Management of the Shoulder and Elbow

Course Cost: $540 USD
Faculty: Dr. Drew Bender OTD, OTR/L, NASM-PES
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 ad 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

Special Needs Request: To view ISPI’s special needs policy and request help, please go to
www.evidenceinmotion.com/accommodation-procedures-disabled-participants/. You may also call
888-709-7096 or email 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.