

## *Shoulder Impingement and Instability: Pattern Recognition and Management*

**Course Instructor:** Mark Jones

**Dates:** April 18-19, 2008

**Approved continuing education hours:** To be announced

**Level:** Some revision of basic with majority being intermediate to advanced, depending on participants' levels of experience.

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### **Course Description:**

This two day course aims to cover both routine and more advanced examination, differentiation, and treatment techniques for the shoulder complex in the context of clinical reasoning theory. Emphasis will be placed on shoulder impingement and instability and on improving manual skills in all assessment techniques. Current research on dynamic stability of the shoulder complex is highlighted and techniques for retraining motor control are demonstrated and practiced.

### **Upon completing this course, you will be able to:**

- Understand the theory of clinical reasoning and models of health and disability within the context of musculoskeletal physiotherapy and as it relates to physiotherapy diagnosis and management of shoulder impingement and instability.
- Understand the anatomical and biomechanical features of the shoulder relevant to clinical presentations of impingement and instability.
- Perform comprehensive routine and more advanced clinical examination procedures for the shoulder complex.
- Understand the research basis and be able to perform evaluation and management procedures for dynamic control of the shoulder complex.

### **Course Instructor: Mark Jones**

Mark Jones graduated from the University of Florida with a B.S. in Psychology and then completed his Physical Therapy studies at the University of Iowa. Having developed an interest in manual therapy Mark traveled to Australia to study Manipulative Physiotherapy and after completing his Graduate Diploma in 1985 he continued his studies part time and completed his Masters by Research in 1989. The title of his thesis was "Facilitating Students' Clinical Reasoning in Physiotherapy Education". Mark has a special interest in assessment of the shoulder complex and integrating dynamic retraining with passive mobilization in the management of shoulder and spinal impairment. Mark is currently Senior Lecturer and Program Director, Coursework Masters Programs in Physiotherapy at the University of South Australia. He has conducted and supervised research in the areas of clinical reasoning and musculoskeletal physiotherapy with numerous publications including the text "Clinical Reasoning in the Health Professions" and the text "Clinical Reasoning for Manual Therapists". Mark lectures and runs continuing education courses in musculoskeletal physiotherapy and clinical reasoning regularly, both nationally and internationally.

### **Pre-course Readings**

1. Jones, M.A. and Magarey, M. M. (2001) Clinical reasoning in the use of manual therapy techniques for the shoulder girdle. In: Tovin B.J. and Greenfield, B.H. (eds) Evaluation and Treatment of the Shoulder: An Integration of the Guide to Physical Therapist Practice. Philadelphia, F.A. Davis Company: pp 317-346.

2. Jones, M.A. and Rivett, D. (2004) Introduction to clinical reasoning. In: Jones M and Rivett D (Eds.) Clinical Reasoning for Manual Therapists. Butterworth-Heinemann, Oxford, pp. 3-24.
3. Magarey, M.E. and Jones, M.A. (2003) Dynamic evaluation and early management of altered motor control around the shoulder complex. Manual Therapy. 8(4):195-206.
4. Magarey, M.E. and Jones, M.A. (2003) Specific evaluation of the function of force couples relevant for stabilization of the glenohumeral joint. Manual Therapy. 8(4):247-253.

**Course Schedule:**

Day 1 April 18 <sup>th</sup> 2008 (9:00 to 5:15)	
9:00 - 9:15	Introduction, aims of the course
9:15 - 10:30	Clinical reasoning and pain science theory
10.30 - 10.45	Break
10.45 - 11.30	Clinical reasoning and pain science theory continued
11:30 - 12:30	Posture and active movement assessment
12:30 - 1:30	Lunch
1:30 - 3:00	Passive physiological and accessory movement assessment (glenohumeral, acromioclavicular, sternoclavicular, scapulothoracic)
3:00 - 3:15	Break
3:15 - 4:15	Physical examination of shoulder quadrant and locking, and physical differentiation of intrinsic shoulder complex structures
4:15 - 5:15	Palpation of the shoulder complex

Day 2 April 19 <sup>th</sup> 2008 (8:30 to 5:00)	
8:30 - 10:00	Patient demonstration: Subjective and physical examination and associated clinical reasoning
10:00 - 10:15	Break
10:15 - 11:30	Shoulder anatomy and biomechanics and their relationship to impingement and instability
11:30 - 12:30	Passive stability testing for laxity and testing for labral injury
12:30 - 1:30	Lunch
1:30 - 2:30	Evaluation and management of motor control around the shoulder
2:30 - 3:30	Dynamic stability testing: Dynamic Rotary Stability Test and Dynamic Relocation Test
3.30 - 3:45	Break
3:45 - 4:15	Evaluation and management of motor control around the scapula
4:15 - 5:00	Selection, integration and progression of passive and dynamic management

**Special Notes to Participants:**

Please come prepared and dressed properly for a practical session

**Availability:**

This course is available to licensed physical therapists only.

Enrollment is limited to 20 participants.

**Registration Fees: USD 500 (course only)**

**USD 250 (conference delegates)**

**Course Locations: Ladies Club / AIWasi Hospital**