

# **T**HE SHOULDER: STEPS TO SUCCESSFUL TREATMENT **One day course**

## **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  
Southport District General  
Town Lane  
Southport  
Merseyside  
PR8 6PN**

**Date:**                   **SATURDAY 31<sup>st</sup> JULY 2010**

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

# THE SHOULDER: STEPS TO SUCCESSFUL TREATMENT

## SOUTHPORT DISTRICT GENERAL HOSPITAL

**SATURDAY 31<sup>st</sup> JULY 2010**

### **Aims:**

1. To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
2. To present the current literature regarding the pathophysiology of common shoulder conditions and describe the impact on the dynamic stabilisers.
3. To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
4. To demonstrate key treatment approaches based on the current evidence to address movement dysfunction in the shoulder complex

### **Learning Outcomes:**

By the end of this one day course the participant should;

1. Understand current concepts of dynamic stability of the shoulder joint.
2. Understand current theories relating to the pathophysiology of common shoulder conditions and their impact on dynamic stability of the shoulder joint.
3. Develop an awareness of current research regarding evidence based treatment of shoulder pathology.
4. Understand key assessment and treatment tools for the successful treatment of the shoulder joint.
5. Have the ability to clinically reason key treatment approaches in the management of common shoulder conditions based on movement dysfunction.

### **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>	<b>Coffee</b>
<b>10.45</b>	<b>Assessment: The local stability system</b>
<b>12.15</b>	<b>Lunch</b>
<b>1.00</b>	<b>The Kinetic Chain: The missing link?!</b>
<b>1.30</b>	<b>Assessment : The global system</b>
<b>2.15</b>	<b>Coffee</b>
<b>2.30</b>	<b>Exercises that work: Key ingredients</b>
<b>3.30</b>	<b>So what do I do 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 Southport District General Hospital

Southport District General Infirmary is located in Southport, Merseyside.

The Physiotherapy Department is located in the Rehab at the back of the hospital from the Main Hospital entrance.

If you are travelling by Rail, please call National Rail Enquiries - **0845 7 48 49 50**   
The Hospital is within a 10-15 minute taxi ride from stations at both Southport and Ormskirk.

### Southport DGH

Exit from car parks on the SOUTHPORT site is by a token to the value of £1:50, available from token machines at the entrances to the hospitals. These machines take coins of £1:00, 50p, 20p and 10p denominations.

### By bus:

The hospital is served by bus routes 42, 42A, 44, 44A, 45, 300 and 395, but please bear in mind that routes are altered from time to time. If you are unsure about certain bus routes please telephone Travel Line Helpline on 0870 608 2608. There is a Merseytravel Information stand at the main entrance to the hospital which you may find helpful.

### By car:

Car parking is available at the hospital. Exit from the car park is by a token to the value of £3.00 available from machines situated at entrances to the hospital. No change is given so it would be helpful to have a selection of £1.00, 50p, 20p and 10p coins.

### Traveling from the North to Southport DGH Site

If approaching Southport from the North via the M6 motorway, exit M6 at junction 31. Follow signs for the A59 sign posted Preston and then follow the signs for Southport. Continue along the A59 and follow signs for the A565 to the centre of Southport.

On approaching the centre of Southport along the main street, Lord Street, continue until you reach a set of traffic lights. The scarisbrick hotel is on the right hand side. Turn LEFT at these lights and continue up Eastbank Street, going straight ahead at the roundabout on to Scarisbrick New Road. Continue along Scarisbrick New Road until you approach a large roundabout. Turn RIGHT into Town lane (there is a McDonalds and Tesco store located at this roundabout) and continue until you see the entrance to **Southport & Formby District General Hospital** on the right hand side.

### Traveling from the South to Southport DGH Site

The most convenient route when traveling from the South towards Southport is Via the M6 Motorway. Ignore signposts to Southport until you reach Junction 26. Exit the M6 at Junction 26 and join the M58. Continue along the M58 and exit at Junction 3 follow the signs for Southport via Ormskirk.

Follow the signs for the A570. Continue along the A570 until you reach a large roundabout on the outskirts of Southport - there is a McDonalds and a Tesco Store on the left hand side and a B&Q on the right. Turn left at the roundabout and continue along Town Lane until you see the entrance to Southport & Formby District General Hospital. Turn right into the Hospital grounds and follow the signs for the car parks. The distance from the M6 Motorway and the site is approx 20 miles.

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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 Ltd,  
North View, Church Road, Bulphan, RM14 3RU  
Tel: 08453 70 22 70 or +44 (0)1375 893 820  
E-mail: [enquiries@welbeing-cpd.co.uk](mailto:enquiries@welbeing-cpd.co.uk)

**Fee**

**Option 1 :** Rate: £117.50 per delegate inclusive of VAT  
(cheques payable to **Welbeing CPD Ltd**)  
Credit/Debit card booking available now.  
Online or Phone  
[www.welbeing-cpd.co.uk](http://www.welbeing-cpd.co.uk)



**Included in fee:**

**Course notes**  
**Certificates to assist with your CPD**  
**Refreshments**



\*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.