



CONTINUING EDUCATION FOR HEALTHCARE PROVIDERS

## Management of the Shoulder and Elbow

**Course Cost:** \$540 USD

**Faculty:** Dr. Drew Bender OTD, OTR/L, CHT

**Course Date/Location:**

Check website for current offerings.

**Description:**

EIM's Management of the Shoulder and Elbow course is designed to enhance the participant's knowledge and skills in the evidence-based management of individuals with shoulder and elbow disorders and dysfunction. This lab-intensive course focuses on clinical reasoning and hands-on skill development necessary to effectively perform a comprehensive shoulder and elbow evaluation with an understanding of how these two joints interact. Participants will learn and receive hands-on practice of evidence-based treatments including joint mobilizations, taping, strength progression and exercises, and orthotic fabrication.

**Course Onsite Schedule:**

**Day 1 / Saturday: Management of the Shoulder**

7:30 Orientation; Introductions; Course Expectations  
8:30 Dr. Paul Perry/Dr. Carter-Surgery of the Shoulder and Elbow  
10:15 Break  
10:30 Evaluation: Special Tests Lab  
11:15 Evaluation: Upper Quarter Screen Lecture/Lab  
12:30 Lunch  
1:30 Treatment: Joint Mobilization Lecture/Lab  
3:00 Break  
3:15 Treatment: Joint Mobilization Lecture/Lab  
4:30 Treatment: Strength Progression Lab  
5:30 End of Day 1

**Day 2 / Sunday: Management of the Elbow**

8:00 Review  
8:30 Evaluation: Special Tests of the Elbow Lab  
9:45 Break  
10:00 Treatment: Management of the Stiff Elbow Lecture/Lab  
11:00 Treatment: Taping Lecture/Lab (shoulder and elbow)  
12:00 Lunch  
1:00 Splinting Lab: Coaptation Brace/Sarmiento Brace, Posterior Long Arm, Elbow Extension Orthosis  
3:00 Break  
3:15 Splinting Lab: Coaptation Brace/Sarmiento Brace, Posterior Long Arm, Elbow Extension Orthosis  
4:30 Post Test  
5:30 End of Day 2

## Objectives:

Upon completing this course, you'll be able to:

1. Locate and discuss appropriate shoulder and elbow anatomy and pathology,
2. Perform a comprehensive shoulder and elbow evaluation to determine the cause of dysfunction,
3. Select appropriate special tests to evaluate the shoulder and elbow complex,
4. Discuss evidence-based treatments for conservative care of a variety of shoulder and elbow injuries,
5. Understand the precautions and evidence-based care of post-operative treatment,
6. Demonstrate splinting and appropriate immobilization and progression of chronic and acute diagnoses from the shoulder to the elbow.

## Approach and Instructional Method

This course is delivered in a blended learning fashion, combining online and on-site learning experiences to facilitate participant learning. An interactive and media-rich online precourse is provided to participants 30 days in advance of an intensive 2-day on-site laboratory weekend. The online precourse provides an evidence-based overview of the management of shoulder and elbow disorders using a series of web-based video presentations, key evidence summaries and primary research articles. The on-site lab intensive weekend provides participants with hands-on demonstration and practice of selected examination and treatment techniques for the shoulder and elbow. The course will have a student to faculty ratio of no greater than 18:1. An online post-test and on-site skill assessment are used to reinforce course objectives and assess learning. Successful completion of this course requires 80% or higher on post-test, skills assessment and attendance at each onsite day.

**Target Audience:** Intermediate level course open to licensed physical therapists and occupational therapists.

**Credits:** 24 contact hours or 2.4 CEUs (8 online and 16 on-site)

**AOTA CEU/Contact Hours:** 2.4 CEUs or 24 hours

**AOTA Classification Code:** Code 1: OT Domain: Occupations - ADL, IADL, Work, Play, Leisure  
Code 2: Occupational Therapy Process - Types of Interventions - Preparatory Methods & Tasks, Occupations & Activities

**Cancellation Policy** for cancellation by the participant or by the provider available:  
[www.evidenceinmotion.com/ceupolicy](http://www.evidenceinmotion.com/ceupolicy)

**Special Needs Request:** To view ISPI's special needs policy and request help, please go to [www.evidenceinmotion.com/accommodation-procedures-disabled-participants/](http://www.evidenceinmotion.com/accommodation-procedures-disabled-participants/). You may also call 888-709-7096 or email [courses@eimpt.com](mailto:courses@eimpt.com)

**Registration:** Available at <http://www.evidenceinmotion.com/educational-offerings/course/management-of-shoulder-and-elbow/>



*The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.*