

# THE PAINFUL SHOULDER:

## *Complex ≠ Complicated*

with Adam Meakins



## COURSE OVERVIEW

A fun and informal workshop packed full of information designed for all therapists, regardless of their titles or experience, who are looking for a patient-centred, pragmatic, and practical approach to the assessment and management of all painful shoulder issues.

This course aims to give all attending the confidence that doing the simple things well is both efficient, effective, and evidence-based. It also cut through all the bullshit and bluster as well as the many over complicated and confusing methods and opinions out there around painful shoulders.

This course doesn't promise any fancy techniques, miracle cures, or quick fixes. Instead it focuses on simple, honest, practical approaches giving heaps of tips and ideas that you can be used with all who have painful shoulders.

## COURSE OBJECTIVES

- Simplify the assessment, management, and treatment of the most commonly encountered shoulder problems
- Examine how to best assess and diagnose painful shoulders
- Expose some common myths and misconceptions around shoulder anatomy, biomechanics, assessments, and pathology
- Evaluate how to best assess shoulder movement, strength, endurance, power, proprioception, and its kinetic chain
- Practice all levels of shoulder rehab exercises and how to design a comprehensive and progressive shoulder rehab program

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<b>DAY 1</b>	
0900 - 0930	Simplifying the Shoulder
0930 - 1030	Principles of Assessment & Treatment
1030 - 1100	COFFEE
1100 - 1230	Anatomy and Biomechanics
1230 - 1330	LUNCH
1330 - 1445	Red Flags and Masqueraders
1445 - 1500	The Stiff Shoulder
1500 - 1530	COFFEE
1530 - 1645	The Stiff Shoulder
1645 - 1700	Questions and Close

<b>DAY 2</b>	
0900 - 1030	The Weak Shoulder
1030 - 1100	COFFEE
1100 - 1230	Rehab Practical 1
1230 - 1330	LUNCH
1330 - 1430	The Loose Shoulder
1430 - 1445	COFFEE
1445 - 1600	Rehab Practical 2
1600 - 1630	Summary, Questions and Close