PROBLEM SOLVING THE SHOULDER
2 – day course

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.

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.

Venue: The Medical
2/3 Temple Court
Keynsham
Bristol
BS31 1HA

Date: Saturday 15th - Sunday 16th July 2017

Programme
Application Form
Directions
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.
# PROBLEM SOLVING THE SHOULDER

**Day One**

<table>
<thead>
<tr>
<th>Time</th>
<th>Content</th>
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<tbody>
<tr>
<td>08.45</td>
<td>Registration</td>
</tr>
<tr>
<td>09.00</td>
<td>Rotator Cuff Insufficiency – Current theories</td>
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<tr>
<td></td>
<td>Coffee Break</td>
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<tr>
<td>10.45</td>
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<tr>
<td>11.00</td>
<td>Assessing Motor Control</td>
</tr>
<tr>
<td>12.30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.30</td>
<td>Assessment cont</td>
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<tr>
<td>14.30</td>
<td>Rehab concepts &amp; clinical scenarios</td>
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<tr>
<td>16.00 – 16.30</td>
<td>Close</td>
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</tbody>
</table>

**Day Two**

<table>
<thead>
<tr>
<th>Time</th>
<th>Content</th>
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<tbody>
<tr>
<td>09.00</td>
<td>Re-cap/problems/queries</td>
</tr>
<tr>
<td>09.15</td>
<td>Classification &amp; Management of Instability</td>
</tr>
<tr>
<td>10.30</td>
<td>Coffee</td>
</tr>
<tr>
<td>11.00</td>
<td>Instability Management Cont</td>
</tr>
<tr>
<td>12.00</td>
<td>Lunch</td>
</tr>
<tr>
<td>13.00</td>
<td>Examination, exercise ideas, clinical cases</td>
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<tr>
<td>16.30</td>
<td>Close</td>
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</tbody>
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**Location Map**

https://goo.gl/maps/xKifMxnbcRC32

**Parking**
Free designated onsite parking.

**Bus**
Buses 38 and 349 run from the centre and stop five minutes from the clinic.

**Bicycle**
Bike racks are located next to the front door.

**Train**
Half a mile from Keynsham train station which would take roughly 10 minutes
PROBLEM SOLVING THE SHOULDER
A two-day course
THE MEDICAL
Saturday 15th - Sunday 16th July 2017

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:  Anna Watson Events Director  
E-mail:  anna@welbeing-cpd.co.uk  
Tel:  01375893820  
Mob:  07919 264115

Course Fee:  £234.00 per person

Payment Terms:
BACS:  
Bank:  Barclays Bank Limited  
Sort Code:  20-45-45  
Account:  Welbeing Training & Events Limited  
Account No:  335500489  
Cheques:  Please make cheques payable to Welbeing Training & Events Limited  
Address:  15 Kilworth Ave, Southend-on-Sea, Essex SS1 2DS

Included in fee:  Course notes  
Certificates to assist with your CPD  
Refreshments (Tea & Coffee only)

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 Training & Events 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 Training & Events 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.