

September 20-21

Providence Cancer Center

3851 Piper Street

Room 2281

Anchorage, AK 99508



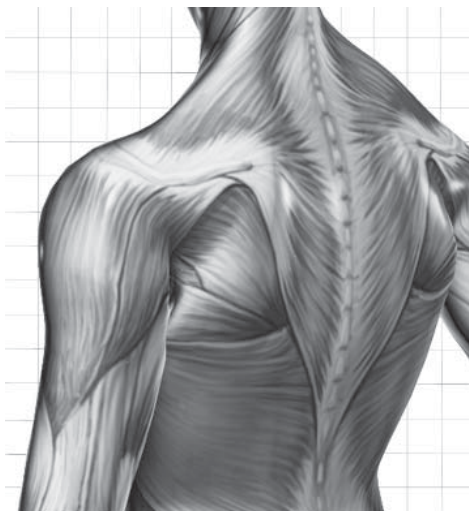
Certificates of attendance are provided upon successful completion of the course.

This course is 15.0 contact hours/1.5 CEUs

This course is 18.0 contact hours/1.8 CEUs for Alaska, Florida, New York, Illinois, District of Columbia or North Carolina licensed therapists.

This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, New Jersey, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. The Pennsylvania Board of Physical Therapy has approved this course for 15 hours, PTCE003431 (15 Gen, DA) DC PT approval # DC-1348. MD Board of PT Examiners has approved this course for 15 hours. NAS courses are approved in North Carolina for continuing competency requirements for physical therapist license renewal. FL OT approval # 50-1442. NAS is approved by the IDPR for physical therapists licensed in the State of Illinois Provider #216000074. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEUs for physical therapy continuing competency license renewal requirements in the State of California, approval #PT-NAS-201448. This course meets the continuing education requirements for OT license renewal in the State of California. This course meets the ceu standards set forth by the The Nevada Board of Physical Therapy Examiners for 1.5 continuing education units. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. BOC Provider P2047. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. The AOTA does not endorse specific course content, products or clinical procedures. The Alaska, Arkansas, Delaware, District of Columbia, Illinois, Indiana, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nevada, New Hampshire, North Carolina, Ohio, Oregon, Oklahoma, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements.

Comprehensive Examination & Treatment of Shoulder Disorders: What are you missing?



An Evidence-Based Course

Presented by
Chris Durall,
PT, DPT, MS, SCS, LAT, CSCS
North American Seminars, Inc.

Day One

7:30	8:00	Registration
8:00	9:00	De-Mystifying the Shoulder Complex <ul style="list-style-type: none">• What do we really know?• Why should you care?• The Vital Link: Thoracic Spine
9:00	10:00	Overview of Selected Shoulder Pathologies <ul style="list-style-type: none">• AC Joint Pathologies• Adhesive Capsulitis: <i>What Works and What Doesn't?</i>
10:00	10:15	Break
10:15	12:00	Selected Shoulder Pathologies <ul style="list-style-type: none">• Rotator Cuff Impingement• Rotator Cuff Tears• Glenohumeral Joint Instability• Labral Injuries
12:00	1:00	Lunch (on your own)
1:00	3:00	Clinical Examination of the Shoulder Complex (Lecture/Lab) <ul style="list-style-type: none">• Assessing Thoracic Spine and 1st Rib Function• Assessing Scapular Function• How "Special" are the Special Tests of the Shoulder?• Testing for AC Joint and Rotator Cuff Pathology
3:00	3:15	Break
3:15	5:15	Clinical Examination of the Shoulder Complex (Lab-continued) <ul style="list-style-type: none">• Clinical Testing for Labral Pathology: <i>An Exercise in Futility?</i>• Shoulder Stability Testing
5:15	5:45	A Novel Treatment Based Classification System for Shoulder Pain <ul style="list-style-type: none">• Simplifying Clinical Decision Making
5:45	6:00	Questions & Summary

Day Two

8:00	9:00	Day One Review and Practice
9:00	10:00	Post-Operative Shoulder Rehabilitation <ul style="list-style-type: none">• Arthroplasties• Decompressions• Labral Repairs• Rotator Cuff Repairs• Stabilizations
10:00	10:15	Break
10:15	12:00	Therapeutic Exercise for the Shoulder & Thoracic Spine (Lecture/Lab) <ul style="list-style-type: none">• Proven Exercises to Improve Strength and Stability• Exercises to Improve Mobility• Exercises to Improve Proprioception
12:00	1:00	Lunch (on your own)
1:00	2:30	Manual Therapy for the Shoulder & Thoracic Spine (Lecture/Lab) <ul style="list-style-type: none">• Thoracic Spine and 1st Rib Mobilization and Manipulation Techniques: <i>To Thrust or not to Thrust?</i>• Techniques to Increase Scapular Mobility• Novel Techniques to Increase Gleno-Humeral Joint Mobility• Techniques to Increase, SC Joint and AC Joint Mobility
2:30	2:45	Break
2:45	3:15	Postural Supports & Taping <ul style="list-style-type: none">• Supports & Slings• Kinesiotaping-<i>Does it Work?</i>
3:15	3:30	Outcome Measures for the Shoulder <ul style="list-style-type: none">• <i>Why Bother?</i>• Shoulder Pain and Instability Index (SPADI)• Disability of the Arm, Shoulder, & Hand Scale (DASH)
3:30	4:00	Case Studies: Putting It All Together/Final Questions & Answers

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About the Educator

Chris Durall, PT, DPT, MS, SCS, LAT, CSCS, is the Director of the Student Health Center Physical Therapy Department and a Graduate Faculty member at the University of Wisconsin-LaCrosse. Prior to assuming the Directorship at UW-LaCrosse, Dr. Durall was an Assistant Professor in the Physical Therapy Department at Creighton University where he received three consecutive "Educator of the Year" awards. Dr. Durall has extensive experience in manual therapy and sports physical therapy and he combines attributes of both in his courses.

Dr. Durall earned baccalaureate (1993) and Advanced Master's (1998) degrees in Physical Therapy from UW-LaCrosse, and a Doctorate in Physical Therapy from Creighton University (2002). He is a graduate of the Gundersen-Lutheran Sports Physical Therapy Residency program, a board-certified sports physical therapist, a licensed athletic trainer, and a certified strength and conditioning specialist. Dr. Durall has authored or co-authored numerous textbook chapters and research articles on a variety of musculoskeletal topics.

Why You Should Attend This Course

This two-day hands-on advanced seminar is designed to help clinicians achieve superior outcomes when working with patients with musculoskeletal shoulder disorders. Dr. Durall blends current evidence and 16 years of orthopedic and sports clinical experience to help participants diagnose and manage shoulder disorders with greater confidence and proficiency. Manual therapy and therapeutic exercise interventions for the thoracic spine, 1st rib and shoulder complex will be uniquely blended and systematically practiced to facilitate immediate clinical application. The critical role of the thoracic spine is emphasized in this course and participants will have the opportunity to learn a variety of mobilization techniques for the thoracic spine. Pathologies of the shoulder complex discussed include AC Joint Injuries, Adhesive Capsulitis, Impingement, Instability, Labral Injuries and Rotator Cuff Tears. Numerous treatment approaches and recent advances in research are integrated to provide the clinician with a diverse array of options to help optimize biomechanical function and functional ability. This course is intended to facilitate immediate clinical application and hands-on lab time is liberally incorporated during this course. Participants can expect to refine and advance their clinical examination and treatment skills in a supportive and active learning environment.

Course Objectives

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

- Describe the functional anatomy, mechanics and pathomechanics of the shoulder complex.
- Explain the etiology of common shoulder pathologies such as: acromioclavicular joint injuries, adhesive capsulitis, impingement, instability, labral injury and rotator cuff tears.
- Perform a thorough and systematic examination of the shoulder and thoracic spine complex.
- Formulate safe and efficacious post-operative shoulder rehabilitation programs.
- Competently utilize mobilization techniques for the thoracic spine, 1st rib and shoulder complex to treat shoulder disorders.
- Formulate therapeutic exercise programs for patients with shoulder disorders using current evidence on muscle activation during different exercises.
- Design an effective and appropriate rehabilitation program based on current clinical and scientific research for the following shoulder pathologies: AC joint injuries, adhesive capsulitis, impingement, rotator cuff pathology, shoulder instability and labral tears.
- Measure patient outcome success using a standardized functional performance instrument.
- Improve the ability to solve complex shoulder problems through greater appreciation of the intimate relationship between the thoracic spine and shoulder complex.

Durall 14-AK

Name _____ Profession _____
Home _____
Address _____
City _____ State _____ Zip _____
Credit Card _____

Exp. date _____ Phone (required) _____
e-mail (required) _____
Location of attendance _____

**Comprehensive Examination & Treatment of
Shoulder Disorders Course Tuition: \$400.00**
Send to: Registration, Providence Alaska Learning Institute
PO Box 196604, Anchorage, AK 99519-6604
make all checks payable to PAMC

Register online at <http://alaska.providence.org>
look for Classes & Training

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 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.