

# Outline

## Rotator Cuff Tears

Surgical restoration of normal and altered anatomy  
 Cluster tests, modified empty can test  
 Anatomic repair vs. "the best you can do"  
 Conservative management to prevent impingement and total shoulder replacement  
 Post-operative management that depends on procedure and not "cookbook"  
**Shoulder Impingement Syndrome**  
 Anatomic and functional contributors  
 Cluster tests, modified Hawkins-Kennedy, modification of Neer's test  
 Surgical repair procedures for primary impingement  
 Conservative management based on etiologic factors that is tailored to each patient  
 Post-operative management  
 Respect the deltoid as the worst offender  
**Anterior Glenohumeral Instability**  
 Anatomic restraints  
 Etiologic factors- Pectoralis major as the worst offender  
 Apprehension, Jobe Relocation, Release Test, Anterior Drawer, Push-Pull  
 Anatomic Repair, Bristow, Latarjet, Putti-Platt  
 Rehabilitative management  
**SLAP Lesions**  
 Classification of lesions  
 Biceps Load II, Anterior Slide Test for early detection  
 Surgical management and rehabilitation based on lesion type

## Adhesive Capsulitis

Stages based on symptoms  
 Etiologic factors  
 Effects of conservative versus invasive intervention  
 Conservative management based on stage of disorder  
 Anterior, Posterior, Inferior Glenohumeral Mobilizations and Scauplo-thoracic Mobilizations  
**Thoracic Outlet Compression Syndrome**  
 Help some of the most frustrated patients ever!  
 Anatomic locations of potential compromise  
 Manage the case with a complete list of etiologic factors  
 Intervention based on location of compromise and etiologic contributors  
 Assessment Tests: Adson's, Military Bracing, Hyperabduction  
 Surgical Procedures: Cervical Rib Excision, Scalenectomy  
**Shoulder Arthroplasties**  
 Indications for  
 Hemi-arthroplasty  
 Total shoulder arthroplasty  
 Reverse total shoulder arthroplasty  
 Outcomes  
 Rehabilitation strategies  
**Hands on Lab: Special Tests and Mobilizations**  
 Solutions for shoulder pathologies  
 Interpret clinical tests to recognize the patient's problem quickly  
 Take home tips and new techniques

## Solutions for:

- Rotator Cuff Tear Restoration & Management
- Shoulder Impingement Syndrome
- Anterior Glenohumeral Instability
- SLAP Lesions
- Adhesive Capsulitis
- Thoracic Outlet Compression Syndrome
- Shoulder Arthroplasties

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# Objectives

1. Explain the etiology of common shoulder complex pathologies and identify possible anatomic and functional movement etiologic factors
2. Identify which special tests should be used to identify specific shoulder complex pathologies and be able to apply these tests proficiently
3. Determine which patients are appropriate candidates for conservative intervention or should be referred for assessment as surgical candidates
4. Utilize effective glenohumeral and scapula-thoracic mobilization techniques specific to shoulder complex pathologies
5. Devise appropriate treatment plans and enable effective patient intervention based on clinical findings

### Live Seminar Schedule

**7:30** Registration/Morning Coffee & Tea  
**8:00** Program begins  
**11:50-1:00** Lunch (on your own)  
**4:00** Program ends

10 - 15 minute mid-morning and mid-afternoon breaks  
 For locations and maps, go to [www.pesirehab.com](http://www.pesirehab.com), find your event, and click on the seminar title.

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# The Complex Shoulder

## Evaluation and Intervention for Common Conditions

**TOWSON, MD**  
 Monday, August 14, 2017

**ELLCOTT CITY, MD**  
 Tuesday, August 15, 2017

**FAIRFAX, VA**  
 Wednesday, August 16, 2017

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# The Complex Shoulder

## Evaluation and Intervention for Common Conditions

### We have the solutions for:

- Rotator Cuff Tear Restoration & Management
- Shoulder Impingement Syndrome
- Anterior Glenohumeral Instability
- SLAP Lesions
- Adhesive Capsulitis
- Thoracic Outlet Compression Syndrome
- Shoulder Arthroplasties

*Very applicable to my current job in outpatient PT!*  
 - Rita, PT.

*Great teaching methods and great knowledge of material! Thank you!!*  
 - Nancy, O.T.

Featuring expert  
**Michael T. Gross, PhD, PT, FAPTA**

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If you are looking for SOLUTIONS to the evaluation and treatment of complex shoulder pathologies, this is the seminar for you. Join expert, Michael T. Gross, PhD, PT, FAPTA, for an information-packed day focused on giving you the tools you need to overcome the sometimes difficult task of intervening for shoulder injuries. Learn new strategies to assess and plan treatment effectively for:

- Rotator Cuff Tear Restoration & Management
- Shoulder Impingement Syndrome
- Anterior Glenohumeral Instability
- SLAP Lesions
- Adhesive Capsulitis
- Thoracic Outlet Compression Syndrome
- Shoulder Arthroplasties

Learn more than just the etiology of these common shoulder complex pathologies. Learn how to interpret clinical tests and recognize the patient's problem quickly. Rapid recognition is imperative not only in developing the appropriate course of action for the patient, but also ensuring the patient has the best chance for a successful rehabilitation. Acquire take-home tips and techniques that will change your clinical practice the very next day!

## Speaker \_\_\_\_\_

**Michael T. Gross, PhD, PT, FAPTA**, has 37 years of experience as a licensed physical therapist, specializing in the areas of biomechanics and orthopaedic assessment and treatment. He has maintained a consistent clinical practice for all of these years, currently seeing patients 2 days per week at his faculty practice. He is a professor in the PhD Program in Human Movement Science, and the Doctorate of Physical Therapy (DPT) program in the Division of Physical Therapy at the University of North Carolina at Chapel Hill. Dr. Gross has 70 refereed journal publications in such journals as the Journal of Orthopaedic and Sports Physical Therapy, Physical Therapy, and the Journal of Manual and Manipulative Therapy. He was an Editorial Review Board Member for the Journal of Orthopaedic and Sports Physical Therapy and serves as a reviewer for many other journals. Dr. Gross was awarded the Teaching Excellence Award from the University of North Carolina at Chapel Hill School of Medicine and the Margaret L. Moore Award for Outstanding New Academic Faculty by the American Physical Therapy Association. He also was elected as a Fellow of the American Physical Therapy Association. He has given well over 300 regional, national, and international presentations, which have been highly rated by attendees for knowledge, skill, and humor.

Disclosures:  
 Financial: Michael Gross is a Professor, Division of Physical Therapy, at the University of North Carolina - Chapel Hill. He receives a speaking honorarium from PESI, Inc.  
 Non-financial: Michael Gross has no relevant non-financial relationship to disclose.

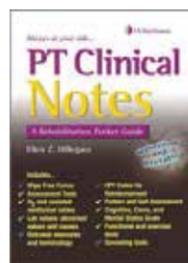


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# The Complex Shoulder

## Evaluation and Intervention for Common Conditions

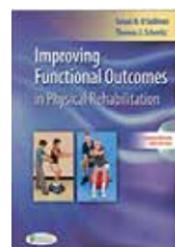
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