

Course Title: Kinesiology 101 – Kinesiology of the Shoulder Complex

Course Description: Kinesiology 101, Kinesiology of the Shoulder Complex, is a 4-hour course designed for the clinician interested in exploring the link between structure and function of the musculoskeletal system. This comprehensive, research-based course reveals the fundamental principles and kinesiology of the shoulder complex before moving onto more complex material. Clinical concepts and connections to clinical application will also be emphasized. At the end of this course, the clinician will have a more thorough and confident understanding of kinesiology which is fundamental to designing safe and effective treatment plans.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 4 contact hour / .4 ceu

Course Prerequisites: None

Course Author / Instructor: Neumann, PT, PhD, FAPTA / Brown, MS, OTR/L, CHT

Learning Objectives:

- Describe the osteology and osteologic features of the shoulder complex
- Describe the 4 joints within the shoulder complex and their associated features
- List 6 kinematic principles of the shoulder complex
- Describe the brachial plexus and innervation of muscles and joints of the shoulder complex
- Summarize the function of the rotator cuff muscles and stabilizing tissues of the structures of the shoulder complex
- Discuss why the glenoid labrum is so vulnerable to injury
- Describe the vulnerability of the supraspinatus tendon

Agenda:

Hour #1

OSTEOLOGY

Sternum

Clavicle

Scapula

Proximal-to-Mid Humerus

ARTHROLOGY

Sternoclavicular Joint
General Features
Periarticular Connective Tissue
Kinematics
Acromioclavicular Joint
General Features
Periarticular Connective Tissue

Hour #2

Kinematics
Scapulothoracic Joint
Kinematics
Glenohumeral Joint
General Features
Periarticular Connective Tissue and Other
Supporting Structures
Scapulothoracic Posture and Its Effect on
Static Stability
Coracoacromial Arch and Associated
Bursa
Kinematics
Overall Kinematics of Shoulder Abduction:
Establishing Six Kinematic Principles of
the Shoulder Complex
Scapulohumeral Rhythm

Hour #3

Sternoclavicular and Acromioclavicular
Joints during Full Abduction
MUSCLE AND JOINT INTERACTION
Innervation of the Muscles and Joints of the
Shoulder Complex
Introduction to the Brachial Plexus
Innervation of Muscle
Sensory Innervation to the Joints
Action of the Shoulder Muscles
Muscles of the Scapulothoracic Joint
Elevators
Depressors
Protractors
Retractors
Upward and Downward Rotators
Muscles That Elevate the Arm

Hour #4

Muscles That Elevate the Arm at the Glenohumeral Joint
Upward Rotators at the Scapulothoracic Joint
Function of the Rotator Cuff Muscles during Elevation of the Arm
Muscles That Adduct and Extend the Shoulder
Muscles That Internally and Externally Rotate the Shoulder
Internal Rotator Muscles
External Rotator Muscles

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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