

Health Education Webinars are proud to present

## ONLINE LECTURE

# Stuck on the Hard Shoulder? Simple Solutions

A 'keeping it simple for the shoulder' approach to problem solving difficult presentations

**Jo Gibson** MCSP MSc (Adv. Practice)

This presentation will be of particular interest to physios, doctors, sports rehab professionals & sports therapists

### **Speaker**

Jo is a Clinical Physiotherapy Specialist working at the Liverpool Upper Limb Unit at the Royal Liverpool Hospital and a Consultant in private practice. She has worked as a Shoulder Specialist since 1995 and lectures nationally and internationally about assessment and rehabilitation of the shoulder complex. Jo is also an Associate Lecturer at Liverpool University and has developed Masters modules for the diagnosis and treatment of upper limb pathology. Jo has published in peer-reviewed journals and has written several book chapters. She is a member of the British Elbow & Shoulder Society Education Committee & Co-Editor of the Educational section of the British Shoulder & Elbow Journal.

### **Lecture Description**

This evening lecture explores potential barriers to the successful treatment of shoulder conditions and looks at evidence-based strategies to address them. It considers a simple structured approach to apparently complex presentations and uses case studies to illustrate assessment and treatment interventions. This will incorporate current understanding of the role of the rotator cuff, thorax and acromio-clavicular joint in shoulder function and pathology. Participants will gain an insight into how our initial interaction with patients can be pivotal in the outcome of treatment and how the application of modern pain sciences can offer opportunities for treatment. The evening will provide a clinically reasoned simple approach to problem solving to increase participants confidence in dealing with apparently difficult presentations.

**Full details of what is covered during the online lecture - please see over**

**CPD Hours** - 2hrs

**HEWebinars fee:** £50 inclusive of VAT

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# Stuck on the Hard Shoulder? Simple Solutions

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## Overview

- Why the 'hard' shoulder?
- Have we got the basics right?
- Barriers to recovery
- Does the evidence help
- Treatment solutions

Why the 'hard' shoulder?

Chronicity

High recurrence - why?

Definitive structural diagnosis is not possible?

Factors associated with better outcomes

Psychological factors and patient rated outcome

The 6 "E's" - biggest association with outcome

Time to reflect?

Getting the Basics Right

- Language
- Explanation

Dynamic Stability - Rotator Cuff & The Scapula

- Is it Stiff?
- Can I Change it?
- Rotator Cuff in Pathology
- Scapula Dyskinesis?
- Symptom modification procedures
- Improvement Tests

And if I can't change it?

- Torn?
- Stiff?
- Irritable?
- Weak/cuff?

Barriers to Success

- The Kinetic Chain?
- The Brain
- Proprioception

Points to ponder?

KISS!

Take Home Message