



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Rehab 185

Course Subtitle: Therapeutic Programs for Musculoskeletal Programs Involving the Shoulder

Source: Therapeutic Programs for Musculoskeletal Disorders, by James F. Wyss and Amrish D. Patel

Source Description: Therapeutic Programs for Musculoskeletal Disorders is a guide for musculoskeletal medicine trainees and physicians to the art and science of writing therapy prescriptions and developing individualized treatment plans. Chapters are written by teams of musculoskeletal physicians, allied health professionals, and trainees to underscore the importance of collaboration in designing programs and improving outcomes.

The book employs a literature-driven treatment approach to the common musculoskeletal problems that clinicians encounter on a daily basis. Each condition-specific chapter includes clinical background and presentation, physical examination, and diagnostics, followed by a comprehensive look at the rehabilitation program. Case examples with detailed therapy prescriptions reinforce key points.

See course outline below for details

Target Audience: OT/OTA, PT/PTA and other healthcare professionals

Course Length: 3 hour

Course Author/Instructor: Wyss, MD, PT and Patel, MD, PT / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- Outline and describe 4 therapeutic interventions included in a rehab program for shoulder impingement syndrome
- List and describe 6 physical examinations used for assessing shoulder impingement syndrome
- Define the key clinical features of rotator cuff tendinopathy

- Outline and describe 4 therapeutic interventions included in a rehab program for rotator cuff tendinopathy
- Define the key clinical features of glenohumeral osteoarthritis
- Outline and describe 4 therapeutic interventions included in a rehab program for glenohumeral osteoarthritis
- Define the key clinical features of glenohumeral joint instability
- Outline and describe 4 therapeutic interventions included in a rehab program for glenohumeral joint instability
- Define the key clinical features of adhesive capsulitis
- Outline and describe 4 therapeutic interventions included in a rehab program for adhesive capsulitis

Outline of Content:

Hour #1

Shoulder Impingement Syndromes

Introduction

The Rehabilitation Program

Therapeutic Modalities

Manual Therapy

Therapeutic Exercise

Specialized Techniques

Home Exercise Program

Summary

Sample Case

Sample Therapy Prescription

Rotator Cuff Tendinopathy

Introduction

The Rehabilitation Program

Hour #2

Therapeutic Modalities

Manual Therapy

Specialized Techniques

Home Exercise Program

Summary

Sample Case

Sample Therapy Prescription

Glenohumeral Osteoarthritis Glenohumeral Joint Instability

Introduction

The Rehabilitation Program

Therapeutic Modalities

Manual Therapy

Hour #3

Therapeutic Exercise

Specialized Techniques
Home Exercise Program
Summary
Sample Case
Sample Therapy Prescription
Glenohumeral Joint Instability
Introduction
The Rehabilitation Program
Therapeutic Modalities
Manual Therapy
Therapeutic Exercise
Specialized Techniques
Home Exercise Program
Summary
Sample Case
Sample Therapy Prescription

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course. See course formats for additional details.

Course Completion Requirements:

A minimum 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 the course, you will receive your certificate of completion and AOTA eligible CEUs.

AOTA Classification Codes:

Category 1: Domain of OT
Category 2: Occupational Therapy Process
Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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