

STOCKTON | SCHOOL OF UNIVERSITY | HEALTH SCIENCES

Movement Dysfunctions of the Shoulder Complex:
From Impingement to the Evolution of Rotator Cuff Dysfunction

October 29, 2016

8:00am-5:00pm

Room F-103

Course Schedule

- 7:30 – 8:00 **Registration**
- 8:00 - 8:20 **Introduction / Overview / Human Movement System/ Theoretical Constructs**
- 8:20 – 8:50 **Lecture: Review Structure/Function of the Shoulder Complex**
- 8:50 – 9:20 **Lecture: Glenohumeral and Scapulothoracic Mechanics: Optimal vs. Kinesiopathic**
- 9:20 – 10:00 **Lecture: Sub-acromial Impingement Syndrome: Etiology, Pathophysiology and Associated Structures**
- 10:00 – 10:15 Break
- 10:15 – 11:00 **Lecture: Evidence-based Clinical Testing, Differential Diagnosis, & Examination Procedures**
- 11:00 – 12:00 **Lab Demonstration / Practice:** Examination Tests & Measures
- 12:00 – 1:00 Lunch
- 1:00 – 1:30 **Lecture: Tendinopathy: Etiology, Pathophysiology**
- 1:30 – 2:00 **Lecture: Frozen Shoulder Contracture Syndrome:**
- 2:00 – 3:00 **Lecture: Evidenced-Based Intervention Strategies**
- 3:00 – 3:15 Break
- 3:15 – 4:30 **Lab Demonstration / Practice:** Intervention techniques
Joint, Soft tissue, and Neural Mobilization
Mobilization with Movement
Neuromuscular Re-education and Dynamic Stabilization Training

STOCKTON | SCHOOL OF UNIVERSITY | HEALTH SCIENCES

4:30 – 4:45 **Biopsychosocial Intervention for the Shoulder Patient**

4:45 – 5:00 Conclusion/Evaluation

Total contact hours=540minutes/9.0 hours

Breaks, non-instructional time=90 minutes/1.5 hours

Instructional time=540minutes-90minutes=450 minutes/7.5 hours

Contact hours=7.5