



8th BIENNIAL
EMIRATES
PHYSIOTHERAPY
CONFERENCE
15 – 16 OCT 2022
CONRAD DUBAI, UAE

ORGANIZED BY



Evidence based Approach to Rotator Cuff Tendinopathy

17 October 2022

Course Director: Prof. Karen McCreesh

Course Aim:

Effectively assessing and managing shoulder pain in Physiotherapy practice requires understanding of the relevant anatomy, pathology, and motor control that underpins shoulder function. It also requires skills in designing goal-oriented, and evidence-based exercise programmes, and understanding how to engage people in exercise in a meaningful and effective way. The evidence for the management of rotator cuff disorders has increased exponentially in recent years. The transfer of this knowledge into practice places physiotherapy as the primary intervention for most shoulder conditions. This course aims to equip physiotherapists with the skills, knowledge and reasoning to deliver effective management for people with rotator cuff tendinopathy and tears.

Objectives/Learning Outcomes:

At the completion of this course, participants should be able to:

- Understand the applied anatomy and motor control of the shoulder
- Understand the evidence for mechanisms underpinning rotator cuff pathology
- Develop evidence-based, and individually reasoned exercise programmes for the management of rotator cuff dysfunction
- Demonstrate awareness of the appropriate pathways of care for rotator cuff tendinopathy and how to engage in shared decision making with patients about care.