



# Clinical Reasoning of the Shoulder Girdle Complex: Evaluation + Treatment

## (An In-Depth Approach)



### DATE + TIME

Friday, October 4 + Saturday October 5, 2025

Day 1: 8:00 AM - 4:30 PM

Day 2: 8:00 AM - 12:30 PM



### LOCATION

Upstate AHEC

104 S Venture Drive

Greenville, SC 29615



### TARGET AUDIENCE

This course is appropriate for beginner to intermediate level PT, OT, PT and OT assistants and athletic trainers.



## COURSE 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 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 and provide a framework for assessing the kinetic chain in a simple flow with emphasis on clinical reasoning. Furthermore, the lab components will focus on treatment consisting of manual therapy of associated joints and soft tissues, corrective exercises that facilitate efficient movement and stabilization, as well as appropriate progressions. By the end of the course, the learner should feel comfortable treating any shoulder related condition.



## LEARNING OUTCOMES

**At the conclusion of this program, each participant will be able to:**

- Demonstrate an understanding of the anatomy, biomechanics, and efficient movement of the shoulder girdle complex
- Be able to correctly perform a thorough upper quadrant evaluation, reason through findings, and recognize the pathomechanics to various shoulder pathologies
- Be able to design a plan of care for treatment of the following conditions: impingement, bursitis, rotator cuff, instability, osteoarthritis, and AC joint pathology
- 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
- Understand the science behind inhibition and be able to apply neuromuscular principles to improve muscle facilitation
- Be able to design an effective home exercise program to ensure lasting improvements



## INSTRUCTOR

**Alex Volfson PT,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 manual therapy residency through the Institute of Physical Art. Professionally, he supervises an outpatient clinic and works primarily with orthopedic and sports medicine clients. When not working, he enjoys spending time with his family, exercising, and doing outdoor activities.



## GENERAL INFORMATION

**Instructional Method:** Live-Lecture & Hands-On Lab

**Lab Notice:** Participants must dress in lab-appropriate clothing.

**Level of Course:** Intermediate // Advanced



## SCHEDULE

### Day 1 Schedule:

**8:00 - 8:30      Registration**

**8:30 - 10:00    Anatomy Review:**

- Glenoid and humeral versions
- Passive, active, and neurological components of the shoulder girdle, upper thoracic spine and rib cage

#### **Biomechanics of the Shoulder Girdle, Upper Thoracic Spine and Rib Cage**

- Arthrokinematics
- Functional movement pattern of the shoulder girdle, upper thoracic spine and rib cage

**10:00 - 10:15    Break**

**10:15 - 11:00    Evaluation:**

Triage, Red flags, postural assessment, cervical, thoracic, and rib cage & breathing assessment and LAB

**11:00 - 12:00    Scapular Assessment, SC and AC joint assessments, Passive and Active Stability of the GH Joint and LAB**

**12:00 - 1:00      Lunch (on your own)**

**1:00 - 2:00      Strength and Endurance Testing, Functional Tests and LAB**

**2:00 - 2:30      Case Study 1**

**2:30 - 2:45      Break**

**2:45 - 4:00      Treatment of Impingement/bursitis, Rotator Cuff, Instability, Osteoarthritis and AC Joint Pathology**

**4:00 - 4:30      Case Study 2**

### Day 2 Schedule:

**8:00 - 10:00    Treatment Lab:**

- Manual therapy of associated soft tissue, thoracic, scapula, AC, SC, and glenohumeral joints
- Neuro dynamics of the brachial plexus
- Application of neuromuscular and motor control training

**10:00 - 12:00    Exercise Prescription and Home Program Guide**



## CONTINUING EDUCATION CREDIT

**Physical Therapists:** This program has been submitted to the South Carolina Physical Therapy Association (SCAPTA) for CEU credit. Credit statements will be updated as approvals are received.

**Occupational Therapists:** This program has been submitted to the South Carolina Occupational Therapy Association (SCOTA) for CEU credit. Credit statements will be updated as approvals are received.

*Successful completion of the program requires attendance for 100 percent of the program and a completed online evaluation by the participant within 10 calendar days of the program date. A certificate of completion will not be made available for you if the evaluation is not completed within this timeframe. No partial credit is available.*



## REGISTRATION

**To register: visit <https://www.scahec.net/learn>**

For registration issues, please call 864.349.1160.

**Fee: \$0 for AHEC Consortium Members  
\$160 for Non AHEC Consortium Members**

**Americans with Disabilities Act (ADA):** Upstate AHEC is committed to equality of educational opportunity and does not discriminate against applicants, students or employees on the basis of race, color, religion, sex, national origin, age, disability or veteran's status. If you require reasonable accommodations for a disability in order to participate fully in a continuing education activity, call 864-349-1160 no later than one week before the date of the activity.

**Of Note:** Licensees should verify with their state licensing board for acceptance of continuing education units. Save the course outline and certificate of completion and contact your own board or organization for specific filing requirements. Upstate AHEC does not provide assistance with individual filing requirements.