



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 108

Sub-Title: Etiology and Evaluation of Rotator Cuff Pathologic Conditions and Rehabilitation

Course Description: Shoulder Rehab 108, Etiology and Evaluation of Rotator Cuff Pathologic Conditions and Rehabilitation, is a 2-hour course designed for the clinician working with patients with rotator cuff injury. In order to provide the client with safe and effective rehabilitation, the clinician must thoroughly understand the complex, biomechanical principles and etiologic factors associated with rotator cuff injury and have an objective methodology for assessment. The course will review the basis and classification of rotator cuff disease and then will provide more complex methods of evaluation. Case studies will be used to highlight clinical application. At the end of this lesson, the clinician will have a better understanding for creating a rehabilitation program that will restore normal joint arthrokinematics, muscle balance, strength and endurance in order to maximize functional use.

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:

- Describe the etiology and classification of rotator cuff injury
- Describe and differentiate different types of rotator cuff tears
- Outline components of a shoulder evaluation for rotator cuff injury
- List and describe 3 tests used for evaluating a patient with rotator cuff injury
- Become familiar with biomechanical concepts involved with rehabilitation
- List and describe 3 rehabilitation principles involved in the treatment of rotator cuff injury
- Read and review case studies to understand clinical application

Outline of Content:

Hour #1

ETIOLOGY AND CLASSIFICATION OF ROTATOR CUFF INJURY

Primary Compressive Disease

Secondary Compressive Disease

Tensile Overload

Macrotraumatic Tendon Failure

Posterior or Undersurface Impingement

Additional Etiologic Factors in Rotator Cuff Pathologic Conditions

Anatomic Description of Rotator Cuff Tears

CLINICAL EVALUATION OF THE SHOULDER FOR ROTATOR CUFF INJURY

Scapular Examination

Glenohumeral Joint Range of Motion Measurement

Muscular Strength Testing

Special Tests

Biomechanical Concepts for Rehabilitation for Rotator Cuff Injury

Reduction of Overload and Total Arm Rehab

Promotion of Muscular Strength Balance and Local Muscular Endurance Specific Factors

Influencing the Rehabilitation of Rotator

Cuff Tears

Case Study

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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