



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Shoulder Rehab 118

Sub-Title: Posterior Shoulder Instability

Course Description: Shoulder Rehab 118, Posterior Shoulder Instability, is a 3-hour course designed for the clinician working with patients with posterior shoulder instability. This comprehensive evidenced-based course sets the foundation by covering all the fundamentals and background information associated with posterior shoulder instability and then moves into higher level more complex material helping the clinician understand treatment options and rehabilitation strategies for helping the patient get back into the game and also for regaining functional independence with IADL.

Target Audience: OT/OTA

Course Length: 3 hours

Course Author/Instructor: Reider, MD and Davies, PT, DPT and Provencher, MD, 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:

- Recite the overall incidence of posterior shoulder instability
- Describe the pathophysiology of posterior shoulder instability
- Understand the clinical presentation
- Explain differential diagnosis for posterior shoulder instability
- Examine and describe surgical and non-surgical treatment options

Outline of Content:

Hour #1

Introduction

Epidemiology

Pathophysiology

Clinical Presentation

Differential Diagnosis
Treatment
Evidence

Hour #2

Non-operative Treatment
Phase I
Phase II
Phase III
Tips and Guidelines for Transitioning to Performance Enhancement
Performance Enhancement and Beyond Rehabilitation: Training/Trainer and Optimization of Athletic Performance
Criteria for Abandoning Nonoperative Treatment and Proceeding to Surgery or More Intensive Intervention
Specific Criteria for Return to Sports Participation: Tests and Measurements
Post Op Rehab
Indications for Surgical Treatment

Hour #3

Brief Summary of Surgical Treatment
Factors that May Effect Rehab
Phase I
Phase II
Phase III
Phase IV
Criteria for Return to Sport
Beyond Basic Rehab
Sport Specific Rehab

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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