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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 104

Sub-Title: Glenohumeral Instability, Adhesive Capsulitis, and Superior Labral Anteroposterior Lesions

Course Description: Shoulder Rehab 104, Glenohumeral Instability, and Superior Labral Anteroposterior Lesions (SLAP), is a 2-hour course designed for clinician interested in learning more about the etiology, diagnosis, treatment options and surgical management of glenohumeral instability and SLAP lesions. The first part of the course will focus on instability of the glenohumeral joint, including etiology, diagnosis, determining direction of stability. Nonoperative treatment interventions such as closed reductions and traction-countertraction techniques will be explored. This section will conclude with a discussion of surgical stabilization, along with surgical technique and outcomes. The next section will focus on adhesive capsulitis, reviewing the etiology, history, diagnosis, nonoperative and operative management along with postoperative results. The course concludes with a similar review and outline of the diagnosis and management of SLAP lesions.

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:

- List 3 different nonoperative techniques for managing anterior glenohumeral dislocations.
- Describe 2 techniques involved in the surgical management of glenohumeral instability.
- Differentiate the 3 phases of adhesive capsulitis.
- Describe surgical and nonsurgical management of adhesive capsulitis.
- Understand the etiology, diagnosis and treatment of superior labral anteroposterior lesions.

Outline of Content:

Hour #1

Introduction
Etiology and Diagnosis
Nonoperative Management
Surgical Stabilization
Adhesive Capsulitis

Hour #2

Operative and Nonoperative Management
SLAP Lesions
Glenohumeral Instability
Treatment
Outcomes
Conclusions

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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