LynWatson

shoulder physiotherapy specialist

Level 1
Shoulder Course

Location: Winnipeg, MB
The University of Winnipeg
Room location TBD

Level 1

Dates: Saturday May 1, Sunday May 2, 2027

INTEGRATED
PHYSIOTHERAPY
EDUCATION

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 25-year carrier 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 shoulder courses 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.

Link for a detailed description of the Level 1 course
https://www.lynwatsonshoulderphysio.com.au/onsite-course/level-1-shoulder-course/

Lyn Watson Course Registration Form – Winnipeg, MB May 1,2 2027

Name: _____

Address: _____

_____

Phone: _____

Email: _____

☐ Level 1 Course Winnipeg ($750+$90.00 hst= $840.00)	$840.00

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 and etransfer: snapcrackpop@icloud.com

Please note: A 50% cancellation fee applies to cancellations after April 1st 2027 unless the space is filled.