

Interactive 6-Hour CE Credit Course



Diagnosis, Management and Evidence-Based Treatment for

Shoulder Disorders

★★★★☆ 4.4 Instructor Avg Rating

Presented by Donald W. Earley, OTD, MA, OTR

Course Description

With the CDC reporting more than 13 million Americans seeking medical treatment annually, shoulder dysfunction is one of the most pervasive orthopedic conditions attended to by clinicians. However, due to the complex nature of the joint and surrounding soft tissue, treating the pain and disability of upper quadrant musculoskeletal disorders presents a challenge to even the most experienced therapists. With changes in health care and third party reimbursement, therapists must be proactive and adequately trained in the provision of services related to the rotator cuff, impingement syndrome, idiopathic adhesive capsulitis, and other less common impairments. In the era of evidence-based treatment and client-centered care, treatment protocols and good clinical reasoning skills must be employed to treat these conditions effectively and efficiently.

The purpose of this hands-on workshop is to assist the clinician, therapist and trainer in the advancement of their expertise in evaluating and treating frequently seen shoulder conditions. Dr. Earley will take you step-by-step through the pathoanatomy of the shoulder and the assessment of dysfunction around the scapulo-thoracic and gleno-humeral joints utilizing case studies of recurring, complex shoulder problems. Current evidence-based interventions are presented and analyzed for a variety of diagnoses. Participants will return to their practice with more tools to evaluate, assess and treat difficult shoulder problems in less time and with less expense to the patient.

About Your Instructor

Donald W. Earley, OTD, MA, OTR/L, is a licensed and certified occupational therapist with more than 20 years of experience in both medical and community-based practice. He performs hand and upper extremity orthopedic and neurological rehabilitation in addition to his work as an associate professor at Saginaw Valley State University where he is the chair and program director of the occupational therapy department. Dr. Earley's extensive work history includes orthopedic, neurological, industrial, and psychosocial rehabilitation across a variety of settings and he has developed and implemented programs for Easter Seals since 2002. Dr. Earley designed and operates a clinic treating adult stroke patients.

Dr. Earley has produced and presented dozens of regional, state and national seminars on shoulder and hand conditions, physical agent modalities, range of motion, strength assessment, constraint-induced movement therapy, as well as chronic pain. He has published extensively in professional publications including the American Journal of Occupational Therapy, Occupational Therapy International, Advance for Occupational Therapy Practitioners, and OT Practice. Dr. Earley earned his BS in occupational therapy from Eastern Michigan University, an MA in counselor education from Central Michigan University, and a Doctorate in occupational therapy from Creighton University.

Learning Objectives

1. Cite examples of pertinent shoulder anatomy and biomechanics.
2. Utilize clinical reasoning skills to evaluate the pathoanatomy of the shoulder complex.
3. Perform an orthopedic shoulder evaluation based on pathomechanics and anatomical conditions.
4. Discuss current evidence-based information for effective shoulder treatments.
5. Explain treatment techniques, rationales and prevention protocols.
6. Develop an evidence-based management plan to improve functional and pain-free use of the shoulder.
7. Incorporate evidence-based rehabilitation techniques into practice which maximize patient outcomes.
8. Apply "bottom up" and "top down" rehabilitation strategies to manage shoulder dysfunction.

Course Outline

- I. **Functional Anatomy of the Shoulder**
 - » Focus on the principles of kinesiology
 - » How anatomy and biomechanics affect function
 - » Identification of anatomical structures affected by common but specific shoulder conditions
- II. **Evaluation & Assessment of Frequently Treated Shoulder Conditions**
 - » Shoulder impingement syndrome
 - » Primary
 - » Secondary
 - » Shoulder rotator cuff issues
 - » Conservative management
 - » Post surgical management
 - » Idiopathic adhesive capsulitis
 - » Phase 1
 - » Phase 2
 - » Phase 3
 - » Bicipital tendonitis
 - » Clavicular fractures
 - » Acromio-clavicular (AC) joint strains, sprains and separations
 - » Differential diagnosis and diagnostic signs
 - » Upper quadrant screening
- III. **Adaptive, Remedial & Functional Treatment Approaches & Selected Evidence-Based Protocols Related to Functional Recovery**
 - » Phases of wound healing and soft tissue and bone repair
 - » Phases of rehabilitation
 - » Shoulder impingement syndrome
 - » Shoulder rotator cuff
 - » Adhesive shoulder capsulitis
 - » Bicipital tendonitis
 - » Clavicular fractures
 - » AC joint injury
 - » Patient education and treatment strategies with specific focus on:
 - » The effects of posture and environmental stresses on the shoulder
 - » Joint protection related to body mechanics and ergonomic adaptations
 - » Symptom management techniques
 - » Passive soft tissue elongation strategies for the posterior and anterior upper quadrant musculature
 - » Strengthening and other approaches related to:
 - » Rotator cuff
 - » Parascapular
 - » Cervicothoracic
 - » Scapulothoracic
 - » Evidence and therapeutic rationales with case studies

Please dress comfortably so that the shoulder may be easily exposed for lab participation.

Dates/Location

Lake Havasu City, AZ
November 04, 2018

Havasu Regional Medical Center Education Center
1785 McCulloch Blvd.
Lake Havasu City, AZ 86403
(928) 453-0840

Continuing Education Credits



Occupational Therapists - Summit Professional Education is an AOTA Approved Provider of continuing education - provider #5873. This course is offered for 0.6 AOTA CEUs (6.0 contact hours). This course contains content classified under both Domain of OT and Occupational Therapy Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Physical Therapists – AZ: Summit Professional Education (SPE) is approved by the AOTA as a continuing education provider. The Arizona Board of Physical Therapy recognizes the AOTA as a Category A professional organization. This course is directly applicable to the practice of physical therapy and therefore qualifies for 0.6 CEUs or 6.0 contact hours of Category A continuing competence credit.

This event contains intermediate level content.

SATISFACTORY COMPLETION - Participants must pay tuition fee, sign in, attend the entire seminar, complete an evaluation and sign out in order to receive a certificate of completion. Participants not fulfilling these requirements will not receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire workshop. No exceptions will be made. Partial credit is not available.

WORKSHOP HANDBOOK - Included with your registration you will receive a comprehensive manual compiled by the instructor.

DISCLOSURES - FINANCIAL: Donald W. Earley is compensated by Summit as an instructor. NONFINANCIAL: Donald W. Earley has no nonfinancial relationships to disclose.

SCOPE OF PRACTICE - Workshop content is not intended for use by participants outside of the regulatory scope of practice of their license(s). You are responsible for knowing what lies within and without your professional scope of practice.

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