kentucky, Missouri, Texas, Oregon, Tennessee, Maryland, New Hampshire, Nevada, South Carolina, North Carolina, Vermont, District of Columbia, Delaware, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA does not endorse specific course content, products, or clinical procedures. AOTA Provider #4487.

Davies 10

## Registration Form



Advanced Concepts in Examination and Treatment of the Shoulder Complex

**Tuition: \$525 - \$633 with shoulder software**

Send tuition to: North American Seminars, Inc.  
2000 Mallory Lane Suite 130-67 Franklin, TN 37067  
**1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com**

Name \_\_\_\_\_ Profession \_\_\_\_\_  
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 Phone \_\_\_\_\_ Fax \_\_\_\_\_  
 CreditCard \_\_\_\_\_  
 expiration date \_\_\_\_\_ e-mail \_\_\_\_\_  
 Location of attendance \_\_\_\_\_

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.