



AOTA Approved Provider #4023



Course Title: Rehab 183

Course Subtitle: Shoulder Rehabilitation

Course Description: Rehab 183, Shoulder Rehabilitation, is a 4-hour course designed for the intermediate clinician working with patients with sports-related shoulder injuries. Many athletic shoulder injuries are due to either repetitive overhead activity causing microtrauma or a significant force applied to the shoulder resulting in macrotrauma to the shoulder. This course will focus on the anatomy of the shoulder complex, biomechanics, common injuries, and rehabilitation strategies and interventions specific to the shoulder joint complex.

Upon the completion of the course and successfully answering 20 interactive multiple-choice questions, the learner will complete a satisfaction survey and receive a completion certificate for .4 CEU's.

Course Length: 4 Hours

Course Authors: Kevin E. Wilk, PT, DPT, Leonard C. Macrina, MSPT, SCS, CSCS and Christopher Arrigo, PT, MS, ATC

Course Instructor: Joanne Brown, MS, OTR/L, CHT, MLD/CDT

Course Objectives:

Upon course completion, the learner will be able to:

- Incorporate biomechanical principles of the shoulder as they relate to prevention and postinjury or postsurgical rehabilitation for specific injuries.
- Associate anatomic structures of the shoulder to particular injuries based on function of the structures during the pitching act.
- Explain the role of the rotator cuff in shoulder arthrokinematics and prevention of injury.
- Develop a rehabilitation program for specific pathologic shoulder conditions that takes into account the biomechanical function and healing parameters for the anatomic structures involved.
- Advance an athlete through phases of shoulder rehabilitation based on specific criteria for progression.

- Incorporate rehabilitation limitations and concerns for specific postinjury and postsurgical pathologic shoulder conditions.

Outline of Content:

Anatomy and Biomechanics

Throwing Mechanism

Overview of Rehabilitation Program

Nonoperative Rehabilitation Guidelines

Shoulder Injuries

General Rehabilitation Guidelines After Surgery

Conclusion