

# **T**he Post-op Shoulder: **Steps to Successful Treatment**

## **One day course**

### **AIMS:**

1. To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment of the post-op shoulder.
2. To present the current literature regarding the implications of surgery on the dynamic stabilisers.
3. To explore key issues relating to structural stability of the glenohumeral joint, specific surgical procedures and the relevance to postoperative protocols.
4. To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning in the post-op shoulder.
5. To demonstrate key treatment approaches based on the current evidence to address movement restriction and dysfunction in the post-op shoulder.

### **Course Tutor: Jo Gibson MCSP - Clinical Physiotherapy Specialist (UK)**

Jo Gibson is a Clinical Physiotherapy Specialist based at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and is also a Partner in private practice. She lectures Nationally and Internationally about assessment and rehabilitation of the shoulder complex. Her research interests are shoulder instability and motor learning. Jo is co-author of the GOST booklet, a Guide for Orthopaedic Surgeons and Therapists which details guidelines for operative and postoperative management of Upper Limb Patients. She was delighted to be one of the co-founders of the First International Congress of Shoulder Rehabilitation which took place in Washington DC in 2004 and now runs tri-annually. Jo is also a Founder Member of the North West Upper Limb Group which is an advanced education forum for upper limb therapists. Jo was elected as the Allied Health Professions representative on the British Elbow and Shoulder Society in 2006. Jo has worked as Squad Physiotherapist for the GB Endurance Riding Team for the last five years and is advisor to several elite sports teams regarding shoulder rehabilitation.

**Venue:**                   **Physiotherapy Department  
Hermitage Medical Clinic  
Old Lucan Road  
Dublin 20  
Ireland**

**Date:**                   **SATURDAY 10<sup>th</sup> JULY 2010**

**Attached:**           **Programme  
Application Form  
Directions**

## **THE POST-OP SHOULDER: STEPS TO SUCCESSFUL TREATMENT**

### **HERMITAGE MEDICAL CLINIC**

**SATURDAY 10<sup>th</sup> JULY 2010**

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#### **Course Outline**

<b>9.00</b>	<b>Registration</b>
<b>9.30</b>	<b>Where to start? : What the evidence tells us</b>
<b>10.30</b>	Coffee
<b>10.45</b>	<b>Preventing stiffness: The key to successful outcome</b>
<b>12.15</b>	Lunch
<b>1.00</b>	<b>The Kinetic Chain: Movement matters</b>
<b>1.30</b>	<b>Modifying pain : What strategies can we use?</b>
<b>2.15</b>	Coffee
<b>2.30</b>	<b>Exercises that work: Key ingredients</b>
<b>3.30</b>	<b>So what do I do on tomorrow morning?: Case studies</b>
<b>4.30</b>	<b>Questions</b>

***Workshop is accompanied by course notes – also hands on please bring suitable clothes with you.***

## **DIRECTIONS TO HOSPITAL**

### **How to find us**

#### **Directions from the City Centre:**

From O'Connell Street Bridge in the city centre drive along the quays westbound) and follow signs for The West / N4 / M50.

Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.

Take the next left off the roundabout and gain access to the facility by taking a left at the next entrance.

Buses from Pearse St 25A, 66, 67A

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#### **Directions from the North side of the city e.g Blanchardstown:**

Take the M50 Motorway southbound.

Drive through Toll Booth and take next exit signposted Exit 7 for N4 Sligo / The West / Lucan.

Take the exit for the N4 and when on the N4 move to left hand lane and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible and it will bring you against emerging traffic.

Buses from Blanchardstown Centre 76A

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#### **Directions from the South side of the city e.g Dundrum:**

Take the M50 Northbound. Take the exit for the N4 (signposted The West)

Keep to the left hand lane of the N4 and follow signs for Liffey Valley Shopping Centre (this will be the first exit off the N4). Stay on the right side of the slip road.

Once you have reached the end of the slip road you will arrive at a roundabout. Take a right, bringing you under the N4. Please note that once you arrive at the first set of lights the immediate left is not accessible as it will bring you against emerging traffic.

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#### **Directions from the Red Cow Roundabout:**

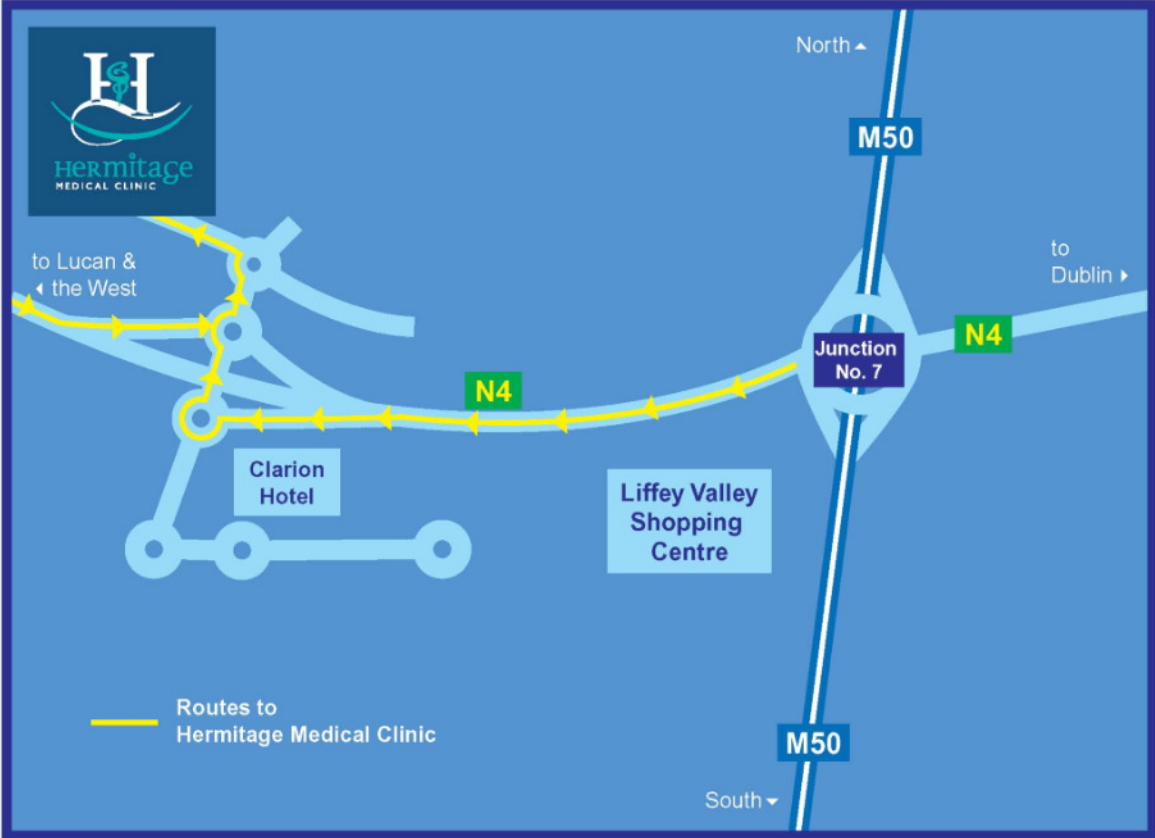
Take the M50 exit Northbound (Airport exit also)

Take the first exit off the M50 Motorway, the N4 exit (signposted The West). Keep to the left side of the exit.

Follow signs for Liffey Valley Shopping Centre ( this will be the first exit off the N4). Stay on the right side of the slip road.

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### HERMITAGE MEDICAL CLINIC

SATURDAY 10<sup>th</sup> JULY 2010

### APPLICATION FORM

**Name:**

(Please print your 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 :** Camilla O'Reilly, Physiotherapy Manager, Hermitage Medical Clinic

**E-Mail :** creilly@hermitageclinic.ie

**Contact No :** (01) 6459013

**Fee :**

Please make cheque payable to

**Fee includes :**

Refreshments

Course notes

Signed certificates towards CPD

*Cancellation Policy In the event of an applicant cancelling, 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.*