



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 103

Sub-Title: Tendinopathy of the Rotator Cuff and Proximal Biceps

Course Description: Shoulder Rehab 103, Tendinopathy of the Rotator Cuff and Proximal Biceps, is a 2-hour course designed for the intermediate clinician working with patients with upper extremity impairment and pathology of the rotator cuff. The rotator cuff is the most common source of shoulder pain and occurs due to injury and overuse. This course begins by exploring the etiology and pathomechanics of rotator cuff injuries and then reviews current techniques for managing rotator cuff tears. Conservative and surgical treatment options will be explored. Surgical intervention will include subacromial decompression, arthroscopic debridement techniques and open repair. This course will also review bicipital tendinosis along with diagnosis, treatment and surgical treatment technique for open biceps tenodesis. At the end of this lesson, the clinician will have a greater understanding on how to manage tendinopathy of the rotator cuff and proximal biceps and be better prepared to create safe and effective exercises leading to maximal gains for the client.

Target Audience: OT/OTA

Course Length: 2 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 pathomechanics involved in rotator cuff injury
- Describe 3 nonoperative treatment interventions in the treatment of rotator cuff pathology
- List surgical procedures and describe results in the management of rotator cuff pathology
- Differentiate the results and advantages/disadvantages of arthroscopic rotator cuff debridement
- Understand diagnosis and treatment for bicipital tendinosis
- Describe the technique involved for open biceps tenodesis

Outline of Content:

Hour #1

Introduction
Rotator Cuff Injuries and Etiology
Diagnosis and Radiography
Non-operative Management
Treatment
Surgical Management
Results

Hour #2

Rotator Cuff Repair and Technique
Arthroscopic Rotator Cuff Repair
Bicipital Tendinosis
Diagnosis and Treatment
Summary

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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