



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 107

Sub-Title: Shoulder Instability

Course Description: Shoulder Rehab 107, Shoulder Instability, is a 2-hour course designed for the clinician working with patients with shoulder instability. This course will use case studies to highlight clinical application and will begin with a review of muscle mechanics before moving onto higher level and more complex material involving SLAP lesions and the rotator interval capsule. Instability patterns, treatment interventions and rehabilitation will all be explored in this dynamic course on shoulder instability. At the end of this course, the learner will have a strong foundation and understanding which will prepare the clinician to create safe and effective treatment plans.

Target Audience: OT/OTA

Course Length: 2 hours

Course Author/Instructor: Donatelli, PhD, PT 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:

- Become familiar with shoulder instability
- Review muscle mechanics and understand anatomy that contributes to shoulder dislocation and stability
- Define SLAP lesions and describe the characteristics of each type of SLAP lesion
- Review nonoperative treatment of SLAP lesions
- Understand postoperative treatment for SLAP lesions
- Describe the term rotator interval capsule and anatomy
- Become familiar with posterior instability along with symptoms and rehab
- Describe scapular kinetics associated with glenohumeral joint instability
- Read case studies to highlight clinical application

Outline of Content:

Hour #1

Introduction

Case Studies

MUSCLE MECHANICS: CONTRIBUTION TO SHOULDER DISLOCATION AND STABILITY

SLAP Lesions

Postoperative Treatment for SLAP lesions

Case Study

Hour #2

ROTATOR INTERVAL CAPSULE

Anatomy of the Rotator Interval

Posterior Instability

Symptoms and Physical Examination

Rehabilitation

Operative Techniques

OPEN INFERIOR CAPSULAR SHIFT

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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