



Online Continuing Education Courses  
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AOTA Approved Provider #4023

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**Course Title:** Shoulder Rehab 111

**Sub-Title:** Strength Training Concepts

**Target Audience:** OT/OTA

**Course Length:** 2 hours

**Course Author/Instructor:** 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 and examine strength training concepts
- Define and differentiate different types of muscle actions
- Examine fiber types and specific adaptations
- Define and differentiate hypertrophy versus hyperplasia
- Describe mechanical changes in passive and dynamic muscle stiffness
- List properties of eccentric, concentric and isometric strengthening
- List 5 variables that affects strength training

**Outline of Content:**

**Hour #1**

TYPES OF MUSCLE ACTIONS

NEURAL ADAPTATIONS

CELLULAR ADAPTATIONS

HYPERTROPHY VERSUS HYPERPLASIA

MECHANICAL CHANGES IN PASSIVE AND DYNAMIC MUSCLE STIFFNESS

CONNECTIVE TISSUE CHANGES

**Hour #2**

HORMONAL RESPONSES

AGING AND MUSCLE CHANGES  
TYPES OF MUSCLE ACTION ADAPTATIONS  
CLINICAL APPLICATION  
EXERCISE VARIABLES  
GLENOHUMERAL AND SCAPULAR ROTATOR  
STRENGTHENING EXERCISES

**Instructional Methods and Formats:**

Online course available 24/7 at [www.OnlineCE.com](http://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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