

**MANAGING DIFFICULT SHOULDERS - PART II
OUTLINE**

DAY 1		DAY 2	
7:30-8:00	Registration	8:00-10:15	Exercise Lecture Continued
8:00-10:15	Introduction & Why Are Shoulders So Challenging? Manual Therapy Lecture The 5 Key Restrictions & 5 Key Manual Therapy Positions A Systematic Approach to Releasing the Scapulo-Thoracic, Gleno-Humeral, Subacromial & Coroco-Acromial Restrictions Demonstration of Techniques Lab Practice & Instruction		Evaluation & Assessment of the Difficult Shoulder Gaining Insight From Beyond Just Special Tests & Diagnostics Interpreting the History, Pain Patterns, Appearance, Noises, Mobility Exam, Manual Exam Is it Hypermobile or Hypomobile or Both? Understanding the Paradox of the Shoulder Identifying Where to Direct Manual Therapy- Eval Lab
10:15-10:30	Break	10:15-10:30	Break
10:30-12:00	Manual Therapy Lab Clearing the Subacromial Space Activating the Supraspinatus Stretching the Posterior Capsule When to Stretch & When to Mobilize	10:30-12:00	Differential Diagnosis Why Does the Shoulder Fool So Many Practitioners? Learn to Differentiate Head, Neck, Shoulder & UE Symptoms & Pain Patterns with Taping & Manual Techniques
12:00-1:00	Lunch On Your Own	12:00-1:00	Lunch on Your Own
1:00-3:00	Continued Manual Therapy Lab Taping Lecture The 5 Key Strips A Systematic Approach to Correct the Glide, Tilt & Rotational Components & Achieve Pain Relief After the First Visit Taping Demonstration & Lab	1:00-3:00	Target Treatment Massive Tears, Unrepairable RTC, Poor Quality Tissue, MDI, SLAP Frozen Shoulder, DJD, Multiple Surgeries. What are the Challenges & Where do you Direct Your Treatment Emphasis?
3:00-3:15	Break	3:00-3:15	Break
3:15-5:00	Taping Lab Continued Exercise Lecture The 3 Key Stretches 2 Key Postural 5 Key Strengthening A Systematic Approach How to Prevent & Eliminate Pain When Strengthening Managing 1° & 2° Impingement Regaining Scapular Control Turn In Cases For Discussion	3:15-5:00	Review of Part I Course Questions from Part I Your Cases, Questions, Clinical Challenges Summary & Evaluation

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