

The Shoulder: Theory & Practice Taster Session

Time 6-7pm

Thursday 6th October 2016

Course detail:

- Introduction, Evidence Based Practice, Epidemiology.
- Brief review of Clinical and functional anatomy of the shoulder.
- Clinical examination of the shoulder including what to test and why?
- An overview of common shoulder pathologies.
- Tests and having a confident diagnosis.
- Advice on management of these common shoulder pathologies including self-management, further diagnostic options, injection therapy, physiotherapy and consultant referral.

Course Description

This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis and management/rehabilitation of shoulder pathologies. It will provide:

- **Simple model of shoulder assessment**
- Emphasis on clinical reasoning to support management decisions.
- An overview of shoulder anatomy and function.
- **Diagnosing common shoulder pathologies** and understanding of management options for this challenging joint.
- Clarification of shoulder care pathways based on evidence based practice & the British Elbow & Shoulder Society's Guidelines.

Learning Outcomes

- Updated review of the **clinical anatomy** and of the shoulder girdle.
- Comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain to assist the clinician to develop an appropriate management plan.
- Physical **assessment of the shoulder region** with the evidence for the use of selected assessment techniques.
- Understanding of various pathologies commonly seen in the shoulder.
- Management of patients with a variety of **shoulder pathologies** including; management of acute shoulder pain, shoulder impingement, rotator cuff pathology and osteoarthritis
- **Which investigations to request, when and why?**
- Review research evidence evaluating the use of injections.
- Review the **referral pathways** and provide an accurate and timely process for management of shoulder patients within General Practice.

Course organiser:

Nanette Oakes MCSP, MSc, BSc

Extended Scope Physiotherapist in Shoulders & Elbows

Member of the British Elbow & Shoulder Society

Awarded the BESS AHP Travelling Fellowship (2015)