

Clinical Skill Development Intensive: Shoulder Pain Evaluation and Treatment I

Objectives: By completing this program, participants will be able to:

- Identify and explain the most common causes of shoulder pain based on the NPLEX study guide;
- Identify and apply the orthopedic and imaging evaluations that are most helpful in making an accurate diagnosis based on the NPLEX study guide and clinical practice;

Agenda:

- Review of basic anatomy of the shoulder joint utilizing articulated skeletons, imaging, models (15 min.)
- Review of common shoulder pathologies (15 min.)
 - ✚ Adhesive capsulitis
 - ✚ Rotator cuff injury
 - ✚ Tendinopathy
 - ✚ Thoracic outlet Syndrome
- Using and interpreting the most useful physical examination techniques, Part I (45 min.)
 - ✚ Observation
 - ✚ Range of Motion
 - ✚ Muscle Tests
 - ✚ Apley scratch test
 - ✚ Codman drop-arm test
 - ✚ Glenohumoral apprehension test
 - ✚ Impingement tests (Hawkins-Kennedy, Neer)
 - ✚ Lippman test
 - ✚ Speed test
 - ✚ Yurgason test
- Imaging studies for shoulder pain (10 min.)
 - ✚ Knowing when to order
 - ✚ Knowing the limitations of imaging
 - ✚ How to write the order

Clinical Skill Development Intensive: Shoulder Pain Evaluation and Treatment II

Objectives: By completing this program, participants will be able to:

- Identify and apply the most appropriate physical medicine treatments for the shoulder pain;
- Identify and apply the most appropriate pharmacologic treatments for the shoulder pain;
- Identify the limitations in in-office treatment, understanding appropriate referrals.

Agenda:

- Treatment Options
 - ✚ Physical adjustments (including contraindications)
 - ✚ Physical therapy
 - ✚ Surgery
- Pharmacology of commonly-used in-office pain medications
 - ✚ NSAIDS (Indications/Contraindications)
 - ✚ Homeopathic injections
 - ✚ Other pain meds (non-narcotic!)
 - ✚ Write the prescription
- SOAP Case Presentation: Chief Concern, Subjective, Objective, Assessment, Plan
 - ✚ Eliciting the Chief Concern from the patient
 - ✚ Subjective: The patient's story (OPQRST)
 - ✚ Objective: Focused physical examination of the patient
 - ✚ Objective: Imaging studies (What and When)
 - ✚ Assessment: Creating the Differential Diagnosis
 - ✚ Plan: Identifying and applying the most appropriate treatment
- Personal Injury Cases
 - ✚ Insurance coverage (Yes, even for Naturopaths!)
 - ✚ Attorneys
 - ✚ Medical Liens
 - ✚ Proper Documentation
- Dumb Things Doctors Do
- Referring Patients
- Case Studies
 - ✚ Good
 - ✚ Bad
 - ✚ Ugly