

**With Jo
Gibson
MSc MCSP**

The shoulder - Steps to Success

Duration: 2 day
CPD Hours: 15
Format: Face to Face
Fee: £330+VAT



Overview:

Jo worked as a Clinical Specialist Physiotherapist in the Liverpool Upper Limb Unit for 28 years and has been teaching her shoulder course for over 25 years. During her career she has travelled all over the UK, Europe and the rest of the world to work with and observe some of the World's leading shoulder experts.

Her involvement in original research, study at Masters level and vast experience of treating patients with shoulder problems has enabled her to develop a simple, evidence-informed approach to rehabilitation of the shoulder that is immediately applicable in practice.

The course is constantly updated to reflect emerging evidence and how it impacts practice but essentially reflects the approach Jo uses every day in her clinical practice to the benefit of patients. The course is designed to be honest, fun and interactive and includes plenty of treatment tips and real-life examples to ensure the course content is immediately transferable into practice.

Visit our website to book!



Training made easy



Key Learning Outcomes:

- Review the challenges posed by the current evidence regarding assessment and management of patients with shoulder pain.
- To demonstrate a simple structured approach to assessment to inform immediately where to start with treatment.
- To examine the role and relevance of the kinetic chain in shoulder pain and the potential to facilitate rehabilitation.
- To explore simple treatment approaches based on the current evidence to successfully manage patients with common shoulder conditions within a biopsychosocial framework.
- To explore collaborative exercise selection, dosage, movement -based and strength based interventions – when and why?
- To examine factors impacting pain sensitivity and tissue health and how this informs management.
- To discuss factors that influence outcome and enhance exercise adherence and explore strategies to address them.
- To consider the importance of communication and language on patient's pain experience

Programme

Day 1.

- Setting the scene – the current state of play ?
Why do we think the shoulder is so complicated?
- The Rotator Cuff & the Scapula: Partners in Crime?
Research versus reality & assessment dilemmas: Keeping it simple!
- The Kinetic Chain and Dynamic Slings
Putting the shoulder in context: It's all about 'normal' movement
- Is it torn and does it matter? Is it all over for special tests?
- The Stiff Shoulder: Frozen or not?
Differential diagnosis- can we? Can we do better than supervised neglect?

Day 2.

- The Irritable shoulder – where to start?
Acute causes of shoulder pain- when we can diagnose what does it mean to management?
- The Irritable shoulder – making life easier for the shoulder Dilemmas, debates & decision making
- Shoulder Pain : Fit for function!
Can't go wrong trying to get strong ?!
- Getting it right from the start: Steps to Success
The power of language & communication.