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AOTA Approved Provider #4023

**Course Title:** Shoulder Rehab 102

**Sub-Title:** Examination of the Shoulder

**Course Description:** Shoulder Rehab 102, Examination of the Shoulder, is a 1.5-hour course designed for the intermediate clinician working with patients with shoulder pain and injury. The majority of shoulder disorders can be diagnosed based on a thorough history and physical examination. This course will review the anatomy and basic biomechanics of the shoulder joint as well as static and dynamic stabilizers of the joint. Basic components of performing a history, client intake and physical examination will also be reviewed. A variety of provocative maneuvers such as scapula-thoracic stress test, lateral scapular slide test, provocative tests for rotator cuff injury such as Neer's test, Hawkin's test, Thumb-up and Thumb down test, the Whipple test plus more will be covered in this course. Diagnostic imaging with radiographs, ultrasound and magnetic resonance imaging along with clinical pearls will be reviewed.

**Target Audience:** OT/OTA

**Course Length:** 1.5 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:

- Describe the anatomy and biomechanics of the shoulder joint
- Describe scapulothoracic motion and identify 3 factors that increase stress on the rotator cuff
- List 5 components included in a comprehensive evaluation of the shoulder
- List and describe 3 provocative examinations used to evaluate the rotator cuff
- Differentiate diagnostic imaging techniques used in shoulder evaluations

**Outline of Content:**

**Hour #1-1.5**

Introduction

Anatomy and Biomechanics  
Static and Dynamic Stabilizers  
Scapulothoracic Motion  
Rotator Cuff Cable and Crescent  
History  
Physical Examination  
Provocative Examination  
Diagnostic Imaging  
Summary

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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