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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 114

Sub-Title: Evaluation of the Adolescent Overhead Athlete

Course Description: Shoulder Rehab 114, Evaluation of the Adolescent Overhead Athlete, is a 1-hour course designed for the intermediate clinician interested in learning to assess the shoulder-scapula complex in the adolescent overhead athlete. The concept of linkage between the scapula and upper extremity is applied in the assessment of scapula dysfunction and shoulder/ elbow pathologies. The current models for explaining the relationship between GIRD (glenohumeral internal rotation deficit), superior labral pathologies, internal/posterior impingement, micro instability and scapula dyskinesia are discussed. The most evidence-based clinical/special tests are presented in video format. The role of pitching pathomechanics in the development shoulder and elbow pathology is discussed in a straight forward, concise manner. The clinician will be able to recognize common pathological throwing mechanics without the use of expensive video technology. This course would benefit the rehabilitation specialist who is interested in improving clinical outcomes in overhead adolescent athletes through an accurate, integrative and contemporary approach.

Target Audience: OT/OTA

Course Length: 1 hour

Course Author/Instructor: McCabe, PT, OCS / 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:

- Summarize the relationship between glenohumeral internal rotation deficit(GIRD), SLAP tears, posterior impingement, scapula dyskinesia and shoulder micro-instability
- Effectively diagnose SLAP tears, posterior impingement, scapula dyskinesia and shoulder micro-instability using screening and clinical tests.
- Cite common pitching pathomechanics and describe their association with specific elbow injuries.
- Paraphrase the peel back model for SLAP tears

- Relate proper pitching biomechanics with injury prevention strategies for the adolescent overhead athlete

Outline of Content:

Hour #1

An Overview of Common Injuries

Common Findings

Scapular Dyskinesia

Classification

Evaluation

Scapular Tests and Assessments

SLAP Lesions

Pitching Pathomechanics

Education

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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