

# THE PAINFUL SHOULDER:

## *Complex ≠ Complicated*

with Adam Meakins



## COURSE OVERVIEW

This fun and informal two day course is designed for all therapists, regardless of their professional titles or experience, who are looking for a patient-centred, pragmatic, and practical approach to the assessment and management of all painful shoulder issues.

This course aims to give all attending the confidence that doing the simple things really well is both effective and evidence based. It also attempts to cut through most of the bullshit and show how many of the over complicated and confusing methods of assessment and treatments are just not needed.

However, this course doesn't promise any miracle cures or quick fixes! Instead, it focuses on a simple, honest, and practical approach that gives you lots of tips and ideas that you can use immediately with all who have painful shoulders.

## COURSE OBJECTIVES

- Simplify the assessment, management, and treatment of the most commonly encountered shoulder problems.
- Examine how to best assess and diagnose painful shoulders.
- Expose the common myths and misconceptions around shoulder anatomy, biomechanics, assessments, and pathology.
- Evaluate how to best assess shoulder movement, strength, endurance, power, proprioception, and its kinetic chain.
- Practice all levels of shoulder rehab exercises and how to progress and/or regress rehab intensity as required.

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## DAY 1

0900 - 0930	How to Simplify the Shoulder
0930 - 1030	Principles of Assessment & Treatment
1030 - 1100	COFFEE
1100 - 1230	Shoulder Anatomy and Biomechanics
1230 - 1330	LUNCH
1330 - 1500	Shoulder Red Flags and the Neck
1500 - 1530	COFFEE
1530 - 1700	Stiff Shoulders

## DAY 2

0900 - 1030	Weak Shoulders
1030 - 1100	COFFEE
1100 - 1230	Rehab Practical Session
1230 - 1330	LUNCH
1330 - 1430	Loose Shoulders
1430 - 1445	COFFEE
1445 - 1545	Rehab Practical Session
1545 - 1600	Summary and Close