

Clinical Reasoning to the Shoulder Girdle Complex: An In-depth Approach to Evaluation and Treatment

Saturday, August 17, 2024 and Sunday, August 18, 2024

COURSE DESCRIPTION

The shoulder complex (clavicle, humerus, scapula) is interconnected with the cervical and thoracic spine and rib cage making movement efficiency interdependent on each region. Understanding of each system and the neuromuscular links between them is essential for successful treatment of the shoulder. This course will cover anatomy and biomechanics of the shoulder girdle complex including the upper thoracic spine, rib cage, scapula, and glenohumeral joint in detail, a framework for assessing the kinetic chain in a simple flow, and establishing of clinical reasoning to the findings. Treatment consisting of manual therapy and specific exercise prescription will be provided.

TIMES

Day 1

8:00am - 8:30am

Check

8:30am - 4:30pm

Program

Day 2

8:00-am -12:00pm Program

OBJECTIVES

Upon completion of this program, the participant should be able to:

- ◆ Demonstrate an understanding of the anatomy, biomechanics, and efficient movement of the shoulder girdle complex.
- ◆ Perform a correct thorough upper quadrant evaluation, reason through findings, and recognize the pathomechanics to various shoulder pathologies.
- ◆ Utilize manual therapy techniques to perform 1st rib, scapula, associated soft tissue, and glenohumeral mobilizations as well as have clinical rationale for doing each technique.
- ◆ Explain the science behind inhibition and be able to apply neuromuscular principles to improve muscle facilitation.
- ◆ Design an effective home exercise program to ensure lasting improvements.

CREDIT

AHEC: This program is approved for 0.105 CEU's (10.5 clock hours) by Pee Dee AHEC and meets the SC AHEC Best Practice Standards. Participants must attend 90% of the program and complete an evaluation to receive a certificate of attendance. No partial credit will be given.

Occupational Therapists: 10.5 contact hours of continuing education for Occupational Therapists by the SC Board of Examiners for Occupational Therapy has been approved for 10.5hours.

Physical Therapists: 10.5 contact hours of continuing education with the SC Department of Labor, Licensing and Regulation Board has been approved for 10.5 hours.

Certified Athletic Trainers: Pee Dee AHEC/Mcleod Health is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 10.5 hours of Category A Continuing education (10.5 CEU) Certified Athletic Trainers are responsible for claiming only those hours attended.

LOCATION

**McLeod Outpatient
Rehabilitation and Sports Medicine
2439 Willwood Dr.
Florence SC 29501**

INSTRUCTOR

Alex Volfson DPT, OCS,CFMT
Alex Volfson was originally born in Belarus and immigrated to the United States in 1990. He grew up in Ohio and Georgia, later going to the University of Georgia for his undergraduate degree in Exercise Science. Afterwards, he went on to graduate school at the Medical College of Georgia and graduated with his Doctorate of Physical Therapy degree in 2009. Since graduation he has completed his orthopedic clinical specialist certification and went through a rigorous residency through the Institute of Physical Art. Professionally, he works in an outpatient setting primarily with orthopedic and sports medicine clientele. He is also in charge of the movement and running analysis lab. When not working, he enjoys spending time with his family, exercising and doing outdoor activities.

TARGET AUDIENCE

Athletic Trainers, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, & Physical Therapy Assistants

FEE

\$200.00 Non-consortium

\$100.00 Consortium

Registration Deadline: 8/16/2024

REGISTRATION

To register please visit:

<https://www.scahec.net/learn/programs/3554>

For questions call Kimberly Morris at 843-777-5352 or email kimberlymorris@mcleodhealth.org



Cancellation and Refund Policy:

Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.