

## The Shoulder Course & Beyond

### Friday-Saturday, August 16-17, 2024

#### **COURSE DESCRIPTION:**

This evidence based course is designed to present to the clinician the most recent and state of the art information in the treatment of patient injuries/dysfunctions of the shoulder joint complex. This course will specifically discuss treatments for specific types of athletes but also the everyday orthopaedic patient as well.... This course will discuss the most current evidence based treatment approaches to various shoulder injuries, pathologies & surgeries. Through lecture presentations, videos of rehabilitation techniques and surgeries, demonstrations, hands-on laboratory sessions, open discussions and problem solving of patient case studies; the attendee will have an opportunity to master new and effective evaluation and treatment techniques and strategies. Course participants will have the opportunity to learn from lecture and through open discussion of case studies.

Case studies of patients will be presented by the course instructor but also by course participants – evidence based problem solving discussion will follow.

#### **COURSE OBJECTIVES:**

Upon completion of the course, participants will be able to:

1. Define the anatomy and biomechanics of the shoulder joint complex.
2. Design & demonstrate a complete clinical examination of the shoulder & upper quadrant including a thorough subjective history & physical examination.
3. Interpret the information obtained from the clinical examination & functional assessment and develop a treatment plan.
4. Demonstrate and organize a functional assessment for specific shoulder & scapulae disorders.
5. Demonstrate an understanding of various shoulder joint & scapulothoracic joint disorders & pathologies.
6. Understand various surgical procedures of the glenohumeral, scapulothoracic, acromioclavicular & sternoclavicular joints.
7. Design an evidence based medicine treatment approach for various shoulder complex disorders.
8. Design & perform a specific return to play or return to work functional assessment
9. Analyze specific exercise techniques, such as neurocognitive, strengthening, dynamic stabilization & other forms of exercises and understand joint kinematics and muscular activity & then be able to develop the treatment plan for the appropriate exercises for the specific types of patient.
10. Integrate the information presented in this course and demonstrate problem-solving skills through the development of treatment plans of specific case studies presented.
11. Design & demonstrate a thorough rehabilitation program for specific elbow injuries.

#### **COURSE AGENDA:**

##### **Day 1:**

- What's New In Shoulder Rehabilitation & Surgery
- What Am I Doing Different in Shoulder Rehabilitation
- Clinical examination of the shoulder joint complex
- Clinical Exam (Lab)
- **Break**
- Non-Operative Treatment Rotator Cuff Lesions
  - Impingement Lesion
  - Internal Impingement
  - Full Thickness Cuff Tears
  - Calcific Tendinitis
- Surgical Techniques to Repair the Rotator Cuff (Guest Faculty or Video Presentation)
- **Break**
- Post-Operative Rehabilitation following Rotator Cuff Repair Surgery
  - Factors which Effect the Rehab Program
  - Is Slower Rehab Better
  - Rehab programs based on patient variables.
- Current Concepts in Shoulder Instability (Management of Bone Loss, Capsular Injuries, Congenital Laxity)
  - New Concepts in Shoulder Instability (GLAD, HAGL Lesions, Hills-Sachs)
- Non-Operative Rehab of Shoulder Instability (Traumatic to Congenital)

- Congenital Laxity to Traumatic Dislocations
- Surgical Techniques Shoulder Stabilization Procedures

**Day 2:**

- Post-Operative Rehab Shoulder Surgery (Bankart, Latarjet, Remplissage, Shifts, & Plications)
- Rehab of SLAP Lesions: Non-Op & Post-Operative Treatment
  - Good SLAP – Bad SLAP
- Case Studies – I have some & participants bring their cases
- Open Discussion & Questions
- Scapular Dyskinesia: Recognition & Treatment
  - Good Scapula Mobility & Bad Scapula Mobility
- Biceps Brachii Pain: Evaluation & Treatment
  - “Not all Biceps Pain is Tendinitis”
- What's New in the Rehabilitation of the Overhead Athlete (Throwers)
  - New concepts in rehab for various specific lesions: hyperinstability, TOS, SLAP, etc...
- Rehabilitation of the Female Athletes Shoulder (Volleyball, Softball, Gymnastics, etc)
  - Unique Rehab Concepts for the Unique Patient
- New Concepts in the Return to Play Testing: Criteria Based Progression
  - (Overhead Athletes - Collision Athletes)
- Neurocognitive training & testing for the upper extremity patient
- Return to Play Testing & Criteria
- Rehabilitation of the Adhesive Capsulitis Patient & Loss of Motion Patients
- Shoulder Exercises to Promote Shoulder Stabilization & Strength
- Unique & Unusual Case Presentations
- Open Discussion & Questions/Answers
- Course closure

**COURSE INSTRUCTORS:**

**Kevin E. Wilk, PT, DPT, FAPTA**, has lead a distinguished career as a clinical sports physical therapist for the past 40 years. He has been significant contributions to clinical research, laboratory research, biomechanical research and clinical outcome studies. Kevin is Co-Founder & currently Associate Clinical Director for Champion Sports Medicine (a Select Medical Facility) in Birmingham, AL. He is the Vice President National Director of Clinical Research & Education for Select Medical. In addition, he is the Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham and is Adjunct Assistant Professor in the Physical Therapy Program at Marquette University in Milwaukee, WI. Dr Wilk has been the rehabilitation consultant for many professional teams Tampa Bay Rays, Chicago White Sox. Kevin has treated & rehabbed some of the biggest names in sports for over 35 years. Athletes such as Drew Brees, Bo Jackson, John Smoltz, Michael Jordan, HHH, and many many more. Dr Wilk received his physical therapy from Northwestern University Medical School in Chicago, IL., and his DPT from Massachusetts General Hospital Institute of HealthCare Professions in Boston, MA. Dr. Wilk has published over 173 journal articles, over 130 book chapters. In addition, Kevin has lectured at over 1525 professional and scientific meetings in the USA and internationally. Kevin is on the review boards of 7 journals. Dr. Wilk was inducted into the Sports Section Blackburn Hall of Fame. He was awarded the APTA Catherine Worthingham Fellowship – the highest honor given to an APTA member. Kevin has received the prestigious Ron Peyton Award for career achievement from the Sports Physical Therapy Section of the APTA. Dr Wilk has also received the George Davies Education Award and several research awards from the Sports Section. He has received the James Andrews Award for achievement in the area of Baseball science. Kevin was an Honored Professor at several Universities and has given Grand Rounds at numerous medical facilities, hospitals and has lectured internationally. He has written 11 textbooks, *The Athletes’ Shoulder* (2nd Edition), *Rehabilitation of the Injured Athlete* (3rd Ed.), *Injuries in Baseball, Sports Medicine of Baseball, Orthopaedic Rehabilitation*(2nd Ed.) *Handbook of Orthopaedic Rehabilitation* (2nd Ed.), and *The Orthopaedic Toolbox* (2nd Ed.). *The Use of Aquatic in Orthopaedics & Sports Medicine Rehabilitation & Physical Conditioning. Physical Therapy of the Shoulder.* Kevin has served as President of the Sports Section of the APTA from 6/2007 till 6/2010, and has served as Vice-President, Education Program Chairman and Editor of the Home Study Course for the Sports Physical Therapy Section of the APTA for 7 years previously and has served on numerous committees for the APTA. In 2015, Kevin received a tremendous honor when the Sports Physical Therapy Section of the APTA named the traveling fellowship after him. Kevin has served on numerous committees for the APTA, AOSSM and the Sports Section of the APTA. Dr Wilk is committed to staying current with the latest treatment approaches for his patients. He combines evidence based medicine with creative and innovative treatment approaches everyday in his clinical practice. Kevin is an expert clinician, researcher & innovator in the area of orthopaedic & sports physical therapy.

## **Why Does My Belly Hurt? Updates on Functional Abdominal Bloating/Distension and Abdomino-Phrenic Dyssnergia**

***Friday, August 16, 2024***

### **COURSE DESCRIPTION:**

Clients with constipation to complex GI issues have one significant complaint in common – abdominal pain and bloating. These symptoms affect at least 30% of the population with the majority of the complaints and severity affecting women. Functional abdominal bloating/distension (FABD) may be diagnosed as a single entity or may overlap with other disorders such as functional constipation, irritable bowel syndrome, and functional dyspepsia. This is also a common complaint in populations with endometriosis and SIBO. This presentation will include the scientific information necessary to effectively understand the differences in diagnosis and risk factors for bloating, distention and dyssnergia as well as common presentations of IBS, SIBO, and Endometriosis. Evidence based assessment for the presentation of abdomino-phrenic dyssnergia is also the key to the most effective interventions including manual therapy, retraining of breath, and exercise progression. Biopsychosocial activities for improving heart rate variability and vagal tone as well as dietary considerations will also be presented. Gaining a complete picture of this Functional GI disorder, including assessment and interventions, will improve the favorable outcomes in many of our GI clients.

### **COURSE OBJECTIVES:**

Upon completion of the course, participants will be able to:

1. Understand the most up to date information of bloating/distention ((FABD) and the abdomino-phrenic response to gas and visceral pain
2. Explain the risk factors and common presentations in IBS, SIBO and Endometriosis.
3. Perform objective measures and clinical reasoning for assessing the client with bloating, distention and abdomino-phrenic dyssnergia
4. Implement three intervention strategies that can positively impact bloating/distention and the abdomino-phrenic response to gas and visceral pain.

### **COURSE INSTRUCTOR:**

**Susan C. Clinton PT, DScPT, OCS, WCS, COMT, FAAOMPT, WHC, NBC-HWC** is an award-winning physical therapist in professional achievement and the owner of LTI Physio in Sault Ste. Marie, MI. Susan is board certified in orthopedic and women's health physical therapy, a fellow of the American Academy of Orthopedic Manual Therapy, and a board certified health and wellness coach. She is an international instructor/mentor of post-professional education in women's health (including GI issues in women), orthopedic manual therapy, health/wellness coaching for the health care practitioner and business psychology. She is on faculty at Andrews University in the Doctor of Science in PT program, a Master Coach for the Integrative Women's Health Institute, a reviewer for the Journal of Womens Health Physical Therapy and a clinical faculty instructor for the North American Institute of Orthopedic Manual Therapy and ASPIRE. She is also an active author in research and blog posts, and is an active professional/clinical mentor. Susan is the co-founder and board member for the foundation: Global Women's Health Initiative. She is also the co-host of the 5 five-star podcast, "Tough to Treat," the guide to treating complex patients, and "The Genius Project," reframing the treatment of persistent musculoskeletal pain. Susan enjoys walking / hiking, country line dance and ballroom, and is an avid supporter of music, the arts, and international objectives for women's health.

## **Research Presentations**

***Friday, August 16, 2024***

### **COURSE DESCRIPTION:**

This course aims to provide the learner with an overview of multiple research projects recently completed, or ongoing, within the Louisiana Chapter. Learners will have the opportunity to attend four platform presentations, each with a question-and-answer session. Poster presentations of additional projects will also be presented concurrently. Presentations from members, students, and faculty will all be included.

### **COURSE OBJECTIVES:**

Upon completion of the course, participants will be able to:

1. Discuss the findings of local research projects and how they build upon previous evidence.

2. Recognize how clinical research improves evidence-based practice, and how to implement this in the clinical environment.
3. Discuss possible areas of future research, and how these studies can be built upon to create new research questions and hypotheses.
4. Summarize how clinical problems are translated into applicable research questions.

**COURSE COORDINATOR:**

**Daniel Flowers, PT, DPT, PhD** is an Assistant Professor of Physical Therapy at LSU Health – Shreveport, teaching in the entry-level DPT program and serving as the Program Director for the Orthopaedic Physical Therapy Residency Program. He has been an active member of APTA Louisiana since 2009, serving on the Governmental Affairs.

## **Helping Patients Prepare for Birth and Recover Postpartum: A Pelvic Therapy Perspective**

***Friday, August 16, 2024***

**COURSE DESCRIPTION:**

Physical therapist support for birth preparation is a growing area of focus within the pelvic health specialty. Physical therapist training as well as practice patterns can vary significantly between clinicians. Research has been expanding in the past several years in areas related to pelvic floor injury and prevention, labor and birth support, and patient education for birth preparation. This presentation aims to provide an overview of the current evidence to guide physical therapy evaluation and treatment strategies for the prenatal patient desiring birth preparation, rehabilitation postpartum, as well as provide clinicians with practical strategies to optimize their practice.

**COURSE OBJECTIVES:**

At the conclusion of this program, participants will be able to:

1. Verbalize current birth and postpartum practices and challenges that impact pelvic health outcomes.
2. Feel confident in educating and supporting patients in building their preferences for labor and birth and advocating for pelvic health rehab postpartum.
3. Demonstrate competency in creating robust treatment sessions and home programs for patients during pregnancy, particularly during 3rd trimester, labor and early postpartum recovery.
4. Recognize current evidence for factors related to birth (such as pelvic floor muscle coordination, pushing mechanics, perineal massage) and postpartum recovery (including bladder and bowel function, diastasis recti rehab and perineal and cesarean scar management).

**COURSE INSTRUCTOR:**

**Sara Reardon PT, DPT, WCS** is a Doctor of Physical Therapy, pelvic floor physical therapist, and board-certified women's health clinical specialist helping women with bowel and bladder issues, painful intercourse, pregnancy, postpartum recovery, and staying dry and pain-free in the later years of life. Known on social media as The Vagina Whisperer with collectively over 610,000 followers on Instagram and TikTok, Sara is the Founder and Chief Vagina Officer of The Vagina Whisperer, an online pelvic floor fitness platform with at-home education and exercises for pregnancy, postpartum, menopause, painful sex and pelvic floor strengthening. She is currently writing her first book, *FLOORED: A Complete Guide to Women's Pelvic Floor Health at Every Age and Stage*. Sara lives in New Orleans, La with her husband and two children and sees patients at NOLA Pelvic Health.

## **Rehabilitation of the body through the Pelvic Floor: Front to Back, Head to Toe**

***Saturday, August 17, 2024***

**COURSE DESCRIPTION:**

Pelvic floor physiology and function is primarily centered on its main role of bowel and bladder control, sexual function and stages of pregnancy. However, the bony and muscular pelvis is highly interconnected to other functions throughout all gendered bodies. This course explores the neuromyofascial capacity of structures, close and distant, that the pelvic floor impacts. Pelvic floor PT specialists will learn that rehabilitation of pelvic dysfunction includes addressing other body parts. Non pelvic floor PT specialists will learn that it is essential to include a pelvic floor assessment for a comprehensive rehabilitation approach to their patient care. Case based

application will allow for immediate application to these treatment concepts.

**Objectives:**

At the conclusion of this program, participants will be able to:

1. Review the neuromyofascial structural components and physiological function of the pelvic girdle.
2. Understand the role of the abdominal wall in the function of the pelvis.
3. Consider pelvic floor muscle training to optimize rehabilitation to low back and hip dysfunctions.
4. Identify the pelvic floor rehabilitation components of breath and voice interventions.
5. Utilize biological plausibility for foot and ankle position and strength for pelvic rehabilitation.
6. Apply trauma informed principles to evaluate the role of pelvic pain dysfunction in patient with trauma history.
7. Consider the essentials of pelvic rehabilitation in cancer survivorship, as the 6 most commonly occurring cancers are related to the pelvic region.

**COURSE INSTRUCTOR:**

**Nicole L. Dugan, PT, DPT, MSOD, CLT, WCS** graduated from Temple University Master and Doctor of Physical Therapy program in 1997 and 2003, respectively. She is an APTA board certified Women's Clinical Specialist. Nicole has worked for 27 years in Academic Medical setting in Philadelphia, PA. She has developed and mentored in Pelvic Health, Lymphedema and Cancer Rehabilitation program and developed a Women's Health Residency. Her current treatment focused in pelvic health program to service all gender patients with pelvic related dysfunctions.

She has been an interventionalist in multiple NIH funded multi-center research studies focused on implementing physical therapy rehabilitation interventions. She co-authored a number of research articles and a book chapter on managing lower urinary tract symptoms. Nicole is an invited speaker for multidisciplinary local and international conferences, is adjunct faculty in Doctor or Physical Therapy, Medical and Nursing programs, and is a primary instructor for the Herman & Wallace Pelvic Rehabilitation Institute. Her professional service includes co-founding Philadelphia Regional Pelvic Therapy Alliance and medical mission work to Jamaica with Medicine in Action. When not working or teaching, Nicole enjoys travel, running marathons, golf, and spending time with her family.

**Global Scar Tissue Impact for Ortho and Pelvic Floor  
Consideration: Body, Brain, Movement and Emotion  
Sunday, March 24, 2024**

**COURSE DESCRIPTION:**

Scars are an often overlooked root cause of pain and movement issues for many people. Learn how to screen for scar impact and address your client through a holistic framework to improve outcomes in physical therapy from head to toe.

**COURSE OBJECTIVES:**

Following this presentation, the participant will:

1. Identify 5 ways scars ask for help
2. Identify often overlooked scar sources and questions to add to screening questions to improve holistic care
3. Learn how scars impact motor control and how to re-integrate and re-regulate the nervous system.

**COURSE INSTRUCTOR:**

**Dr. Jennifer Arceneaux, PT, DPT** is a Doctor of Physical Therapy from Lafayette, LA. She graduated from ULL in 2009 with a Bachelor of Science in Kinesiology and The University of South Alabama in 2012 with her Doctorate in Physical Therapy. She has experience treating patients across the lifespan with physical therapy. She is passionate about helping people lead their best life through physical therapy and wellness with a holistic outlook. Dr. Jen is a scar and pelvic floor physical therapist who specializes in orthopedic, neurologic, trauma and pelvic floor treatment for adults and children. She works from a holistic framework and is known as "The Scar Lady" and loves to educate and teach about how changing your scar can change your life. Dr. Jen enjoys having deep conversations about life, healing and faith in Christ. She is happily married. Outside of work, you will find her having quality time with her family and friends, hiking, and traveling in the US and the world.

Dr. Jen is the author of *Scars: More Than Skin Deep* and *The Scars Women Bear: Physical and Emotional Healing After Childbirth or Surgery*. She is also the creator of The Scar Lady Protocol.