

# **P**ROBLEM SOLVING THE SHOULDER

## **2 – day course**

This 2-day course aims to simplify the shoulder complex focusing on assessing motor control, what can influence it and prescribing the right exercises to manage it. The course will look at current evidence and basic science to better understand aetiology and various treatment options. Participants will be taken through the RC deficient shoulder through to managing complex instability using clinical scenarios to help clinically reason, participants will be encouraged to be interactive and challenge current thinking.

***Anju Jaggi Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK)  
A Jaggi Physio Consultancy Ltd  
Past President of European Society of Shoulder and Elbow Rehabilitation (EUSSER)***

Anju is a Consultant Physiotherapist with a clinical interest in shoulder dysfunction and research & innovation lead for the Therapy directorate at the Royal National Orthopaedic Hospital (RNOHT). She has worked at the RNOHT for over 20 years, 18 years of which has been in clinical rehabilitation in managing complex shoulder dysfunction with a specific interest in atraumatic shoulder instability. She has lectured internationally and presented at numerous scientific meetings. She has published work in the field of motor control at the shoulder, co-supervised post graduate student projects and is involved in several funded research studies collaborating with commercial and academic partners, one of which is the NIHR GRASP trial with the University of Oxford. She is currently leading a randomised clinical trial on the role of surgery in atraumatic shoulder instability with the surgical team at the RNOHT and Wrightington Hospital in collaboration with Prof Ginn at Sydney University. She holds a clinical teaching fellow post at University College London (UCL) and is program lead for the new UCL MSc in Musculoskeletal Rehabilitation. She has served on the board of the European Society of Shoulder & Elbow Rehabilitation (EUSSER) since 2008 and was President of the society from 2012-2015 and is currently serving as the Past President until October 2017. She has also served on the British Shoulder & Elbow Society Education committee and is an active member. She has a passion for improving the management of shoulder dysfunction as well as globally promoting physical therapy and rehabilitation.

### ***Aim/Objectives***

- **To understand motor control at the shoulder girdle.**
- **To become competent in assessment of the shoulder girdle from a movement perspective and challenging the use of traditional orthopaedic tests.**
- **Understand the role of physiotherapy versus surgical management in relation to different pathologies.**
- **Develop treatment programmes for rehabilitation of the shoulder girdle**

**Venue:**                   **Physiotherapy Department  
Darlington Memorial Hospital  
Hollyhurst Road  
Darlington  
Co Durham  
DL3 6HX**

**Date:**                   **SATURDAY 12 & SUNDAY 13<sup>th</sup> OCTOBER 2019**

# **PROBLEM SOLVING THE SHOULDER**

## **A two-day course**

**DARLINGTON MEMORIAL HOSPITAL**

**SATURDAY 12<sup>th</sup> & SUNDAY 13<sup>th</sup> OCTOBER 2019**

### **PROGRAMME**

#### **Day One**

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Time	Content
08.45	Registration
09.00	Rotator Cuff Insufficiency – Current theories
10.45	Coffee Break
11.00	Assessing Motor Control
12.30	Lunch
13.30	Assessment cont
14.30	Rehab concepts & clinical scenarios
16.00 – 16.30	Close

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#### **Day Two**

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Time	Content
09.00	Re-cap/problems/queries
09.15	Classification & Management of Instability
10.30	Coffee
11.00	Instability Management Cont
12.00	Lunch
13.00	Examination, exercise ideas, clinical cases
16.30	Close

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## Darlington Memorial Hospital



Travel information for further information please go to link.

<https://www.cddft.nhs.uk/our-hospitals/darlington-memorial-hospital.aspx>

### By Rail:

Take the Intercity service to Darlington. There is a taxi rank outside Darlington Railway Station. The hospital is one and a quarter miles away.

### By Bus:

Bus information Click the travel Website link below to access the full list of available travel options from Darlington Borough Council. Most buses to Darlington Memorial Hospital leave from stand H at the top of Tubwell Row or stand L towards the bottom of Tubwell Row

### By Road:

#### *Local direction*

Access from the north and south is via the A1(M) exiting at junction 58 onto the A68 sign posted Darlington. Travel two and a quarter miles then turn left into Hollyhurst Road. The hospital's main entrance is on the right.

#### *Road information*

From the A1 / A1(M), follow signs for the town centre or A68. The hospital is sign-posted from the town centre. For all routes follow the signs from the town centre.

### Parking

At **Darlington Memorial Hospital** you need to pay before you go into hospital using the pay machines located in the car parks.

Car parking charges at Hospital are as follows:

**0 - 2 hours: £2.50**

**2 - 3 hours: £3.00**

**3 - 24 hours: £4.00**

### Restaurants /Café

Hollies Restaurant – located on Lower Ground Floor – Mon – Friday only

Café Quick – located ground floor, main crossroads, next to WH Smith's

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**APPLICATION FORM**

**Name:**

(Please print name as you wish for it to be shown on your certificate)

**Address for correspondence:**

**Contact Nos:** Home :  
Work :  
Mobile :

**E-mail address :**

**Place of work :**

**Grade :**

**Area of work :**

**Apply to :** Irene Wellman  
**E-mail:** iw@welbeing-cpd.co.uk  
**Tel:** 01375893835  
**Mob:** 07793561454  
**Course Fee :** £240.00 per person

**Payment Terms:**

**BACS:**

**Bank:** Santander  
**Sort Code:** 09-01-29  
**Account:** Welbeing CPD Limited  
**Account No:** 10817627

**Cheques:** Please make cheques payable to **Welbeing CPD Limited**  
**Address:** North View, Church Road, Bulphan, RM14 3RU  
**Included in fee:** Course notes  
Certificates to assist with your CPD  
Refreshments

Cancellation Policy

- Upon receipt of your application form and course fee you will be sent an email confirming your place on the course and receipt of the course fee.
- A full refund will be given if written cancellation is received by Welbeing CPD Limited no later than six weeks before the course date. No refunds will be made after this time. Substitute delegates are accepted at any time.
- Welbeing CPD Limited reserves the right to cancel the course if there are insufficient delegates. If, in the unlikely event a tutor cannot attend the course, Welbeing will endeavour to find a new date for the course to be held. Welbeing will not be held responsible for any losses incurred as a result of course cancellation