



Online Continuing Education Courses  
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AOTA Approved Provider #4023

**Course Title:** Shoulder Rehab 115

**Course Subtitle:** Joint and Soft Tissue Mobilization Techniques for the Shoulder-Scapula Complex

**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:

- Describe and perform contemporary scapula mobilization techniques
- Apply innovative soft tissue mobilization techniques for the patient with shoulder hypomobility
- Gain deeper insight into the causes and treatment of scapula dyskinesia
- Define and differentiate the anatomical relationship between the rotator cuff muscles and the glenohumeral joint capsule
- Become acquainted with soft tissue mobilization techniques for sub deltoid bursitis

**Outline of Content:**

**Hour #1**

Capsule Complex  
Mobilization Techniques  
Scapular Dyskinesia  
Scapula Mobilizations  
Myofascial Pain Syndrome  
Trigger Points

**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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