Innovative Management of the Shoulder Complex:
Maximizing Outcomes in Fewer Visits

*Emory Orthopedic Physical Therapy Residency Program*

Jeff Ryg, PT, DPT, OCS, CSCS, FAAOMPT

August 16-17, 2017
8:00 AM – 5:00 PM
13.0 Continuing Education Hours (1.3 CEU)

### Course Description and Objectives

This 2-day evidence based course is a study of the shoulder complex inclusive of the thoracic spine, rib cage, acromioclavicular (AC), sternoclavicular (SC), and glenohumeral (GH) joints. The course is heavily lab-based and will emphasize clinical evaluation and treatment skills for the upper quarter in order to guide the practitioner in differential diagnosis and best practice, as determined by the research literature, for patients with shoulder pathology and pain. Management interventions will focus on manual therapy and exercise techniques that can be applied immediately into a participant’s practice, with the goal of maximizing patient outcomes within fewer visits. An emphasis will be placed on the immediate reassessment of these interventions to reinforce clinical reasoning and progression of treatment interventions. Upon course completion, participants will have learned the theory, skills and techniques to be able to make efficient, within session treatment changes with both their patients’ shoulder pain and impairments.

*Upon completion of this course, participants will be able to:*

1. Correctly identify the functional anatomy of the shoulder complex, inclusive of associated joints, soft tissue, and skeletal structures, during post test analysis and lab sessions
2. Report best practice evaluation and treatment techniques based on the evidence during case study discussion & lab sessions.
3. Correctly examine the biomechanics of the shoulder complex during lab sessions
4. Perform differential diagnosis of upper quarter symptoms during lab sessions and case studies
5. Describe and accurately perform clinical upper quarter special tests with known diagnostic utility during lab sessions.
6. Given the most current evidence, participants will design a treatment plan and perform interventions for patients with shoulder pain during lab sessions and case studies.
7. Review pathophysiology, diagnosis, prognosis, and interventions for common shoulder disorders including tendinopathy, impingement, rotator cuff tears, labral injuries, and post-operative conditions.

*Audience:* This course is appropriate for physical therapists and physical therapy residents with an intermediate skill and knowledge level in shoulder complex pathology.

### Instructor Biography

**Jeff Ryg, PT DPT, OCS, CSCS, FAAOMPT**

Jeff started his career working with Division I athletes at the University of Iowa and has since moved on to a career of treating patients with a variety of orthopaedic and sports related injuries, from the amateur athlete to
the professional. He received his degree in Athletic Training from the University of Iowa and a Masters in Exercise Physiology from the University of Georgia. After graduating from Emory University with a Doctorate in Physical Therapy, he spent time working in Indianapolis and Atlanta before settling in Boulder, Colorado to open his private practice, Mend. Jeff’s signature treatment style is one that combines orthopaedic manual therapy with a focused approach on patient goals as they may be addressed by applying the best available medical and rehabilitation evidence to treatment. Jeff is continually inspired by patients who face huge obstacles during their recovery but successfully return to their active lifestyles following treatment. Jeff is a member of the American Physical Therapy Association (APTA) and previously served as a member of the legislative committee and district chair in Indiana and Georgia APTA chapters. He was honored with the Emerging Leader Award from the APTA in 2012, which is an award presented to professionals who are up-and-coming within the profession of physical therapy. Jeff is also a Fellow of the American Association of Orthopaedic Manual Physical Therapists. His professional interests include advancing the profession of physical therapy by promoting early access to therapy services for patients with musculoskeletal conditions. Outside of the office, Jeff enjoys spending time with his family, reading and enjoying the outdoors through cycling, swimming, mountain biking, hiking and camping.

Course Schedule

Day 1
7:30-8:00 AM Registration
8:00-9:00 Shoulder Complex Anatomy and Biomechanics
9:00-10:00 Evidence Based Medical Screening
10:00-10:15 BREAK
10:15-11:00 Subjective Examination
11:00-12:00 PM Objective Examination Lab
12:00-1:15 LUNCH on your own
1:15-3:00 Objective Examination Lab (continued)
3:00-3:15 BREAK
3:15-4:30 Thoracic Spine and Rib Cage Interventions Lab
4:30-5:00 PM Glenohumeral Joint Interventions Lab

Day 2
8:00-9:00 AM Glenohumeral Joint Interventions Lab (continued)
10:00-10:15 BREAK
10:15-12:00 PM Scapulothoracic, Acromioclavicular, and Sternoclavicular Interventions Lab
12:00-1:15 LUNCH on your own
1:15-2:30 Exercise Interventions Lab
2:30-2:45 BREAK
2:45-4:00 PM Shoulder Pathology Management
4:00-4:30 PM Post Test and Questions

Required Materials & Readings

Prior to the course date, participants will be emailed links to articles, which should be reviewed prior to the course. Articles included are those authored by: E.J. Hegedus, A. Goode & S. Campbell (2008), E.J. Hegedus,

**Registration and Payment**

- Registration fees include instruction, course materials and snacks. Meals are on your own.

- In order to assure your security, our registration and payment systems are kept separate. In your email registration confirmation, you will receive detailed payment instructions.

- Cash and checks, *payable to Emory University,* must be *received* in our office **within 10 business days** of your registration, or your spot within the course will be **forfeited**.

- **Tuition and Fees**
  - Emory (Select) Employee: $375.00
  - Emory DPT CI (2011-2016) or Alum: $375.00
  - Unaffiliated PT: $400.00

  *If you also register & pay for the August 2017 “Dx & Mngt of TMJ/Cervical” and/or “Thoracic” courses, you may receive an additional $25.00 discount off each tuition by entering the following coupon code during registration: AUGUST2017*

- Within 10 business days, send cash or check payments, payable to *Emory University* to:
  - Ella Pollard
  - Emory University DPT School
  - ATT: Ortho PT Residency
  - 1462 Clifton Road, NE
  - Suite 312
  - Atlanta, GA 30322

**Register Now!**

[https://form.jotform.us/71404995251155](https://form.jotform.us/71404995251155)

Registration closes on Friday, August 11, 2017.