

Course Details

Course Title: **The Shoulder: *Theory & Practice***

Course Tutor: **Dr Jeremy Lewis PhD FCSP**
Consultant Physiotherapist | Professor of Musculoskeletal Research
Sonographer | Independent Prescriber

Email: jeremy.lewis@LondonShoulderClinic.com

Course Organiser:  **AAP Education**

Course Tutor

Dr Jeremy Lewis is a Consultant Physiotherapist and Professor of Musculoskeletal Research. He was born in New Zealand and trained in Australia. He works in the UK National Health Service as well as working privately in central London (www.CHHP.com). He is Professor of Musculoskeletal Research at the University of Hertfordshire, UK, and adjunct Professor of Musculoskeletal Research at the University of Limerick, Ireland. He has been awarded a Fellowship of the Chartered Society of Physiotherapy, and has been acknowledged as an eminent clinician in his profession (UK DoH [Department of Health] National AHP Clinical Expert Database). He assesses and treats patients with complex shoulder problems. Jeremy has also trained as a sonographer and performs ultrasound guided shoulder injections, (including intra-articular hydro-distension procedures for Stage III frozen shoulder) as part of the rehabilitation process if required and appropriate. He has also completed an MSc (Musculoskeletal Physiotherapy), and Postgraduate Diplomas in Sports Physiotherapy, and in Biomechanics, as well as MSc modules in injection therapy for soft tissues and joints. He also has a Postgraduate Certificate in Diagnostic Imaging (Ultrasound) (University of Leeds, UK). He has also qualified as an Independent (non-medical) Prescriber.

Jeremy has taught shoulder workshops internationally in over 35 countries. He has been invited to present keynote and invited lectures at many international conferences (example below). His main areas of research interest are rotator cuff related shoulder pain, frozen shoulder, injection therapy, exercise therapy and lateral elbow tendinopathy. In addition to his own research he supervises PhD and MSc students. Jeremy is an associate editor for the *Journal of Orthopaedic and Sports Physical Therapy* (JOSPT). He was a co-editor and author for *Grieve's Modern Musculoskeletal Physiotherapy* (4th ed).



Keynote IFOMPT: <https://www.youtube.com/watch?v=XEy5k6GBYZ4>

Course Description

A **biopsychosocial approach** for the **assessment and management** of musculoskeletal conditions involving the **shoulder region**. Taught worldwide in over 35 countries, this course is **continually updated, integrating the latest research evidence**

In addition to assessment & management of the shoulder region, this course synthesises the complex relationships between; the shoulder & body biomechanics, pain science, lifestyle, patient psychosocial factors, beliefs & expectations, best practice, & more **...and is guaranteed to be fun**

This course remains a 'work in progress' and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions. This course will be thought provoking, and provide opportunity to discuss ideas and share experiences. To include a comprehensive new section on Frozen Shoulder, the course no longer includes the formal SSMP, but does include a clinically relevant section on the application of symptom modification. For more information on the SSMP: <http://bmjopensem.bmj.com/content/2/1/e000181>

Feedback: "Fantastic course as example of how to treat within the biopsychosocial model. A very competent and relevant approach with respect to where physiotherapy is at currently. The shoulder provides the topic but the clinical processing could be applied elsewhere. I don't think anyone is teaching such a balanced approach currently".

The Shoulder: *Theory & Practice* Course Program 15th Edition

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Please note: The order of the program, content, and timetable structure may vary

Day 1

9:00 - 9:30

Introduction, Evidence Based Practice, Psychosocial Factors Epidemiology & Outcomes

Psychosocial factors that will surprise you! And some facts to impress your friends at dinner parties!



9:30 - 10:30

Function, Anatomy, Biomechanics, Evolution, The Kinetic Chain

How does the shoulder function? Importance of considering regional and whole body kinematics in relation to shoulder function.



10:30 - 10:45

Break



10:45 - 12:30 Assessment and Management

This clinically orientated & practical session highlights the dilemma of diagnosis. It includes a biopsychosocial approach to assessment. & management supporting the clinical reasoning process. Includes in depth discussion on orthopaedic tests, posture & imaging.



12:30 - 13:15

Lunch



13:15 - 15:00

Assessment (cont.)

Pain science is discussed, as is the importance of the words we use in clinical practice.



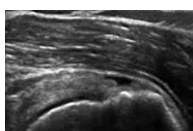
15:00 - 15:15

Break



15:15 - 17:30

Assessment and Management (cont.)



Day 2

9:00 - 9:15

Review of Day 1 and Discussion

CI +ve	TP Sensitivity 100% N/A=CI	CI -ve	TN Specificity 100% LDP=CI
CI +ve	MSE + US 50%+ PP = surgery	CI -ve	

9:15 - 10:30

Rotator Cuff Related Shoulder Pain

This theoretical and practical session involves a very detailed and in-depth review of this multi-factorial problem. The current evidence based research across a number of professions evidence regarding the aetiology and pathology of this condition will be presented in detail. This session includes a critical appraisal of the use of injection therapy in the management of RCRSP and critically compares outcomes between surgical & non-surgical intervention. Evidence based management is presented in detail. Lifestyle issues and patient scenarios and videos are included.

10:30 - 10:45

Break



10:45 - 12:30

Rotator Cuff Related Shoulder Pain (cont.)



12:30 - 13:15

Lunch



13:15 - 15:00

Frozen Shoulder

Theoretical and practical session investigating the latest research and evidence supporting the assessment & management of this intriguing condition.



15:00 - 15:15

Break



15:15 - 16:00 Frozen Shoulder (cont.)

16:00 - 17:00

Patient Presentations, Case Studies, Summary

Day 3 & 4

The 3 or 4 Day Courses includes the same theoretical and practical content as the 2 Day Course. The 3 & 4 Day Courses also includes real time patient assessment and management session and additional information as organised prior to the course. Three and four day courses are requested by host organisations.

Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. To appreciate the importance of taking a biopsychosocial approach to patient management.
3. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
4. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
6. To develop greater competency in the management of patients with a variety of shoulder pathologies.
7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, including rotator cuff related shoulder pain and frozen shoulder
9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder.
11. To develop greater confidence in the use of exercise therapy and other techniques for managing shoulder conditions and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.

Participant's Comments

- *"Before I did this course the world was flat!"*
- *"Complete change to the way I think about shoulders. Best course I have ever done".*
- *"Fantastic course as example of how to treat within the biopsychosocial model. A very competent and relevant approach with respect to where physiotherapy is at currently. The shoulder provides the topic but the clinical processing could be applied elsewhere. I don't think anyone is teaching such a balanced approach currently".*
- *"Many thanks again for an inspiring course. I loved it!"*
- *"Great explanations, very in-depth, great synthesis of research evidence".*
- *"Thank you, thank you, fantastic, great teaching style, great sense of humour".*
- *"Excellent rationale for phased rehabilitation".*
- *"One of the best courses I have ever done".*
- *"100% useful. Very inspirational. Best shoulder course yet".*
- *"One of the best courses I have been on, all courses should aim to be this good".*
- *"What an amazing course. Have had an unbelievable result this week I also have to say that I have never been able to sit solidly at a course where there is a lot of theory and not zone out at some point. I think you talk so well and you're so interesting that I was gripped the whole time! That's a first for me and only been qualified 20 years!!*
- *"Excellent information with references to support course content".*
- *"Excellent, I have changed how I treat the upper limb and neck pain and have had excellent results". [from participant who had re-attended]*
- *"Brilliant presentation, extremely useful material and very appropriate for current practice"*
- *"Jeremy was relaxed and informative and gave us a lot of valuable information in a non-threatening way, the evidence base was excellent".*
- *"Excellent teacher".*
- *"Inspirational course".*
- *"Probably one of the most useful and reassuring courses I have been on".*
- *"By far the most informative, research based and thought provoking course I have been on".*
- *"Course leader was excellent and the course was very stimulating and thought provoking".*
- *"The tutor had great depth of knowledge, great sense of humour, was very relaxed and very approachable".*
- *"The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation".*
- *"Excellent presentation style. Enjoyed lectures and practical sessions. Very impressed with depth and breadth of knowledge and how well it relates to clinical practice".*
- *"Up to date research, excellent techniques, enlightening, holistic, course should be compulsory".*