



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 116

Sub-Title: Evaluation and Rehabilitation of Non-Surgical and Surgical SLAP Tears

Course Description: Shoulder Rehab 116, Evaluation and Rehabilitation of Non-Surgical and Surgical SLAP Tears, is a 1-hour course designed for the clinician working with patients with SLAP lesions. This course will emphasize the evaluation and rehabilitation process of a patient with SLAP tears. Surgical and nonsurgical treatment options will be covered along with exercises for scapular retraining.

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:

- Review functional anatomy and biomechanics of the shoulder - scapula complex
- Become familiar and understand current strategies for the evaluation of patients with scapular disorders
- List and describe innovative scapular mobilization techniques for the patient with scapular dyskinesia
- Differentiate the relationship between scapular dyskinesia, soft tissue/muscle tightness, and shoulder pathology
- Apply a systematic scapular muscle training program / protocol for patients with scapular dyskinesia

Outline of Content:

Hour #1

Scapular Dyskinesia
Scapulohumeral Rhythm
Scapula Kinematics
Classifications

Testing and Assessments
Scapular Muscle Training

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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