

Understanding Shoulder Instability Afternoon/evening course

Aim/Objectives

- **To understand the complexity of shoulder instability and classify patients for appropriate management.**
- **To gain a good foundation in assessing the unstable shoulder, using and interpreting tests as appropriate.**
- **To understand the aetiology of internal impingement in the throwing athlete.**
- **Develop treatment programmes for rehabilitation of the shoulder girdle from end to late stages considering the kinetic chain**

Tutor : Anju Jaggi, MSc MCSP

Clinical Physiotherapy Specialist, Royal National Orthopaedic Hospital Trust (UK)

Anju qualified from the University of East London in 1992 with a BSc (Hons) Physiotherapy. She started at the RNOHT Stanmore in 1996 as a Senior 11 and developed an interest in Upper Limb & Peripheral Nerve Injuries. For the last 12 years she has been working closely with Mr. Ian Bayley & Mr Simon Lambert, Senior Orthopaedic Consultants specialising in the Shoulder & Elbow. The unit is well known both nationally and internationally for its work in complex shoulder instability and complex arthroplasty. Over the 12 years Anju has gained expert knowledge within the field of shoulder management in particular the management of muscle patterning instability. She has presented both nationally & internationally and has recently published a pilot study looking at the sensitivity & specificity of surface electromyography in diagnosing abnormal muscle patterns in shoulder instability. She is an active member of the British Elbow & Shoulder Society (BESS) and is a board member of the newly formed European Society of Elbow & Shoulder Rehabilitation (EUSSER).

**Venue: MILTON KEYNES DONS FOOTBALL CLUB
STADIUM WEST WAY
MILTON KEYNES
MK1 1ST**

VENUE: WEDNESDAY 14TH APRIL 2010

ATTACHMENTS: Programme/Application form/Directions

UNDERSTANDING SHOULDER INSTABILITY

Afternoon – Evening course

WEDNESDAY 14th APRIL 2010

MKDONS FOOTBALL CLUB MILTON KEYNES

PROGRAMME

14:45	Registration
15.00-16:15	Lecture Biomechanics of instability Classification and management of shoulder instability The role of muscle patterning
16:15	Coffee
16.30 – 18.00	Practical Assessing the unstable shoulder. Relevance and the use of tests. Appreciating the kinetic chain and global assessment Rotator cuff rehab
18:00 – 18:30	Sandwiches
18:30	Lecture Understanding internal impingement and the role of the kinetic chain in the throwing athlete
	Practical Scapula stability, incorporating the kinetic chain in shoulder rehab Closed chain to functional open chain exercises Tape
20:30	Finish

Directions – MILTON KEYNES DONS FC

How to get here:

By Road

SOUTH BOUND M1: Exit the motorway at Junction 14 and turn right at the roundabout at the top of the exit slip road towards Milton Keynes.

NORTH BOUND M1: Exit the motorway at Junction 14 and take the left-hand filter lane towards Milton Keynes.

Continue straight over the roundabout (Northfield) on H6 Childs Way.

At the next roundabout (Fox Milne) turn left onto V11 Tongwell Street. Continue straight over next roundabout (Monkston) along the V11 Tongwell Street. At the next roundabout (Brinklow) turn right along the H8 Standing Way (A421).

Continue on the H8 Standing Way (A421) following signs for Buckingham continuing over a number of roundabouts, on reaching the Bleak Hall roundabout turn left onto the V6 Grafton Street and follow signs for the stadium.

Vehicles travelling from other areas should follow the brown football signs which are located on all main approaches to the area.

The stadium can also be accessed easily from the northbound A5 running from Dunstable. Exit the road signposted Central Bletchley and take the first exit off Redmoor Roundabout. The stadium turning is on the left.

Parking

Plenty of parking available at the front entrance to Hilton

By Train

The two stations nearest to the stadium are Bletchley and Milton Keynes Central. Bletchley is approximately a 25-minute walk from the stadium site and Milton Keynes Central is a 30-40 minute walk. Both routes are along Milton Keynes Redways.

For train timetable information, contact National Rail Inquiries on 08457 484950.

Taxis

Hackney Carriages charge a fixed fee of £9 from Central Milton Keynes Station to the stadium. Licensed private hire companies vary, but will be less than this.

Buses

There is one bus service - the No 7 - which runs from Milton Keynes Central Rail Station via the City Centre, Oldbrook and the Hospital to the stop on Grafton Street adjacent to the Stadium entrance. It then continues to Bletchley Bus Station. This runs every 20 minutes at 10 minutes, 30 minutes and 50 minutes past the hour from Central Rail Station and the journey time is 11 minutes. The return journey leaves the Granby, Grafton Street stop at 18 minutes, 38 minutes and 58 minutes past the hour and arrives at the Central Rail Station 9 minutes later.

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APPLICATION FORM

Name:

(Please print name as you wish 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, Welbeing CPD, North View
Church Road, Bulphan, RM14 3RU
Tel: **08453 70 22 70** or e-mail: enquiries@welbeing-cpd.co.uk

Fee : Standard rate £120 inclusive of VAT
Please make cheques payable to **Welbeing CPD Limited**
Places guaranteed on receipt of payment
Stage payments welcome on application
Credit/Debit Card Payments welcome – Online or Phone
www.welbeing-cpd.co.uk



Fee includes : Refreshments + sandwiches
Course notes
Signed certificates towards CPD

Cancellation Policy In the event of an applicant cancellation, a refund will not be possible unless the course organiser is able to find a replacement. If a replacement is found, a charge of £60 .00 will be made for administration costs.