

Clinical Reasoning to the Shoulder Girdle Complex: An in-depth Approach to Evaluation and Treatment

**Saturday,
August 17, 2024
8:30-5:00
& Sunday
August 18, 2024
8:00-12:00**

**McLeod Outpatient Rehab
and Sports Medicine
2439 Willwood Dr.
Florence SC 29501**



To register please visit:
www.scahec.net/learn/peedee/cpd

For questions, please call

(843) 777-5343 (843) 777-5352.

TARGET AUDIENCE:

PT, PTA, OT, COTA

FEE: \$100 Consortium

\$200 Non-Consortium

Deadline to register: 8/16/2024

PROGRAM DESCRIPTION:

Description:

The shoulder complex (clavicle, humerus, scapula) is interconnected with the cervical and thoracic spine and rib cage making movement efficiency interdependent on each region. Understanding of each system and the neuromuscular links between them is essential for successful treatment of the shoulder. This course will cover anatomy and biomechanics of the shoulder girdle complex including the upper thoracic spine, rib cage, scapula, and glenohumeral joint in detail, a framework for assessing the kinetic chain in a simple flow, and establishing of clinical reasoning to the findings. Treatment consisting of manual therapy and specific exercise prescription will be provided.

Objectives:

Upon completion of this program, the participant should be able to:

- ◆ Demonstrate an understanding of the anatomy, biomechanics, and efficient movement of the shoulder girdle complex.
- ◆ Perform a correct thorough upper quadrant evaluation, reason through findings, and recognize the pathomechanics to various shoulder pathologies.
- ◆ Utilize manual therapy techniques to perform 1st rib, scapula, associated soft tissue, and glenohumeral mobilizations as well as have clinical rationale for doing each technique.
- ◆ Explain the science behind inhibition and be able to apply neuromuscular principles to improve muscle facilitation.
- ◆ Design an effective home exercise program to ensure lasting improvements.

INSTRUCTOR

Alex Volfson DPT, OCS,CFMT

Alex Volfson was originally born in Belarus and immigrated to the United States in 1990.

He grew up in Ohio and Georgia, later going to the University of Georgia for his undergraduate degree in Exercise Science. Afterwards, he went on to graduate school at the Medical College of Georgia and graduated with his Doctorate of Physical Therapy

degree in 2009. Since graduation he has completed his orthopedic clinical specialist certification and went through a rigorous residency through the Institute of Physical Art.

Professionally, he works in an outpatient setting primarily with orthopedic and sports medicine clientele. He is also in charge of the movement and running analysis lab.

When not working, he enjoys spending time with his family, exercising, and doing outdoor activities.

Credit:

This program is approved for 0.105 CEU's (10.5 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice Standards. Participants must attend 90% of the program in order to receive a certificate of attendance. No partial credit will be given.

Physical Therapists/Physical Therapy Asst.: 10.5 contact hours of continuing education with the SC Department of Labor, Licensing, and Regulation Board of Examiners for Physical Therapy is approved. Occupational Therapists/Occupational Therapy Assistants: 10.5 CEU's pending approval through the South Carolina Occupational Therapist Association (SCOTA).

Certified Athletic Trainers: Pee Dee AHEC/McLeod Health 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 10.5 hours of Category A Continuing education (10.5 CEU) Certified Athletic Trainers are responsible for claiming only those hours

