

COURSE DESCRIPTION

Idiopathic Adhesive Capsulitis or “Frozen Shoulder” in women has been referred to as an “**ENIGMA**” in the medical literature. The condition has not been well understood and the methods of treatment varied and without predictable outcomes. Traditionally therapists have been challenged and frustrated by slow progress, limited pain relief and poor functional outcomes.

Since the 1700’s women have been presenting with stiff, painful shoulders of unknown etiology. More often than not they have been prescribed anti-depressants, sent home with the assurance that the condition would eventually resolve, but told that it may take a number of years!

IT’S TIME to SOLVE the MYSTERY of FROZEN SHOULDERS & answer an age old question in orthopedic physical therapy & women’s health.

Dora Partridge PT, specializes in difficult shoulder cases and has carried out clinical study and research over the past decade comparing the common variables of all patients presenting with stiff shoulders. Particular emphasis on idiopathic adhesive capsulitis in women has revealed consistent common findings that contribute to its development. Most significant of these is **HORMONE IMBALANCE**.

This seminar presents those findings and offers an answer to **what causes idiopathic adhesive capsulitis in women and what leads to the development of shoulder stiffness in all frozen shoulders.**

Therapists will be introduced to the role of hormones and their specific effects on muscle, bone, ligament, connective tissue and inflammation. They will **learn how hormone imbalance interferes with achieving positive outcomes in therapy, not only for shoulders, but many orthopedic and musculoskeletal diagnoses.**

This seminar will discuss how to interpret lab results and bone density tests, and will present optimal hormone levels necessary for healing and musculoskeletal health. Vitamin, mineral, and nutritional supplements that can improve your outcomes will also be presented.

Therapists will learn to apply a systematic treatment approach including taping, manual therapy, and specific exercise that is **effective for all stiff shoulders**. Specific manual techniques will be presented that can enable therapists to **achieve rapid (1-3 visits) and often dramatic return of painfree** active and passive range of motion. The treatment techniques are highly effective for *multi-directional instabilities, primary and secondary impingement, hemi and total arthroplasties, post-traumatic injuries, and patients with diabetes and osteoporosis.*

Most importantly, therapists will learn how to be instrumental in educating patients, physicians and other medical practitioners in the **prevention of osteoporosis** and other hormone related problems.

TARGET AUDIENCE

This seminar is specifically designed for therapists who work with shoulder patients and have an interest in women’s health issues. Join us if you would like to learn how to resolve this condition quickly and provide an effective solution for your patients. Therapists who treat **multiple shoulder diagnoses and stiff shoulders of all etiologies** will benefit from the insight presented in this course. PTs, PTAs, OTs, and COTAs are welcome. This is an intermediate to advanced seminar with an emphasis on manual therapy and hormone imbalance. Participants should have a basic understanding of shoulder anatomy, biomechanics, and traditional rehab approaches. Therapists should dress to participate in lab on both days allowing access to the shoulder girdle and spine.

OBJECTIVES

Upon the Completion of This Seminar Participants Will Be Able To:

1. Identify the underlying biomechanical condition contributing to the development of adhesive capsulitis.
2. Understand and discuss the purpose of adhesion development.
3. Describe the underlying systemic factors contributing to the development of “Frozen Shoulder” in women.
4. Differentiate how specific hormones effect the musculoskeletal system.
5. Integrate the relationship between spinal posture and shoulder biomechanics into your treatment plan and recognize the link to osteoporosis.
6. Apply a systematic treatment plan based on the biomechanical problem utilizing taping, manual therapy and effective therapeutic exercise.
7. Conclude that therapists can play a pivotal role in preventing osteoporosis and in the overall preventive healthcare of women.

SPEAKER



Dora Partridge PT, graduated from the University of Nebraska Medical Center in 1984 and was in private practice in Corpus Christi, Texas for 20 years specializing in difficult shoulder cases at Partridge Orthopaedic Physical Therapy Center PC. The majority of her caseload involved treating adhesive capsulitis, multi-directional instability, non surgical and post surgical shoulders. Through her work with women’s shoulders she began to study the unique relation-

ships between idiopathic adhesive capsulitis and women’s health issues, including the role of hormones on the musculoskeletal system. Those findings are presented in this seminar.

While treating hundreds of difficult shoulder cases **she developed a unique manual therapy approach and a systematic method of managing the difficult shoulder.** The treatment methods are introduced in this course and further detailed in her second seminar “**Managing Difficult Shoulders Part II- A Practical Workshop**”. She is currently sharing her successful shoulder treatment techniques & insight to the therapy community through Partridge Seminars, and continues to offer consulting and therapy services on a private basis.

SEMINAR OUTLINE

	DAY 1
7:30-8:00	Registration
8:00-9:30	Identifying the Biomechanical Problem What are We Treating? How Did It Develop? Why Do Shoulders Get Stiff? Arthroscopic Videos Normal Anatomy Adhesive Capsulitis Break
9:30-10:15	Identifying the Hormonal Link to Adhesive Capsulitis The Osteoporosis Connection
10:15-10:30	Understanding Hormones
10:30-11:30	Why Isn’t Your Patient Getting Better? Estrogen, Progesterone, Testosterone, DHEA Specific Effects on Muscle, Bone, Ligament & Connective Tissue. Inflammation, Tissue Healing, Immune System
11:30-12:00	Lunch On Your Own Target Hormone Levels to Achieve Optimal Outcomes Bio-Identical Hormones What’s the Controversy About? Clinical Evaluation-Early Detection is Key Acute Capsulitis Early Adhesive Capsulitis Frozen Shoulder Differential Diagnosis C-Spine, RSD, UMN, CTS, HA, Compressive Syndromes, Mastectomy, TMJ Break
12:00-1:00	A Systematic Approach to Shoulder Taping
1:00-2:00	Learn 5 Effective Strips to Correct the Glide, Tilt & Rotational Components & Achieve Pain Relief After the First Visit
2:00-3:00	Taping Demonstration & Lab
3:00-3:15	
3:15-5:00	

* Schedule may change to allow for lab flexibility & participant interaction.

SEMINAR OUTLINE

DAY 2

- 8:00-10:15 **Effective Treatment Strategies**
Manual Therapy-Restoring Joint Mobility in Minimal Visits
 Why stretching overhead & in ER is contraindicated
Manual Therapy Techniques
 A Systematic Approach to Releasing the Scapulo-Thoracic and Gleno-Humeral Restrictions
 Stretching the Posterior Capsule
 Clearing the Subacromial Space and Clavicle
Demonstration & Lab Practice
- 10:15-10:30 **Break**
- 10:30-12:00 Manual Therapy Lab Continued
Effective Exercises
 Why pulleys and stick exercises are ineffective. What Works?
 A Systematic Approach to Strengthening
 Osteoporosis Exercises
- 12:00-1:00 **Lunch On Your Own**
- 1:00-3:00 **Understanding & Interpreting Diagnostics**
 Blood Tests, Bone Density Tests, T-Scores
Research Results & Outcomes
Case Studies-Putting it All Together
- 3:00-3:15 **Break**
- 3:15-5:00 **Vitamin, Mineral & Nutritional Supplements**, Phytoestrogens, Time Permitting
 Summary , Discussion, Course Evaluation

Continuing Education Credit

Participants will receive a certificate for 1.5 CEUs or 15 contact hours at the completion of the course. This course has been approved for 15 contact hours by the AK State Board of Physical Therapy.

Confirmation Letter

A confirmation letter will be sent **via e-mail** after registration and tuition has been received with information regarding course details, location, directions and ground transportation.

REGISTRATION

FOR THERAPISTS COMMENTS ABOUT THIS COURSE GO TO PartridgeSeminars.com

"I was so energized after learning of the information that you presented, that I could not wait to get back to work on Monday to try some of the new techniques... I immediately began the scapulo-thoracic and gleno-humeral techniques on my patients that appeared stuck...all of these patients improved their AROM and decreased their pain after one treatment!!! **Thanks again for teaching this skill. It works and has made me a better clinician. The patient is happy, their doctor is happy, and in turn I am happy that I can help.**"

Soraya PT, Houston, TX

___ JANUARY 12-13, 2007 LITTLE ROCK, AR
 EMBASSY SUITES HOTEL
 11301 FINANCIAL CENTER PARKWAY
 501-312-9000 \$129/night Hotel Deadline 12-21-06

REGISTRATION DEADLINE IS DECEMBER 29, 2006

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Tuition and Refunds

Registration fee is \$425 if postmarked by the deadline date. \$450 after deadline. Class size is limited.

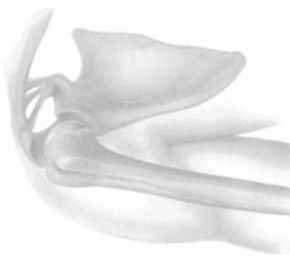
Cancellations must be received in writing 14 days prior to course date for tuition refunds. A \$50 administrative fee will be assessed. No refunds will be made after this date.

Partridge Seminars reserves the right to cancel a course up to 2 weeks prior to the starting date for circumstances beyond our control. Partridge Seminars will not be responsible for non-refundable airline tickets or hotel reservations.

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 SHOULDERS-PART I

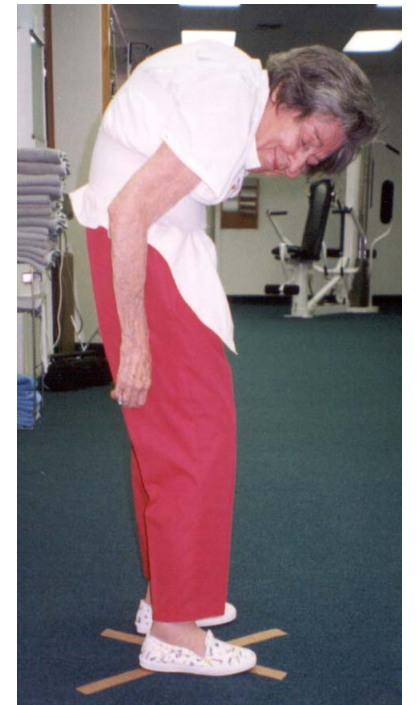


THIS COURSE IS AVAILABLE FOR SPONSORSHIPS

FOR THERAPISTS COMMENTS
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PARTRIDGESEMINARS.COM

AN ENLIGHTENING SEMINAR
 FOR
 ORTHOPEDIC & WOMEN'S
 HEALTH
 PHYSICAL THERAPISTS

SOLVING THE MYSTERY OF
 ADHESIVE CAPSULITIS IN
 WOMEN
 &
 PREVENTING OSTEOPOROSIS



PRESENTED BY:
 DORA PARTRIDGE, PT

LITTLE ROCK, ARKANSAS
 JANUARY 12-13, 2007
 FRIDAY & SATURDAY
 EMBASSY SUITES HOTEL