



**Presents**

# LynWatson

**shoulder physiotherapy specialist**

**Level 1 and Level 2  
Shoulder Course**

**Location:** Burlington, ON  
Cardon Rehabilitation

**Level 1**

Dates: Friday May 9th,  
Saturday May 10th, 2025

**Level 2**

Dates: Sunday May 11th,  
Monday May 12th, 2025

# Dr. Lyn Watson

Phd, B.App.Sci.Phty., Grad.Dip.Manip.,M.P.A.A. Sports Physiotherapist

Dr Lyn Watson is the Founding Principal and Director of Melbourne Shoulder Group (alongside Simon Balster).

Lyn is a Titled Sports and Exercise Physiotherapist (as award by the Australian College of Physiotherapist in 1999) and Titled Musculoskeletal Physiotherapist (as award by the Australian College of Physiotherapist in 1994) who has been working exclusively in the diagnosis, assessment and rehabilitation of shoulder injuries for the past 25 years.

Lyn graduated from Latrobe University in 1986, with a Bachelor of Applied Science in Physiotherapy (Honours). She completed her post-graduate training in Manipulative Physiotherapy in 1990 and was granted her Sports Physiotherapy title in 2000.

In 2016 Lyn was granted her Professional Doctorate of Physiotherapy from Latrobe University. Furthermore, Lyn is an Adjunct Professor of Research at Western University, Ontario Canada. Lyn has been conducting clinically relevant research projects and publishing her research since 1996. She has published research within very reputable journals (eg. Journal of Shoulder and Elbow Surgery, Manual Therapy and British Journal of Sports Medicine), on topics such as the Rehabilitation of Multidirectional Instability (MDI), Frozen Shoulder & Hydrodilatation, Thoracic Outlet Syndrome, Glenohumeral Joint Instability, Scapula Biomechanics and Clinical Outcome Measures. Lyn's rehabilitation program for MDI (The Watson Program), has been validated in a randomised controlled trial by Dr Sarah Warby (PhD).

Lyn has been the physiotherapist to a variety of national and international sports teams and individual athletes. She has been treating members of the Australian Cricket Team since 1994, and working with Australian Olympic Level Swimmers, Water Polo, Beach Volleyball, Sprint and Slalom Paddlers, Rowers and professional Tennis Players for over 20 years. Her clinical practice has a balance of elite athletes, weekend warriors, office workers and manual workers of all age groups. As such, she treats the everyday typical shoulder conditions such as rotator cuff pathologies, instability, impingement and the stiff shoulder.

Lyn is an internationally renowned lecturer, course presenter and clinician. Over her 34-year career Lyn has developed logical and progressive approach to the assessment, diagnosis, rehabilitation and management of the shoulder and shoulder girdle. She continually refines her approach and validates it with the research she does. Since 1992, Lyn has been teaching her approach in her Shoulder Physiotherapy courses throughout Australia, Canada, United Kingdom, France, Italy, USA, South Africa and Asia since 1992. She also lectures on the Masters of Manipulative Therapy and Sports Physiotherapy programmes for both Melbourne and Latrobe Universities.

Lyn is a member of Shoulder & Elbow Physiotherapists Australasia (SEPA) and is one of only five physiotherapists to have been awarded an affiliate membership of the Shoulder and Elbow Society of Australia (SESA).

## Level 1 Course

The Lyn Watson level 1 shoulder course teaches the theories, practical platforms, diagnostic frameworks, rehab protocols and techniques physiotherapists can apply to patients following the course.

### The course covers:

- A logical and structured plan to use when assessing the shoulder and shoulder girdle
- The skills to develop a working diagnosis while considering differential diagnoses
- A framework to decide whether to treat, investigate, refer or any combination
- A structure to tailor a rehabilitation programme to any patient
- The skills to monitor your progress, adjust your working diagnosis and treatment to get the best results for your patients

The Course material is constantly updated to include the latest evidence based best practices: research, clinical information and treatment techniques as well as examples of real patient presentation.

[Click here for a detailed description of the Level 1 course](#)

## Level 2 Course

This 2-day course teaches the advanced techniques and protocols needed to assess, diagnose and rehabilitate the shoulder including real life scenario-based examinations of patients. Students will have the opportunity to observe Lyn Watson assess 3-4 shoulder orthopaedic patients, live, in front of the course.

This enables course participants to observe her approach to clinical assessment, clinical reasoning and the development of a management pathway. There is then an open discussion and questions regarding her assessment, clinical reasoning and rationale for each patient post assessment.

### Summary of course content:

- Degenerative rotator cuff pathology
- The hypermobile shoulder with cuff overload
- Thoracic outlet syndrome
- Posterior instability
- Slap lesions
- Scapula mechanics, assessment and rehabilitation strategies

For each of these topics Lyn incorporates the relevant research and her clinical experience to cover;

- Typical subjective and physical presentation
- The spectrum of pathomechanics that exist for these pathologies
- Assessment, differentiation and clinical reasoning to subgroup the pathologies
- Development of a treatment or management strategy
- A Systematic approach to Rehabilitation through progression of:
  - Scapula contribution from assessment, correction, rehabilitation and integration into GHJ rehabilitation
  - GHJ movement control, endurance and strengthening
  - Sports specific rehabilitation.

[Click here for a detailed description of the Level 2 Shoulder course.](#)

**Lyn Watson Course Registration Form – Burlington, ON**  
**May 9,10,11,12 2025**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

<input type="checkbox"/> Level 1 Course Burlington, ON (\$750+\$37.5 hst= \$847.50)	\$847.50
<input type="checkbox"/> Level 2 Course Burlington, ON (\$750+\$37.5 hst= \$847.50)	\$847.50
<input type="checkbox"/> Level 1 and Level 2 10% discount (\$1350 + \$175.50 hst = \$1525.50)	\$1525.50
Total Enclosed	

\*note in order to take the level 2 you have to have taken level 1 at an earlier date or in combination with the level 2 this year.

Please make cheque payable to **Whitmore Physiotherapy Consulting Inc.**, or you can email your registration along with an e-transfer to the email listed below.

**Mail to: Whitmore Physiotherapy Consulting Inc.**

**Attn: Scott Whitmore**

**186 Petticoat Rd.**

**Maple, ON**

**L6A 0M1**

**Email contact: [snapcrackpop@icloud.com](mailto:snapcrackpop@icloud.com)**

**Please note: A 50% cancellation fee applies to cancellations after April 1<sup>st</sup> 2025, unless the space is filled.**