



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 101

Sub-Title: Functional Anatomy and Assessment

Course Description: Shoulder Rehab 101, Functional Anatomy and Assessment, is a 3-hour course designed for the clinician involved in the treatment and assessment of upper extremity pathology. This course offers a clear and practical approach to various conditions involving the shoulder including: fracture assessment, management of frozen shoulder, rotator cuff pathology and capsulitis, arthroplasty, arthrodesis and assessment of shoulder instability. Various shoulder exercises and protocols will be reviewed and functional anatomy will be highlighted as it pertains to clinical pathology. This course provides information that is clinically relevant along with direct application to therapy.

Target Audience: OT/OTA

Course Length: 3 hours

Course Author/Instructor: Prosser, MSc, CHT, and / 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 conclusion of the course, participants will be able to:

- Review functional anatomy of the shoulder joint
- Understand conservative management of rotator cuff, capsulitis and frozen shoulder
- Define predisposing factors of impingement
- Identify rotator cuff pathology and functional considerations
- Understand the conservative and postoperative treatment of rotator cuff disease
- Differentiate shoulder arthroplasty vs. arthrodesis
- Differentiate the pathology involved in anterior, posterior and multidirectional instability
- Define treatment principles for shoulder instability
- Become familiar with various shoulder exercises and the progression of exercise programs
- Incorporate proprioceptive exercises into a shoulder rehab program

- Understand the application of therapy

Outline of Content:

Hour #1

Functional Anatomy of the Shoulder
Shoulder Anatomy and Assessment
Assessment and Physical Exam
Conservative Management of Shoulder Conditions

Hour #2

Conservative Treatment Principles
Capsulitis and Frozen Shoulder
Fractures
Non-Operative Treatment of Fractures
Rotator Cuff Pathology
Arthroplasty

Hour #3

Treatment of Rotator Cuff Disease
Shoulder Instability
Therapy for Shoulder Instability
Shoulder Exercises

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 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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