

COURSE PROGRAM AND TIME-TABLE

DAY 1:

9-10.30h: THEORY PART 1:

From impingement symptoms towards the underlying pathology and impairments: critical discussion with respect to “impingement”, update scientific literature and critical papers. Discussion regarding rotator cuff dysfunction, tendinopathy, degenerative RC tears, and muscular imbalance. Shoulder instability: differential diagnosis and approach for the 3 most common types of instability: traumatic dislocation, overload functional instability in the overhead athlete, atraumatic multidirectional instability based on generalized hyperlaxity. Biceps related pathology: disorders of the long head of the biceps and SLAP lesions as biceps related labral pathology.

10.30-11h: Break

11-12.30h: THEORY PART 2

Glenohumeral ROM deficits in the overhead athlete and its relation to overuse shoulder pain. the role of the scapula in shoulder pain, biomechanical and clinical perspectives. The theoretical session ends with a critical interactive discussion on the possible causes of shoulder pain, including central sensitization, kinetic chain disorders and psychosocial factors.

12.30-13.30h: break

13.30-15h: CLINICAL EXAMINATION PART 1

Clinical reasoning in the assessment of the patient, using science-based clinical reasoning algorithms. Symptom provocation and reduction tests, traditional orthopedic tests, including critical discussion with respect to the interpretation. Case-based interpretation of clinical examination during interactive practical session.

15-15.30: break

15.30-17h: CLINICAL EXAMINATION PART 2

Continued. At the end of this session, participants are able to share their personal experience and expertise in a peer-learning moment.

DAY 2:

9-10.30: REHABILITATION PART 1: ROTATOR CUFF

Scientific background for the conservative treatment of rotator cuff tendinopathy and muscular imbalances, scientific rationale for exercise choice, practical session.

10.30-11h: break

11-12.30: REHABILITATION PART 2: SHOULDER INSTABILITY

Specific exercises for shoulder instability, exercises for local neuromuscular control, closed chain exercises in progression (algorithm + practice), differential approach based on instability-type, scientific rationale for kinetic chain exercises, sport-specific approach including throwing exercises, exercises for swimmers, practical session.

12.30-13.30h: break

13.30-15h: REHABILITATION PART 3: MOBILISATION TECHNIQUES

Angular stretching and non-angular joint mobilization techniques, home stretching program, mobilization with movement techniques for the shoulder with posterior shoulder stiffness. Principles of mobilization techniques applied to frozen shoulder contracture. Practical session.

15.15-30h: break

15.30-17h: REHABILITATION PART 4: SCAPULAR REHABILITATION

Clinical reasoning algorithm for scapular rehab, specific exercise selection for muscular imbalance and progression, scientific rationale for exercise selection, soft tissue techniques for pectoralis minor treatment