

## Optimising The Function of the shoulder girdle- Making sense of the dysfunction

### Name and qualifications of tutor:

Dr Ian Horsley PhD, MSc, MCSP, CSCS



**Course length:** 1 full day

### Course Outline:

This course has been created to combine systematic methods of assessment and functional rehabilitation of the shoulder and is applicable to the elite sport and outpatient environments. The course that will allow clinicians to apply new concepts to their existing knowledge in this area.

The intensive 1 day course will include:

- Functional anatomy & biomechanics
- Shoulder assessment Considerations for exercise selection for rehabilitation
- Management of small nerve dysfunctions around the glenohumeral joint
- Assessment and management of the SCJ
- Proprioceptive assessment & management tips
- Functional kinetic chain testing
- Lumbopelvic, cervical & thoracic spine relationships to shoulder function
- Post-op return to play pathways
- A wide range of practical exercise solutions to shoulder problems

There is a high practical component, so participants need to be appropriately dress in order to view the whole shoulder girdle.

**Style of teaching:** a combination of discussion and problem solving with a high level of practical in the form of assessment and rehabilitation. Attendees should be appropriately dressed in order to be able to expose the shoulder girdle (including scapula and thoracic spine)..

**Aims:** to integrate current knowledge in the assessment and management of shoulder girdle pain. Integrate current knowledge to deliver bespoke treatment and rehabilitation programmes.

**Learning Objectives:**

At the end of this workshop participants will be able to:

1. Understand the biomechanical relationships within the shoulder girdle  
Review the assessment and treatment of the SCJ
2. Use clinical reasoning to be able to optimise the selection of rehabilitation exercises
3. Understand the role of the kinetic chain in the functional rehabilitation of the shoulder girdle
4. Review the assessment and rehabilitation of shoulder proprioception

**Biography:**

Ian has been a physiotherapist for nearly 30 years. He worked as a physiotherapist for England Rugby Union, for 14 years, in with various teams, and spent the last 6 years working with the Elite Playing squad, as physiotherapist to England 'A'.

Currently Ian is Lead Physiotherapist and Technical Lead for the North West for the English Institute of Sport, Clinical Director of Back In Action Rehabilitation, in Wakefield, West Yorkshire, associate lecturer at Salford University, and member of the EdCom for EUSSER and BESS.

He concluded his PhD in 2103 examining the issues around shoulder injuries in professional rugby, and has published several articles in peer reviewed journals on the subject of musculoskeletal injury management, and contributed chapters to several books on sports injury management.

He worked as part of the HQ medical team for Team England at the 2010 and 2014 Commonwealth Games, was a member of the Team GB HQ medical team at the 2012 and 2016 Olympic Games and currently is a Consultant Physiotherapist to England Football.

In his spare time, Ian spends most of his time trying to learn to play golf, supporting Barnsley FC and have some quality time with his wife now the children have grown.

**Course Programme:**

Time	Session
8.45	Registration
9:00 - 10:00	Introduction Static Assessment
10:00 – 10:30	Upper Limb Nerve testing
10:30 – 10:45	Break
10:45 – 11.30	Dynamic Assessment- Introduction to SSMP
11:30 – 12.15	SCJ Assessment
12:15 – 13.00	Lunch
13.00 – 14.00	Scapular Assessment
14.00 - 14.45	Glenohumeral Joint Assessment + Instability
14.45 - 15.00	Break
15.00 - 15.45	Propriocpetion
15.00 - 16.30	Kinetic Chain
16.30 – 17.00	Summary

**Information for venues:**

The cost for the participant will be:

£120 for MACP members

£140 for non-members

This is the cost for 2020 and will be reviewed annually.

There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 20 delegates book onto the course.

If a venue fee is incurred the minimum number of people required to run the course may increase. The minimum number of delegates required to qualify for an additional free place will also increase.

The course requires a minimum of 11 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.

If the course requires air travel (outside England) for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.

**What the MACP Provides:**

- Tutors for delivering the courses
- Pays the accommodation for the tutor(s).
- Pays tutors(s) travel.

- Administers the course, taking all bookings and sending all applicants pre- course information.
- £3 per person / day to cover refreshments (tea/coffee/biscuits etc).
- Advertising in: MACP website and social media sites, MACP newsletters.
- One copy of a flyer that you may use to circulate and advertise the course.
- A list of names of those who have booked prior to the course for registration.
- CPD certificates (online).

**You will need to provide:**

- A room that will seat 30 people for the main body of the lecture.
- AV equipment (data projector). Plus access to plugs as workbooks are electronic.
- Separated area or room with 8 plinths for the practical session
- If possible: Swiss balls, Thera-band, light weights
- Provide us with local information re directions how to get to venue, parking, local accommodation list
- Someone to work on local promotion (including SoMe) to help to ensure that at 6 weeks before the course, the minimum numbers of 11 places are booked onto the course.
- Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up, this may also include picking up or dropping off tutors from their hotel; taking pictures on the day for SoMe)
- Refreshments as appropriate (to be reimbursed by MACP on production of original receipts – up to £3 per day per person)