

Course Information

Date: March 3-4, 2012

Location: Pittsburgh, PA
(exact location TBA)

Time: Saturday March 3 8:00-6:00
Sunday March 4 8:00-3:30
(Registration begins at 7:30)

Direct Access CEUs: 3.5
General CEUs: 11
Total CEUs: 14.5

Cost:
\$ 400

All proceeds from this course will be donated to the Foundation for Physical Therapy as part of the Pittsburgh-Marquette Challenge.



Registration

Mail completed form and check to:
Pitt-Marquette Challenge
6035 Forbes Tower
Pittsburgh, PA 15260

Make check payable to:
The Pitt-Marquette Challenge

Name:

Address:

Phone number:

Email:

(required to receive course handouts)

Additional course information available at
Pittmarquettechallenge.com

Email pittmarquettechallenge@gmail.com with questions.

Pittsburgh - Marquette

CHALLENGE
2011-2012

**Advances in Examination,
Evaluation, and Treatment
of Patients with Selected
Shoulder Conditions:
Emphasis on Evidence-
Based Practice**

George J. Davies

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

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George J. Davies

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George J. Davies is presently a Professor of Physical Therapy at Armstrong Atlantic State University, Graduate Program in Physical Therapy, Savannah, GA. He has almost 40 years of teaching in higher education, with 36 of those years in physical therapy. He also continues a clinical practice at Coastal Therapy in Savannah, GA. and Gundersen Lutheran Sports Medicine and serves as a mentor in the Sports Physical Residency Program, LaCrosse, WI. 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 36 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 for 10 years. To honor George's achievements, at the 25th anniversary year of JOSPT, the JOSPT, Sports Physical Therapy Section and Orthopaedic Section honored George by creating the George J. Davies – James A. Gould Excellence in Clinical Inquiry Award. George was also selected as the Associate Editor for Sports Health: A Multidisciplinary Approach. 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. George was one of the first to be awarded the Lifetime Achievement Award (Hall of Fame) by the Sports Physical Therapy Section-APTA., 2007. 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 the First Great Lakes Athletic Trainers Association Outstanding Educator Award in 2002. In 2005, George was honored by the APTA and elected as a Worthingham Fellow of APTA. In 2006 NATA Presidents Challenge Award for outstanding contributions to Sports Medicine, NATA, 2007. In 2009, he also earned the Distinguished Athletic Trainer's Award from the NATA.

Course Description and Objectives

This course provides the participants with advances in examination, evaluation, diagnosis, prognosis, treatment strategies and interventions and outcomes research for patients with selected shoulder conditions. Various principles of practice of the master clinician, such as clustering of signs and symptoms and using an algorithm-based process will be discussed and practiced. The hands-on demonstrations will emphasize an algorithm-based clinical examination for efficient time management in the clinic. The scientific and clinical rationale (evidence-based practice) for rehabilitation strategies and progressions will be discussed. Participants can expect to learn innovative and creative treatment interventions with various shoulder conditions. Case studies will be presented to facilitate effective treatment planning. Suggested treatment protocols and outcome measures will be emphasized throughout the course. DVDs and CD-ROMs of examination and treatment techniques will be presented and discussed throughout the course. This is an interactive course that will provide didactic and psychomotor demonstrations to encourage active learning of the participants to integrate this information into the development of customized programs to enhance the quality care of their patients.

Upon completion of the course, participants will be able to:

- Describe the process and components of an algorithm-based examination of the shoulder
- Evaluate the clusters of signs and symptoms that facilitates selecting appropriate components of the algorithm-based examination of the shoulder
- Recognize the diagnosis and identify the prognosis for the patient
- Develop and demonstrate specific rehabilitation strategies using evidence-based practice for selected shoulder conditions
- Discuss the rationale for the progression of rehabilitation techniques
- Create innovative treatments using plyometrics, perturbation techniques, neuromuscular dynamic reactive training techniques, specificity rehabilitation techniques, etc.

Compare and contrast treatment techniques and outcomes for selected shoulder conditions

Course Outline and Schedule

Day 1

- 7:30-8:00 Registration
- 8:00-9:30 Introduction to the course and the need for critical thinking in rehabilitation
- 9:30-10:00 Searching for the evidence
- 10:00-10:15 Break
- 11:15-12:30 Hands-on lab: emphasis on algorithm-based examination of special tests of the shoulder
- 12:30-1:30 Lunch
- 1:30-2:30 Therapeutic exercises 101 for shoulder rehabilitation
- 2:30-3:45 Evidence-based therapeutic exercises for shoulder rehabilitation: what are the best exercises?
- 3:45-4:00 Break
- 4:00-4:45 Hands-on lab continued
- 5:45-6:00 Summary, discussion, questions

Day 2

- 8:00-9:30 Examination and rehabilitation of rotator cuff impingement syndromes: primary, secondary, and internal
- 9:30-10:00 RTC tears, surgical repairs, and rehabilitation
- 10:00-10:15 Break
- 10:15-11:15 Examination and treatment of patients with selective hypomobilities and adhesive capsulitis
- 11:15-12:15 Hands-on lab: case studies and clinical problem solving for manual therapy and therapeutic exercises
- 12:15-1:15 Lunch
- 1:15-2:30 Current concepts in rehabilitation techniques including: neuromuscular dynamic stabilization, total arm strength, concentric and eccentric isokinetic training, closed kinetic chain rehabilitation techniques, and plyometrics
- 2:30-3:15 Hands-on lab: advanced techniques with emphasis on perturbation techniques
- 3:15-3:30 Summary, questions, discussions

(Interactive discussions, case study presentations, evidence-based practice and clinical problem solving will be incorporated throughout the two-day conference)