

2nd Annual Best Practices in Rehabilitation: The Shoulder

UT Health San Antonio Academic Learning and Teaching Center 7703 Floyd Curl Dr. San Antonio, TX

UT Health San Antonio Orthopaedics

Joe R. & Teresa Lozano Long School of Medicine Department of Orthopaedics

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APRIL 13, 2019

ADVANCEMENTS IN REHABILITATION

SURGICAL PERSPECTIVES

INTERACTIVE LABS FOR HANDS-ON LEARNING

Course Directors:



John R. Trey Green III, MD

Professor and Chief of Sports Medicine Sports Medicine Fellowship Program Director Department of Orthopaedics UT Health San Antonio



Sheri Huehn, PT, DPT, OCS Director of Physical Therapy Department of Orthopaedics UT Health San Antonio



Ada Montalvo, MS, PA-C

Sports Medicine Department of Orthopaedics UT Health San Antonio

Continuing Education Statements:



Credit Designation Statement:

This activity has been approved by the Texas Board of Physical Therapy Examiners for 6.75 CCUs for PTs and PTAs.

LOCATION:

Academic Learning and Teaching Center (ALTC Building) Main Campus 7703 Floyd Curl Drive San Antonio, Texas 78229



Orthopaedics

AGENDA

7:30am – Registration, Check in and Continental Breakfast

Introduction by Dr. John Green

8:00am - I can't get it up! Indications for Rotator Cuff Surgery

Dr. John Green

8:30am - Rotator Cuff Rehab in the Post-Operative Patient

Rudy Solis, PT, DPT and Kayla Reynolds, PTA

9:00am - Impingement

Steve Cox PT, DPT

- 9:30am Propulsion Methods and Preventing Shoulder Pain for the Wheelchair User *Crystal Keller, PT, DPT, NCS*
- 10:00am *Break*
- 10:15am Multidirectional Instability

Sheri Huehn, PT, DPT, OCS

- 10:45am Surgical Options for Shoulder Instability Dr. John Green
- 11:15am Interactive Lab: Taping the Shoulder

Julie Barnett, PT, DPT, OCS

- 12:00pm Lunch
- 12:30pm Nerve Entrapment and EMG Study

Denise Norton, MD

1:00pm - Imaging and When Injections Help

Denise Norton, MD

- 1:30pm Who is a Good Candidate for Shoulder Replacement? Hemi, Total or Reverse? – *Dr. Anil Dutta*
- 2:00pm *Break*
- 2:15pm Total Shoulder Rehabilitation

Chad Hodges, PT, DPT, FAAOMPT

2:45pm - Rehab Considerations for the Overhead Athlete

Barry Morgan, PT

- 3:15pm Biomechanical Changes That Occur with Neurological dysfunction: A Case Study– *Selina Morgan, PT, DPT*
- 3:45pm Interactive Lab: The Manual Physical Therapy Approach to Shoulder Disorders: *Gail Deyle, PT, DSc, DPT, OCS, FAAOMPT*
- 5:00pm Question and Answer Session/Wrap Up/End

Faculty Speakers

Anil Dutta, MD

Associate Professor Adult Upper Extremity Reconstruction Department of Orthopaedics UT Health San Antonio

Denise Norton, MD

Assistant Professor Department of Orthopaedics UT Health San Antonio

Steve M. Cox, PT, DPT

Physical Therapist Department of Orthopaedics UT Health San Antonio

Chad Hodges, PT, DPT, FAAOMPT

Physical Therapist Department of Orthopaedics UT Health San Antonio

Sheri Huehn, PT, DPT, OCS

Director of Physical Therapy Department of Orthopaedics UT Health San Antonio

Crystal Keller PT, DPT, NCS

Physical Therapist Department of Orthopaedics UT Health San Antonio

Barry M. Morgan, PT

Physical Therapist Department of Orthopaedics UT Health San Antonio

Selina Morgan, PT, DPT

Physical Therapist Department of Orthopaedics UT Health San Antonio

Kayla Reynolds, PTA

Physical Therapist Assistant Department of Orthopaedics UT Health San Antonio

Rudy Solis, PT, DPT

Physical Therapist Department of Orthopaedics UT Health San Antonio

Guest Speakers

Julie Barnett, PT, DPT, OCS

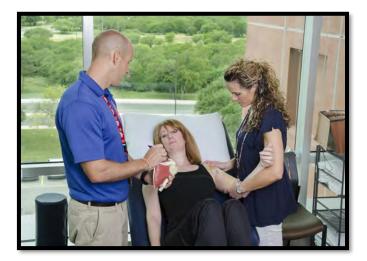
Assistant Professor Department of Physical Therapy UT Health San Antonio Director of Physical Therapy The Non-Surgical Center of Texas San Antonio, TX Instructor Summit Professional Education Continuing Competency Courses In the United States

Gail Deyle, PT, DSc, DPT, OCS, FAAOMPT

Graduate Professor Baylor University Graduate School Founder and Senior Faculty Member of Army-Baylor University Doctoral Fellowship Orthopaedic Manual Physical Therapy Brooke Army Medical Center

Target Audience

Physical Therapists and PT Assistants across practice settings who perform rehabilitation of the shoulder joint.



Course Description

This program will cover shoulder problems commonly encountered in physical therapy practice. Special attention will be given to rotator cuff injuries, shoulder instability, nerve entrapment, and the arthritic shoulder from both the medical / surgical and rehabilitation perspectives. Current evidence-based practice patterns will be discussed and summarized. Discussions will include rotator cuff injuries, treatment of tendinitis and instability, surgical and non-surgical interventions for shoulder joint injuries and joint degeneration, and the use of taping methods, manual therapy and intraarticular injections. Neurological Dysfunction as it relates to the shoulder will also be discussed.

This course will include both didactic and lab components highlighting assessment, therapeutic exercise, and manual therapy techniques.



Learning Objectives:

At the end of this activity the learner should be able to:

- Perform basic orthopaedic assessment of various shoulder joint pathologies / injuries
- Understand healing parameters after injuries or degenerative conditions and design appropriate treatment protocols
- Perform functional screens for return to work or sport
- Techniques for shoulder taping
- Perform basic manual therapy techniques for shoulder joint pain or motion loss
- Understand propulsion methods for wheelchair users and the relationship to shoulder pathology
- Understand biomechanical changes that occur with neurological dysfunction