



Online Continuing Education Courses
www.OnlineCE.com



AOTA Approved Provider #4023

Course Title: Shoulder Rehab 106

Sub-Title: Impingement Syndrome and Impingement-Related Instability

Course Description: Shoulder Rehab 106, Impingement Syndrome and Impingement-Related Instability, is a 2-hour course designed for the clinician working with patients with impingement syndromes. Shoulder impingement is a common condition seen by therapists and the purpose of this course is to provide the learner with a more precise and more thorough understanding of impingement and impingement-related instability. This comprehensive course will explore a variety of information including classification and treatment methods used for diseases of the rotator cuff. At the end of this lesson, the learner will be more prepared to create a treatment plan and provide safe and effective exercises during the rehabilitation process. Case studies will be used to highlight clinical application.

Target Audience: OT/OTA

Course Length: 2 hours

Course Author/Instructor: Donatelli, PhD, 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 conclusion of the course, participants will be able to:

- Become familiar with impingement syndrome
- List 3 extrinsic factors related to impingement syndrome
- List 3 intrinsic factors related to impingement syndrome
- Describe and differentiate the pathological stages of impingement syndrome
- Become familiar with shoulder-strengthening exercises
- Describe the classification of rotator cuff disease
- Understand rotator cuff disease in the athlete
- Examine rehabilitation issues related to pathologic conditions
- Review case studies for clinical application

Outline of Content:

Hour #1

Compressive Cuff Disease

Suprahumeral Space

Coracohumeral Space

FACTORS RELATED TO PATHOLOGIC CONDITION

Extrinsic Factors

Scapular Muscle Imbalance

Scapular Postural Changes and Altered Kinematics

Rotator Cuff Muscle Imbalance

Anterior and Posterior Glenoid Impingement

Precipitating Factors

Intrinsic Factors

Anatomic Anomalies

Degeneration

Hour #2

STAGES OF PATHOLOGY AND PRINCIPLES OF TREATMENT

Stage I Impingement

Principles of Treatment

Stage II Impingement

Principles of Treatment

Stage III Impingement

Principles of Treatment

Case Study

ROTATOR CUFF DISORDERS IN THE ATHLETE

Classification

Primary Tensile Overload

Secondary Tensile Overload

Instability-Impingement Complex

Instability-Subluxation-Impingement-Rotator Cuff Tear

Posterior Impingement

Rehabilitative Issues

Overview

Examination

Role of the Scapula

Open and Closed Chain Exercises

Neuromuscular Retraining

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.

OnlineCE.com is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.