



REHABILITATION OF THE INJURED ATHLETE: SHOULDER COMPLEX

- WHEN:** May 1, 2010
8:00AM - 5:30PM
- WHERE:** Duke Sports Medicine - Finch Yeager
280 Frank Bassett Road
Durham, NC 27710
- WHO:** Physical Therapists/ Physical Therapist Assistants/ Athletic Trainers/ Students
- COST:** Early Professional (Post-marked before April 2, 2010) = \$150
Late Professional (Post-marked before April 23, 2010) = \$200
University/College Student = \$75

Course materials will be provided on site.

A light breakfast and afternoon refreshments will be provided. LUNCH ON YOUR OWN.



Duke University Department of Physical and Occupational Therapy is an approved provider by the NCPTA and this course qualifies for 7.5 CONTACT HOURS for NC Board of PT Examiners Continuing Competence requirements.



Duke University Hospital - Physical/ Occupational Therapy is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 7.5 HOURS of Category A continuing education.

According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential Level.

SPACE IS LIMITED SO REGISTER EARLY
REGISTER BY APRIL 2, 2010 TO RECEIVE A DISCOUNTED RATE

Course Co-Director

Randall Lazicki, PT, DPT, LAT, ATC, CSCS

Course Co-Director

Dawn Driesner, PT, DPT, OCS

Faculty

David Roskin, PT, CSCS

Cheryl Thomas, PT, DPT

Corine Martinez, PT, DPT, SCS, LAT, ATC

June Kennedy, MPT, PT

Jennifer Moody, PT, DPT, TPI-GFI

BACKGROUND

Proper return to sport requires a sound understanding of the functional rehabilitation progression for shoulder pathologies. This course will review key concepts in the rehabilitation of the injured athlete as well as instruction in specific functional rehabilitation techniques that can be utilized for the restoration of muscular flexibility, strength, endurance, and power. In addition, specific return to sport progressions will be discussed. The breakout sessions will focus on sport specific rehabilitation theories, concepts, and techniques as well as dynamic sports specific interventions and biomechanics.

LEARNING OBJECTIVES

After this course, participants will be able to:

- Identify and understand key concepts for functional rehabilitation.
- Apply a framework for progression with minimal risk of re-injury during the rehabilitation process.
- Effectively utilize and incorporate dynamic intervention strategies/techniques to return athletes to their prior level of functional performance.
- Utilize return to sport progressions to return athletes to competition safely and effectively

SCHEDULE

Registration and Continental Breakfast

8:00AM – 8:30AM

Functional Anatomy and Biomechanics of the Shoulder Complex

8:30AM – 9:15AM

Functional Rehabilitation of the Shoulder Complex: Key Concepts

9:15AM – 10:00AM

BREAK

10:00AM – 10:15AM

Restoring Muscular Flexibility, Strength, Endurance, and Power of the Shoulder Complex

10:15AM – 11:00AM

Manual Therapy Techniques for the Shoulder Complex

11:00AM – 11:45PM

Case Based Rehabilitation of Surgical and Non-Surgical Conditions

11:45AM – 12:30PM

LUNCH ON YOU OWN

12:30PM – 1:30PM

Sport-Specific Breakout Sessions

1:30PM – 5:30PM (Attendees will rotate through all breakouts)

- **Biomechanics of a Baseball Pitch**
- **Clinical Pearls for the Female Gymnast**
- **The Golfer's Shoulder: Mechanics and Return to the Game**
- **Functional Volleyball Progression**
- **Impact Progression for Contact Sports**

Course Evaluation and Continuing Education Certificates

5:30PM

DIRECTIONS

http://dukesportsmedicine.org/modules/ctr_sptmed_maps/index.php?id=1

QUESTIONS

Please direct all questions or special needs to Randall Lazicki @
randall.lazicki@duke.edu or (919) 613-6612



REGISTRATION FORM

Please make check payable to Duke PT/OT

Mail to:

Juanita Moore
Duke University Medical Center
Department of Physical and Occupational Therapy
BOX 3965
Durham, NC 27710

I read and understand the refund policy printed below

Name: _____

PRINT name and credentials as you want on certificate of attendance

Profession: _____ License #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: (____) _____ Email Address: _____

Early Professional (Post-marked before April 2, 2010) = \$150

Late Professional (Post-marked before April 23, 2010) = \$200

University/ College Student = \$75

No On-site Registration

You will be notified by email or phone when your registration has been processed

Cancellation and Refund policy: Program and speakers subject to change. Participants should apply new information and skills within the scope of state licensure law. No refunds will be given for cancellation.

SAVE THE DATE

Rehabilitation of the Injured Athlete:

Lower Extremity

Saturday - July 24, 2010