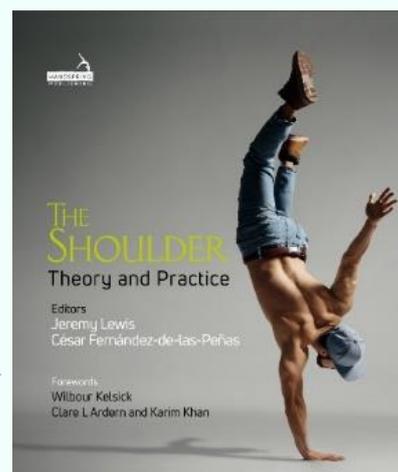


# The Shoulder: *Theory & Practice* Course

(22<sup>nd</sup> Edition - 2022)

## Jeremy Lewis PhD FCSP

- ▶ Consultant Physiotherapist
  - ▶ Professor of Musculoskeletal Research
  - ▶ MSK Sonographer
  - ▶ Independent Prescriber
- Bachelor of Applied Science (Physiotherapy)
  - Postgraduate Diploma in Musculoskeletal Physiotherapy
  - Postgraduate Diploma in Sports Physiotherapy
  - Postgraduate Diploma in Biomechanics
  - Master of Science (Manipulative Therapy)
  - Injection Therapy
  - PhD
  - Postgraduate Certificate in Diagnostic Imaging (Ultrasound)
  - independent Prescriber



Based (in part) on the international bestseller.  
First print run sold out in 2 weeks and 4 days!

### Course options:

#### Face 2 Face

Traditional face to face (F2F) course. Pre-course participants are asked to watch 3 hours of theory videos (over 2 weeks-to allow more time for practical during course.) After course all theory & practical videos (>100) are available for 4 weeks.

#### Online Live

Identical content as F2F course. Pre-course participants are asked to watch 3 hours of theory videos. Practical during course via combination of live practice and video files. After course all theory & practical videos (>100) are available for 4 weeks.

#### Hybrid

Identical content as F2F course. Any combination of Face 2 Face and Online Live requested by course host. After course all theory & practical videos (>100) are available for 4 weeks.

#### Online In Your Own Time

Identical content as F2F course. All theory and all practical are available online. Participants can complete the course in their own time and pace. Course involves quizzes and links to other resources. Coming soon!

For more information visit [www.drjeremylewis.com](http://www.drjeremylewis.com)

# The Shoulder: *Theory & Practice* Course Program 22<sup>nd</sup> Edition

Jeremy Lewis PhD FCSP Consultant Physiotherapist | Professor of Musculoskeletal Research

Please note: The order of the program, content, and timetable structure may vary

Proceeds from this course support an international research program

## Day 1

**9:00 - 9:30**

**Introduction, Evidence Based Practice, Psychosocial Factors Epidemiology & Outcomes**

Psychosocial factors that will surprise you! And some facts to impress your friends at dinner parties!



**9:30 - 10:30**

**Function, Anatomy, Biomechanics, Evolution, The Kinetic Chain**

How does the shoulder function? Importance of considering regional and whole-body kinematics in relation to shoulder function.



**10:30 - 10:45 Break**



**10:45 - 12:30 Assessment**

This clinically orientated & practical session highlights the dilemma of diagnosis. It includes a biopsychosocial approach to assessment. & management supporting the clinical reasoning process. Includes in depth discussion on orthopaedic tests, posture & imaging. Pain science is discussed, as is the importance of the words we use in clinical practice.



**12:30 - 13:15 Lunch**



**13:15 - 15:00 Assessment (cont.)**

**15:00 - 15:15 Break**



**15:15 - 18:00 Rotator Cuff Related Shoulder Pain**

This theoretical and practical session involves a very detailed and in-depth review of this multi-factorial problem. The current evidence-based research across professions evidence regarding the aetiology and pathology of this condition will be presented in detail. This session includes a critical appraisal of the use of injection therapy in the management of RCRSP and critically compares outcomes between surgical & non-surgical intervention. Evidence based management is presented in detail. The importance of lifestyle and its impact on RCRSP are discussed.

## Day 2

**9:00 - 9:15**

**Review of Day 1 and Discussion**

**9:15 - 10:30**

**Shape-Up-My-Shoulder (SUMS) Rehabilitation Program**

This theoretical and practical session will present a three-stage rehabilitation program that may be considered for the majority of musculoskeletal shoulder presentations. The presentation includes finding a 'safe' entry point into rehabilitation and how to progress, from the earlier stages to the end 'chaotic' stage of rehabilitation. Patient education, promotion of self-efficacy and self-management, choosing between formalised and non-formal rehabilitation programs tailored to the individual patient. High end, hard, and 'chaotic' rehabilitation will be included.

**10:30 - 10:45 Break**



**10:45 - 12:30**

**Shape-Up-My-Shoulder (cont.)**

**12:30 - 13:15**

**Lunch**



**13:15 - 15:00**

**Shape-Up-My-Shoulder (cont.) / Frozen Shoulder**

**15:00 - 15:15 Break**



**15:15 - 16:45**

**Frozen Shoulder**

Theoretical and practical session investigating the latest research and evidence supporting the assessment & management of this intriguing condition. Included the role of injection therapy, non-surgical and surgical management options, and the supporting evidence.



**16:45 - 17:00**

**Patient Presentations, Case Studies, Summary**

## Day 3 & 4

The 3- or 4-Day Courses includes the same theoretical and practical content as the 2 Day Course. The 3- & 4-Day Courses also includes real time patient assessment and management session and additional information as organised prior to the course. Three- and four-day courses are requested by host organisations.

## Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder region.
2. To appreciate the importance of taking a biopsychosocial approach to patient management.
3. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
4. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
6. To develop greater competency in the management of patients with a variety of shoulder pathologies.
7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, including rotator cuff related shoulder pain and frozen shoulder
9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder.
11. To develop greater confidence in the use of exercise therapy and other techniques for managing shoulder conditions and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.

## Participant's Comments

- *"Before I did this course the world was flat!"*
- *"Complete change to the way I think about shoulders. Best course I have ever done".*
- *"Fantastic course as example of how to treat within the biopsychosocial model. A very competent and relevant approach with respect to where physiotherapy is at currently. The shoulder provides the topic, but the clinical processing could be applied elsewhere. I don't think anyone is teaching such a balanced approach currently".*
- *"Many thanks again for an inspiring course. I loved it!"*
- *"Great explanations, very in-depth, great synthesis of research evidence".*
- *"Thank you, thank you, fantastic, great teaching style, great sense of humour".*
- *"Excellent rationale for phased rehabilitation".*
- *"One of the best courses I have ever done".*
- *"100% useful. Very inspirational. Best shoulder course yet".*
- *"One of the best courses I have been on, all courses should aim to be this good".*
- *"What an amazing course. Have had an unbelievable result this week I also have to say that I have never been able to sit solidly at a course where there is a lot of theory and not zone out at some point. I think you talk so well and you're so interesting that I was gripped the whole time! That's a first for me and only been qualified 20 years!!*
- *"Excellent information with references to support course content".*
- *"Excellent, I have changed how I treat the upper limb and neck pain and have had excellent results". [from participant who had re-attended]*
- *"Brilliant presentation, extremely useful material and very appropriate for current practice"*
- *"Jeremy was relaxed and informative and gave us a lot of valuable information in a non-threatening way, the evidence base was excellent".*
- *"Excellent teacher".*
- *"Inspirational course".*
- *"Probably one of the most useful and reassuring courses I have been on".*
- *"By far the most informative, research based and thought-provoking course I have been on".*
- *"Course leader was excellent, and the course was very stimulating and thought provoking".*
- *"The tutor had great depth of knowledge, great sense of humour, was very relaxed and very approachable".*
- *"The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation".*
- *"Excellent presentation style. Enjoyed lectures and practical sessions. Very impressed with depth and breadth of knowledge and how well it relates to clinical practice".*
- *"Up to date research, excellent techniques, enlightening, holistic, course should be compulsory".*