

## SHOULDERS MADE SIMPLE

### WORKSHOP PROGRAM

9.30 – Registration  
10-12 – Workshop  
12-12.30 – Lunch  
12.30-2 – Workshop  
2-2.30 – Question & Answers

### WORKSHOP AGENDA

- \* Anatomy of the shoulder girdle
- \* Mechanism of Injury
- \* Shoulder pathology
- \* Triaging of shoulder injuries
- \* Treatment of shoulder injuries
- \* Case studies
- \* Shoulder outcome statistics
- \* Imaging of the shoulder
- \* Common shoulder procedures
- \* Shoulder exercises and rehabilitation
- \* Shoulder assessment and treatment demonstration

Upon completion of this seminar, you should be able to:

- Understand shoulder anatomy.
- Recognize common mechanisms of injury.
- Know some common shoulder pathology.
- Be able to triage a shoulder injury.
- Have a discussion with a treating practitioner about the types of treatment modalities that they are using on each patient.
- Refer a shoulder patient to the appropriate professional.
- Have a working knowledge of treatment durations for different types of Shoulder injuries
- Talk with the patient about the type of imaging that they have had or are having.
- Know about what type of procedure they are having.
- Have a discussion with a shoulder patient about the importance of stretching and exercises and the role that this has to play in their rehabilitation.
- Give the patient a selection of exercises to choose from if they have not been given a structured program.