An Exercise based approach to Shoulder Management - One day workshop with Clinical Cases and Group Work

This one day course is practical based developing assessment and an exercise based approach for shoulder dysfunction. The focus will be on discussing specific case studies and allowing group work to problem solve around diagnosis and management. Where possible local course organizers will provide patients who are happy to be assessed and treated. Some previous knowledge & experience of managing shoulder problems is necessary to gain the most from the course.

Aim/Objectives

- To review the latest literature with respect to motor control in the shoulder and relate this to clinical assessment and management.
- To develop clinical reasoning skills to problem solve shoulder dysfunction
- To develop effective treatment programs so we can become quicker and smarter at getting patients better.
- Consider the complexity of pain within the upper quadrant

Anju Jaggi, BSc (Hons) MCSP
Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK)
A Jaggi Physio Consultancy Ltd - President of EUSSER

Anju qualified from the University of East London in 1992 with a honors degree in Physiotherapy. She started at the Royal National Orthopaedic Hospital, Stanmore in 1996 and developed an interest & passion for the shoulder. She has over 17 years experience of managing patients with complex shoulder dysfunction both with respect to physiotherapy and surgical management having worked closely with Senior Orthopaedic Consultants specialising in the Shoulder & Elbow. She lectures internationally and has a particular interest in shoulder instability with published work. She is currently leading on a multi-centre randomized clinical trial (Does Surgery have any added value in atraumatic shoulder instability vs physio alone) as well as sitting on the British Shoulder & Elbow Society (BESS) sub-committee looking at National guidelines for management of shoulder instability. As part of her role at the RNOHT she is helping to lead on research & development in shoulder dysfunction. She sits on the education committee of the BESS and is currently President of the European Society of Elbow & Shoulder Rehabilitation (EUSSER), invited on to the European Society of Shoulder & Elbow Surgery (SECEC/ESSSE) as a member of the SECEC/Rehab committee.

Anju is a state registered health professional (HPC registration no: PH54051) and a member of the chartered society of physiotherapy (CSP registration no:51751)

Venue: Physiotherapy Department
2nd Floor
Harold Wood Polyclinic
Gubbins Lane
Harold Wood
RM3 0FE

Date: MONDAY 17th NOVEMBER 2014

Attached: Programme/Directions/Application form
An Exercise based approach to Shoulder Management
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MONDAY 17th NOVEMBER 2014

PHYSIOTHERAPY DEPARTMENT
HAROLD WOOD POLYCLINIC

PROGRAMME

9:15   Registration
9.30   How can we better assess & manage Shoulder dysfunction?
10.30  Coffee
11.00  Clinical case studies – group work
12.30  Lunch
13.30  Exercise ideas – in relation to clinical cases
3.00   Tea Break
3.15   Patient case one
3.45   Patient case two
4.30-5.00 Close
Directions to HAROLD WOOD POLYCLINIC

Physiotherapy
1st Floor
Harold Wood Polyclinic
The Drive
Harold Wood
Essex
RM3 0FE

Maps:
Find us on google maps

Transport:
Transport For London Journey Planner

By Road:

The Polyclinic is accessed through the new 'Kings Park' development, which is opposite Harold Wood Station (actually the old hospital entrance) in Gubbins Lane.
In addition, the Polyclinic is sign-posted from each end of Gubbins Lane.

Please remember to register your vehicle’s registration number at the reception desk BEFORE you go upstairs for your breast screening.

By Rail: To Harold Wood Station (Overground) then the Polyclinic is accessed through the new 'Kings Park' development, which is opposite Harold Wood Station (actually the old hospital entrance) in Gubbins Lane.

By Bus: 256, 294, 347, 496 and 498.