

# **THE SHOULDER: BARRIERS TO SUCCESSFUL TREATMENT**

## **One-day course**

**This one-day course is aimed at clinicians who have attended the one-day NCORE 'Shoulder Rehabilitation: Movement Matters', Post-operative Shoulder – Optimising outcomes & 'Shoulder Steps to Success' courses.**

**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: FRIDAY 12<sup>TH</sup> JULY 2019**

**Attached: Programme/Directions**

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## Course Synopsis

Participants will have an opportunity to reflect and discuss any challenges they may have encountered with employing the simple structured approach to assessment presented in the one-day course. This course will consider common barriers to successful intervention and present simple assessment and treatment approaches to address them. This will incorporate current understanding of the role of the cervical spine, thorax, long head of biceps and acromio-clavicular joint in shoulder function and pathology. In addition participants will gain an insight into how our initial interaction with patients can be pivotal in the outcome of treatment and how the application of modern pain sciences can offer opportunities for treatment. The course will provide a clinically reasoned simple approach to problem solving to increase participants confidence in dealing with apparently difficult presentations

## Aims and Learning outcomes:

### Aims:

1. To review the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
2. To explore barriers to recovery in treatment of the shoulder complex and demonstrate effective management strategies.
3. To review developments in pain science and how they may impact treatment interventions.
4. To apply advanced clinical reasoning to complex presentations and design effective rehabilitation strategies.

### Learning Outcomes:

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

1. Understand current concepts of dynamic stability of the shoulder joint and the implications of pathology.
2. Understand barriers to the successful treatment of complex shoulder problems and develop a skill set to address these.
3. Understand the implications of central brain changes in chronicity and recurrence in shoulder pathology and the opportunities this presents.
4. Have the ability to clinically reason key treatment approaches in the management of complex shoulder conditions.

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ROYAL DERBY HOSPITAL  
EDUCATION CENTRE, LECTURE THEATRE

FRIDAY 12 JULY 2019

## PROGRAMME

08.30	Registration
09.00	<i>Dynamic stability – the story so far</i> What are the challenges?
10.30	Coffee
10.45	<i>Barriers to success?</i> The ACJ and long head of biceps – simple solutions
11.45	<i>Not a shoulder?</i> Cervical and thoracic spine – stiffness versus stability
12.30	Lunch
13.30	<i>Load management and the whole package.</i> Changing movement habits & enhancing adherence
15.00	Coffee
15.15	<i>Problem solving</i> Keeping it simple for the shoulder – real-life tips and tricks
16.30	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.

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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.