

THE SHOULDER: STEPS TO SUCCESS

Two-day course

Please note that this course is open to physiotherapists, osteopaths, chiros, sports therapists and sports rehab professionals only

Course Tutor: Jo Gibson MCSP MSc *Clinical Physiotherapy Specialist*

Jo Gibson is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Consultant in private practice. She has worked as a Shoulder Specialist since 1995 and lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex. Jo is an Associate Lecturer at Liverpool University and has published in Peer-reviewed journals and written several book chapters. She has previously held the positions of Vice President of EUSSER (European Society of Shoulder and Elbow Therapists) and AHP representative for the British Elbow and Shoulder Society.

Course Synopsis:

This two-day course looks at the current evidence base regarding dynamic stability of the shoulder complex and how it impacts assessment and management. Simple assessment strategies will enable participants to design effective treatment interventions, which reflect the functional needs of patients. The course will look at the challenges of true evidence based practice and how developments in the motor learning and communication literature offer opportunities for enhancing interventions. It will provide participants with a simple and structured approach to the management of the shoulder complex and common pathologies, which is immediately applicable in clinical practice. The course is designed to be fun and informal and incorporates lots of case examples.

Venu **Tower Block
Ground Floor, South Wing
Physiotherapy Department
Charing Cross Hospital
Fulham Palace Road
Hammersmith
London
W6 8RF**

Date: **Saturday 30 & Sunday 31 March 2019**

Attached: **Programme/Directions**

THE SHOULDER: STEPS TO SUCCESS A TWO-DAY WORKSHOP

**Tower Block, Ground Floor, South Wing PT Department
Charing Cross Hospital**

SATURDAY 30th & SUNDAY 31st MARCH 2019

Please note that this course is open to physiotherapists, osteopaths, chiros, sports therapists and sports rehab professionals only

Aims:

1. To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
2. To present the current literature regarding the pathophysiology of common shoulder conditions and describe the impact on the dynamic stabilisers.
3. To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
4. To demonstrate key treatment approaches based on the current evidence to address movement dysfunction in the shoulder complex.

Learning Outcomes:

By the end of this two-day course the participant should;

1. Understand current concepts of dynamic stability of the shoulder joint.
2. Understand current theories relating to the pathophysiology of common shoulder conditions and their impact on dynamic stability of the shoulder joint.
3. Develop an awareness of current research regarding evidence based treatment of shoulder pathology.
4. Understand key assessment and treatment tools for the successful treatment of the shoulder joint.
5. Have the ability to clinically reason key treatment approaches in the management of common shoulder conditions based on movement dysfunction.

Workshop is accompanied by course notes – also hands on please bring suitable clothes with you.

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Tower Block, Ground Floor, South Wing PT Department
Charing Cross Hospital
SATURDAY 30th & SUNDAY 31st MARCH 2019
PROGRAMME

Day 1.

- 08.45 Registration
- 09.00 *The Rotator Cuff & the Scapula: partners in Crime?*
Research versus reality & assessment dilemmas: Keeping it simple!
Time for a new method of assessment?
- 10.30 Coffee
- 10.45 *The Rotator Cuff & the Scapula: Partners in Crime?*
Essentials of treatment. The power of sensory input and making the system
'fit for function'.
- 12.30 Lunch
- 13.30 *The Kinetic Chain and Dynamic Slings*
Putting the shoulder in context: It's all about 'normal movement'
- 15.00 Coffee
- 15.15 *Setting the system up for success: Exercises that work*
Putting it all together. Start right to move right!
- 16.30 Finish

Day 2.

- 09.00 *What did we do yesterday? A quick recap*
- 09.30 *Rotator Cuff Pathology: Tips and tricks*
Exercise dilemmas- putting the evidence into practice? The strength versus movement debate
- 11.00 Coffee
- 11.15 *The often forgotten –other culprits/barriers to recovery*
The role of the thoracic spine & ACJ in shoulder pathology & simple solutions!
- 12.45 Lunch
- 13.45 *Getting it right from the start: Steps to Success*
The power of language & communication. Enhancing exercise adherence.
- 14.30 Coffee
- 14.45 *So what happens on Monday morning?*
Case Studies
Making the right decisions and knowing where to start!
- 16.00 Finish

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[ps://www.imperial.nhs.uk/our-locations/charing-cross-hospital/find-us](https://www.imperial.nhs.uk/our-locations/charing-cross-hospital/find-us)

Travel by Train:



Underground

- Baron's Court, situated in zone two on the Piccadilly line, is the closest underground station to Charing Cross Hospital. It is approximately a nine minute walk from the hospital.
- Hammersmith underground station, which is situated in zone two on the Circle, Hammersmith & City, District and Piccadilly lines, is approximately a 10 minute walk or five minute bus ride from the hospital.
- West Kensington underground station, which is situated in zone two on the District line, is approximately a 15 minute walk from the hospital.

Overground

- Kensington Olympia overground railway station is approximately a 22 minute walk from the hospital.

Nearest bus stop



Buses 190, 211, 220 and 295 all travel from Hammersmith bus station, which is situated next to Hammersmith underground train station, to Charing Cross Hospital. Hammersmith underground station also operates a taxi rank.

Cash free buses

Since July 2015, you are no longer able to use cash to pay for your bus fare on London buses. Instead of cash you are able to use an **Oyster card**, a **visitor Oyster card**, a **contactless payment card** or a **day travel card**

Travel by taxi

If you would like to book a taxi for your return journey home, please visit one of three information points in the hospital which all provide a telephone so that you can call a taxi service. They are situated:

- in the hospital's main entrance, opposite the reception desk
- in the accident and emergency department
- in the riverside wing

The pick-up and drop-off point is directly outside the hospital's main entrance.

Travel by car

When possible, we strongly encourage you to use public transport to travel to and from Charing Cross Hospital. If you decide to travel by car, please plan your journey in advance. We have a small number of car parking spaces. There is also a pick-up and drop-off point directly outside the hospital's main entrance which patients and visitors can use.

For further details please visit link shown above

Café

Although we provide refreshments, lunch is not included. There are plenty of cafés restaurants within the hospital