

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.

Venue: **Royal Derby Hospital
Education Centre
Lecture Theatre
Uttoxeter Road
Derby DE22 3NE**

Date: **Thurs 7 & Fri 8 November 2019**

Attached: **Programme/Directions/Application form**

THE SHOULDER: STEPS TO SUCCESS

A TWO-DAY WORKSHOP

**ROYAL DERBY HOSPITAL
EDUCATION CENTRE, LECTURE THEATRE**

THURS 7 & FRI 8 NOVEMBER 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 one 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.

THE SHOULDER: STEPS TO SUCCESS THURS 7 & FRI 8 NOVEMBER 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

Information/Directions to Venue

The Medical Education Department is based at the Royal Derby Hospital within the Education Centre

The Royal Derby Hospital, Derbyshire Children's Hospital and Derby medical school are located three miles from the city centre. The hospital is within easy reach from the A38, A50 and M1 at Junction 25.

For full directions please follow link below:

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/>

Parking: Advise to use public transport

The first 30 minutes in any car park is free of charge and unlimited weekly passes are available for regular users at a concessionary rate of £10 per week (available to purchase from the car park office, car park 6).

Car parks 1, 2, 4, 5, 6, 7, 8 are long stay car with car parks 4, 6 and 7 having the largest number of spaces.

Education Centre 4

If you require further information regarding patient and visitor car parking at the Royal Derby Hospital, please visit the car parking office situated in Car park 6 or telephone 01332 786776.

Booking Form for all NCORE Events

Event Date. Event Ref.

Full Name of Delegate (Mr. Mrs. Ms. Miss)

Job Title and Department

Normal Workplace Address

Post Code Tel No:

If you would like us to alert you by text messaging to any changes please supply Mobile No.

Date of Birth: Email Address

Directorate and Trust's Name

Dietary Requirements Gender Sexuality

Do you have any specific needs to support your learning?

Sector e.g. Acute, Community etc. Profession

Areas of Interest, e.g. Older People, Rehabilitation, Alternative Therapies etc.

Religion Race/Ethnicity Accommodation

Authorising Manager's Name

PAYMENT DETAILS - Please quote course reference on all correspondence

- Funded Assistant Place for Bands 1-4 Derby/Derbyshire Only Band Number
- LBR funded by local health community workforce teams via the LETB
- Invoice- we can only invoice if a purchase order number is supplied with booking form P.O. No.
- If the invoice address is different from that above please supply on a separate sheet.*
- BACS transfer Bank Sort Code 30-92-59 A/C No. 03542470 Lloyds TSB, Irongate Derby A/C Name *
- Internal Budget Transfer from Derby Hospitals budget code
- Cheque (made payable to Derby Hospitals NHS Foundation Trust*).
- Debit or Credit Card Payment (please complete the following)(Please note there is a 1.5% charge on Credit Card transactions)

Visa/Mastercard Start Date on Card Debit Card Credit Card

Name on credit Card Amount to be deducted £

Security Code (the last three digits on your cards signature strip) Expiry Date on card

No. on Credit Card Signed

TERMS OF BOOKING & CANCELLATION: Substitution of delegates may be made at anytime, without cost, by writing to the organisers. Cancellations must be received in writing. A refund of the course fee, less a processing charge of £25, will be made if you cancel your reservation SIX weeks prior to the date of the course booked. No refunds can be given after this date and you will be liable for full course fees. Full refunds will be given if the organisers cancel the course but the organisers are not responsible for any costs, other than course fees, which may be incurred by attendees. Information concerning your registration will be passed on to the delegates employing authority and HE EM in relation to the booking and is also held on our database under the terms of the Data Protection Act 1998. The purpose for which this information is held is Direct Marketing, Education, Training and Administration. This information is not passed to third parties. If you do not wish your information to be used to notify you of other courses which may be of interest to you, please tick this box

Booking forms to be returned to: NCORE, Room 216, Junction 3, Level 3, London Rd Community Hospital London Rd. Derby DE1 2QY. Email dhft.ncore@nhs.net *if receipt of your booking has not been confirmed by email within 14 days, please call the office on 01332 254679.*