

**With  
Ian Gatt  
PhD**

# **Sporting Shoulder & Elbow**



**Duration: 1 day**  
**CPD Hours: 8**  
**Date: 6th December 2024**  
**Format: Online**  
**Fee: £180**

## **Overview:**

The relationship between the shoulder and elbow is a crucial aspect of the Upper Limb. These two joints are integral in facilitating multiple planes of motion, enabling function in both occupational and avocational activities. Together, these joints collaborate seamlessly to enable intricate coordination required for activities like reaching, lifting, throwing, and fine motor skills. This dynamic partnership enables tasks ranging from precision to power. However, any disruption due to injury or other pathology can lead to a disruption of this partnership. Pathologies can be quite distinct in these two joints, however, useful to consider this dynamic relationship when aiming to restore function and return someone to their full activities. Following the current success of the entire Upper Limb face-to-face and online Hand + Wrist courses, this course aims to provide the clinician with the opportunity to learn about the Shoulder-Elbow regions in an engaging environment. This new online format allows clinicians to review diverse pre-course topics in the comfort of their home, and at a convenient time. This culminates in the Live + Online session where the focus will be on discussing assessment and management strategies, case studies, and an opportunity to bring your questions.

This ONLINE course aims at providing you with the appropriate knowledge and tools to assess and develop a tailormade management plan for any of your patients. The content is highly transferrable from the sporting to non-athletic population, so it is highly recommended for anyone wishing to enhance their patient approach. We provide a stepwise approach in upskilling in these areas. So, if you are interested in learning more about the Shoulder and Elbow region, look no further!

**Visit our Website  
to Book!**



Training made easy

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## Who will Benefit?

To date the content delivered by the tutor has been delivered to physiotherapists, occupational therapists, sports therapists, osteopaths, chiropractors, doctors, and other allied professionals. The feedback has been excellent, with recommendations on any courses always considered towards enhancing the positive experience of attendees! The tutor delivers a wide range of courses; Sporting UpperLimb Masterclass, Sporting Hand and Wrist (ONLNE), Sporting Shoulder and Elbow (ONLINE).

This development opportunity aims at providing any professional attending an enhanced understanding of the entire Upper Limb! #fun #engaging #gamechanger

## Course Aims & Programme:

### **ONLINE PRECOURSE CONTENT = 4 CPD hours**

- Q&A Section (Test your knowledge prior to starting)
- Introduction to the course (Overview of the modules)
- Modules I-III (Enhancing your clinical Assessment)
- Selected reading list

### **Module 1: Functional Anatomy & Biomechanics**

Anatomy and joint kinematics are fundamentals which are learnt by most practitioners at an early stage in their careers. Do we however really understand the importance of this towards better understanding the management of injuries and various pathologies at the Shoulder-Elbow regions? This introductory module will provide for an overview of relevant functional anatomy and biomechanics, useful in appreciating injury mechanics and rehab prescription.

#### **Learning objectives:**

1. What comprises the Shoulder-Elbow regions and where does movement occur?
2. Appreciate how structures interact at the Shoulder-Elbow



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## Module 2: Typical Pathologies in Sports & Non-Sporting Populations

The Shoulder-Elbow regions can be complex due to a myriad of pathologies. These range from micro to macro instabilities linked to joint/ligament trauma, overuse tendinopathies to tendon avulsions, neural symptoms due to trauma or compression, irritations of bursae, and more. Reduced diagnostic knowledge, especially with regards to urgency of appropriate management, can also lead to an increase in severity rates with potential longstanding complications. This module describes the most common sport injuries, encountered also in the general population, occurring at the Shoulder-Elbow. A simple injury classification system will allow quick recognition ensuring ease of recognition for your patients.

Learning objectives:

1. Identify the common injuries/pathologies occurring at the Shoulder-Elbow region
2. Understand the diverse mechanisms which could lead to injuries linked to specific anatomical regions

## Module 3: Objectivity & Special Tests

The difference between subjective and objective information is important when assessing and treating Shoulder and Elbow injuries. This can make a difference for both safe and timely return to activities. In this module we will review which objective measures, and associated tools, are most indicative for these areas. We will also consider special tests which, combined with a good knowledge of biomechanics, can assist in both diagnosis and prognosis.

Learning objectives:

1. Identify which objective measures are most indicative for Shoulder-Elbow injuries
2. Appreciate which special tests can add value to a clinical assessment.

## ONLINE LIVE COURSE CONTENT – 4 CPD hours (9:00am - 1pm)

- Recap of Modules I-III (Time to involve you!)
- Modules IV + V (All about Management)
- Your personal case queries (Opportunity to discuss your very own difficult cases)

### Module 4. Hands-on; What is Worth Considering

In the literature, as well as social media, there is conflicting evidence and debate around the use of hands-on techniques. This module will therefore aim at generating appropriate discussion, with use of case studies of the role of therapeutic modalities towards the management of the Shoulder-Elbow region.

Learning objectives:

1. Discuss a variety of useful hands-on techniques
2. Provide clinical- and research-based evidence to support any practice undertaken.

## Module 5. Rehabilitation; Ideas for Management

Rehabilitation at the Shoulder-Elbow is generally considered the mainstay of any injury management program. This is generally supported by evidence not only at the hand and wrist, but in other anatomical regions. Are we all confident in how best to maximize rehabilitation in this area? This module will therefore focus on exercise therapy through a variety of rehabilitation tools and concepts. Apart from demonstrating local exercises, we will ensure that appropriate engagement of the wider kinetic chain is considered.

Learning objectives:

1. The equipment worth considering
2. Components of global exercise prescription
3. Variety when approaching these anatomical locations

