

The Shoulder Girdle:
Advanced Clinical Reasoning and
Evidence Enhanced Management
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The Shoulder Girdle: Advanced Clinical Reasoning and Evidence Enhanced Management

A course for physical therapists

Cliff Fowler, PT
MCSP, MCPA, FCAMT

and

Karl Kolbeck, PT
OCS, COMT, FAAOMPT

Co-sponsored by:
Oregon Orthopedic PT Study Group (OOPTSG)

Course location:
Oregon Orthopedic Physical Therapy Study Group
10224 SW Park Way
Portland, OR 97225

Portland, OR

April 10 & 11, 2010

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ABOUT THE COURSE INSTRUCTORS

Cliff Fowler

Mr. Fowler offers over 50 years of orthopaedic and manual therapy experience since receiving his physiotherapist certification in London in 1959. Accomplishments include passing the International Manipulation Examination in 1973 and being a national examiner for the Canadian Orthopaedic and Manual Therapy Board since 1978 as well as serving as Chief Examiner from 1982 to 1985. Cliff is a Member of the Canadian Physiotherapy Association (MCPA), Member of the Chartered Society of Physiotherapy (MCSP) as well as a Fellow of the Canadian Academy of Manipulative Therapy (FCAMT). He is a founding faculty member of the North American Institute of Orthopaedic Manual Therapy (NAIOMT) and remains an Advisory Faculty member as well as contributor to the NAIOMT newsletter. Cliff was the first recipient of the *David Lamb Award* by the Canadian Orthopaedic Division for services and contributions to orthopaedic manual therapy. He wrote the chapter 'Muscle Energy Techniques for Pelvic Dysfunction' in Greg Grieve's *Modern Manual Therapy: The Vertebral Column* and presented papers on the biomechanics and musculature of the pelvis to IFOMT in 1976 and 1984 as well as presenting numerous other works over the years on the pelvis and shoulder girdle. Cliff has taught manual therapy courses internationally throughout his career. In the past year he completed clinical practice, consultation and research at the Fawzia Sultan Rehabilitation Institute in Kuwait and remains a consultant physiotherapist for their rehabilitation department. A man with enduring energy and passion for physiotherapy, upon his return from the Middle East, Cliff recently opened a shoulder specialty practice in Abbotsford, BC Canada.

Karl Kolbeck

Mr. Kolbeck received his Bachelor of Science in Physical Therapy from the University of Wisconsin—La Crosse in 1991 and has practiced in the orthopaedic physiotherapy setting his entire career, offering over 18 years of experience. He is an Orthopedic Certified Specialist (OCS) through the APTA, a Certified Orthopaedic Manipulative Therapist (COMT) Level IV graduate 'with distinction' of the North American Institute of Orthopaedic Manual Therapy (NAIOMT) and a graduate of their fellowship program. In addition, Karl has been trained both as a Clinical Fellowship Instructor and Faculty Instructor with NAIOMT. In 2005 he became a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT). He has been teaching orthopaedic manual and physical therapy courses for over 8 years. Karl is based in Portland, Oregon and provides orthopaedic and manual therapy clinical mentorship and fellowship training, consultation services, and remains active in clinical outpatient orthopaedic practice. He founded and continues to offer a manual therapy focused study group in the Portland area in affiliation with the Oregon Orthopedic Physical Therapy Study Group. Karl has spent the vast majority of his professional career and clinical practice studying and treating cervical and thoracic dysfunction as well as the orthopaedic/sports injured shoulder. His passion for teaching has led to the founding of Empiridence Seminars, allowing him to share his knowledge and clinical experience and provide a comprehensive integrated approach to clinical evaluation and management of the cervicothoracic spine and shoulder girdle based on empirical knowledge and evidence enhanced practice.

COURSE DESCRIPTION & OBJECTIVES

The Shoulder Girdle: Advanced Clinical Reasoning and Evidence Enhanced Treatment is an interactive 2 day course for the physical therapist awarding 16 continuing education hours (1.6 CEUs) with two expert clinicians involving actual live patient shoulder girdle pathology evaluation and treatment demonstrations. Advanced orthopaedic and manual therapy evaluation and treatment principles are provided with an eclectic based approach presented to enhance the practitioners' skill sets for proper differential diagnosis and effective management strategies based on sound clinical reasoning. Current "best" available evidence and its utilization to enhance empirical knowledge is also presented.

Clinically applicable theory and hypotheses based on the instructors' experience of the application of neuromusculoskeletal anatomy, biomechanics and pathoanatomy as well as influences the spine has on the shoulder girdle are provided. In addition, unique management interventions will be presented to foster abandoning redundancies in clinical practice.

Upon completion of the course, the participant will be able to:

- Understand clinically relevant neuromusculoskeletal anatomy and biomechanics of the shoulder girdle complex
- Apply advanced clinical reasoning perspectives for evidence enhanced differential diagnosis and to help establish effective treatment strategies
- Understand principles of mobility adaptations and apply effective evaluation and empiridence based treatment techniques for:
 - global [Type 1 & 2 Adhesive Capsulitis] vs selective hypomobility
 - global hypermobility/Multi-directional "instability"
 - selective instability
- Understand 'impingement' classifications and apply empiridence based evaluation and treatment strategies of each
- Understand *Pure GH Motion* and *Total Arc of Motion* principles and apply effective empiridence based evaluation and treatment
- Recognize influences that the upper thoracic segments and 1st rib have on the shoulder girdle
- Apply peripheral, spinal and costal joint mobilizations and grade 5 HVLAT's (high-velocity low-amplitude thrust), soft tissue release and muscle energy manual therapy techniques

Course content is not intended for use by participants outside the scope of their license, regulation or practice act

<<< CANCELLATIONS & REFUNDS >>>

Cancellations must be received in writing 14 calendar days prior to the start of the course for a full refund, less a \$75 administrative fee. No refunds will be made after this 14 day date.

Empiridence Seminars and/or host site reserves the right to cancel the seminar up to 14 days prior to the start date for a full refund for circumstances beyond control or if insufficient numbers of participants have registered. In the event of cancellation, Empiridence Seminars and/or host site is at no time responsible for expenses incurred by registrants, including but not limited to airline tickets or other travel, hotel, car reservations or food.

COURSE OUTLINE

Day 1 (Saturday, April 10, 2010)

8:00-8:30—Registration & Refreshments

8:30-9:00—Case Study Presentation

- Didactic clinical reasoning exercise (Kolbeck)

9:00-11:30—Thoracic and Costal Influences

- *Thoracic Ring* (T1-2, T2-3 and 1st rib) model and its influence on the shoulder girdle...assessment & treatment (Fowler)
- T1-T4 influences on the shoulder girdle...assessment & treatment (Kolbeck)
- Lab

11:30-12:30—AC Joint

- Biomechanical review (Fowler)
- Hypomobility assessment & treatment (Fowler, Kolbeck)
- Instability assessment & treatment—lecture & video (Kolbeck)
- Lab

12:30-1:30—Lunch (on your own)

1:30-2:00—Case Study Presentation

- Didactic clinical reasoning exercise (Fowler)

2:00-3:15—Scapulothoracic Articulation

- Biomechanical review (Kolbeck)
- Scapula Dyskinesia assessment & treatment—lecture & video (Kolbeck)
- Lab

3:15-5:00—GH Joint

- Biomechanical review (Kolbeck)
 - > *Pure GH Motion* assessment & treatment (Kolbeck)
 - > *Total Arc of Motion* assessment & treatment (Kolbeck)
 - > Lab: *Pure GH Motion & Total Arc of Motion*

Day 2 (Sunday, April 11, 2010)

8:00-8:15—Day 1 Review

8:15-8:45—Case Study Presentation

- Case study presentation—didactic clinical reasoning (Kolbeck)

8:45-10:45—GH Joint (continued from Day 1)

- > Global (Adhesive Capsulitis) vs Selective Hypomobility (Fowler)
- > Global (Multi-directional) vs Selective Instability (Fowler)
- > Impingement: Classifications, assessment & treatment (Kolbeck)
- > *General Stress/Stability Tests* assessment & treatment (Fowler)
- > Lab: *Impingement & General Stress/Stability Tests*

10:45-12:30—Live Patients: Exam & Treatment

- Live patient examination and treatment demonstration and group interaction...patient and case specificity determines agenda

12:30-1:30—Lunch (on your own)

1:30-3:30—Live Patients: Exam & Treatment (continued)

- Live patient examination and treatment demonstration and group interaction...patient and case specificity determines agenda

3:30-4:30—Live Case Study Presentation

- Course participant hands-on interaction

REGISTRATION & TUITION

Registration Fee:	Early*	Regular
OPTA Member**	\$395	\$415
OPTA Non-member	\$415	\$435
OOPTSG Member	\$395	\$415
OOPTSG Non-member	\$415	\$435

*Received (or postmarked if snail mailed) by March 10, 2010

**Oregon PT Association (For verification, list APTA membership number here: _____)

On-line registration encouraged @ www.empiridence.com

For course and registration questions call 503.913.4450
or email info@empiridence.com

Empiridence™ Seminars ACRS / PDX / April 10 & 11, 2010

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