



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

UTHsportsmed.com

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



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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
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Chad Hodges, PT, DPT, FAAOMPT

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Barry M. Morgan, PT

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Selina Morgan, PT, DPT

Physical Therapist
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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