Course Description
Shoulder pathology is common in the general population and even more frequent with overhead athletes. In order to be successful with this specialized population it is important to understand the conservative and post-operative management principles as well as the rehabilitation progression for a safe return to the demands of overhead activity. Perspectives from orthopedic surgery, physical therapy and athletic training will be highlighted throughout. The principles of dynamic stabilization as it relates to an overhead athlete population will be discussed and criteria for a safe progression to overhead sport following injury will also be presented.

Course Objectives
- Discuss the structures associated with shoulder complex stability.
- Summarize key factors of acute management of shoulder injury.
- List common findings on imaging related to shoulder injury.
- Discuss evidenced-based post-operative management following UCL reconstruction.
- Discuss various surgical techniques addressing shoulder instability and the impact on post-operative rehabilitation.
- Provide evidence-based rationale for criterion-based post-operative rehabilitation progression for selected shoulder conditions.
- Describe various functional tests for the upper extremity.
- Discuss milestone criteria to safely return to overhead activity.
- Discuss the key components of a return to throwing program.

Expected Outcome
- Participants will rate their ability to effectively manage athletes with shoulder pathology as high or higher compared to before the program.

Course Schedule: Saturday June 11, 2016

7:00 am  Registration & Continental Breakfast
8:00 am  Course Welcome
8:10 am  Elements of Shoulder Instability
8:25 am  On-Field Management of Shoulder Injury
8:45 am  Imaging Considerations for Shoulder Pathology
9:00 am  1st Time Dislocator: Rehabilitation
9:20 am  1st Time Dislocator: Surgery
9:40 am  Arthroscopic Bankart Repair
9:50 am  Recognizing and Managing Glenoid & Humeral Bone Loss
10:10 am  Break
10:30 am  Latarjet History & Current Description
10:50 am  Contact Athlete: Case Presentation
11:00 am  Contact Athlete: Do It Open
11:10 am  Contact Athlete: Do It Arthroscopic
11:20 am  Contact Athlete: Do A Latarjet
11:30 am  Rehabilitation Following Stabilization Procedures
11:45 am  Panel Discussion / Q & A
12:00 pm  Lunch (catered)
1:00 pm  Indications for UCL Reconstruction
1:20 pm  Rehabilitation Considerations Following UCL Reconstruction
1:40 pm  Evaluating the Overhead Athlete’s Shoulder
1:50 pm  SLAP Tears in the Thrower: When to Actually Care
2:00 pm  GIRD & Internal Impingement
2:20 pm  Break
2:40 pm  Advances in Rotator Cuff Repair
2:50 pm  Rotator Cuff Repair Surgery
3:00 pm  Evidenced-Based Rehabilitation Following Rotator Cuff Repair
3:20 pm  Rehabilitation Considerations for the Youth Athlete
3:35 pm  Managing Scapular Dysfunction in the Overhead Athlete
3:50 pm  Functional Testing for the Upper Extremity
4:05 pm  Advanced Rehabilitation Considerations for the Overhead Athlete
4:20 pm  Return to Throwing Progression
4:40 pm  Panel Discussion / Q & A
5:00 pm  Adjourn
Course Directors

**Peter Asnis, MD**
Chief, Mass General Sports Medicine Service
Head Team Physician, Boston Bruins
Head Team Orthopedic Surgeon, Boston Red Sox
Team Physician, New England Patriots
Instructor in Orthopaedic Surgery, Harvard Medical School

**Eric Berkson, MD**
Mass General Sports Medicine Service
Team Physician, Wheaton College, Eastern Nazarene College
Consultant, New England Patriots
Instructor in Orthopaedic Surgery, Harvard Medical School

**David Nolan PT, DPT, MS, OCS, SCS, CSCS**
Associate Clinical Professor, Northeastern University
Director, Sports Physical Therapy Clinical Residency Program
Clinical Specialist, Mass General Sports Physical Therapy

Course Faculty

**Kristina Fleming, PT, DPT, CSCS**
Mass General Sports Physical Therapy

**Sean Hazzard, PA-C**
Mass General Sports Medicine Service

**Antigone Matsakis, PT, DPT, ATC**
Staff Physical Therapist, Brigham & Women’s Hospital
Head Athletic Trainer, Walpole High School

**Luke S. Oh, MD**
Fellowship Director, Mass General Sports Medicine Service
Medical Director, Futures Collegiate Baseball League
Team Physician, New England Revolution
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**William Palmer, MD**
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**Ashley Wiater, PT, DPT**
Mass General Sports Physical Therapy
Physical Therapist, Boston Pride-NWHL

**Bertram Zarins, MD**
Emeritus Chief, Mass General Sports Medicine Service
Augustus Thorndike Clinical Professor of Orthopaedic Surgery, Harvard Medical School

Additional Information

**Target Audience:** Physicians, Athletic Trainers, Physical Therapists, Physical Therapist Assistants, Athletic Training & Physical Therapy Students

**BOC Approved CEUs:** 7.5 Category A

**Level of Difficulty:** Advanced

**Fees:**
- Early Bird by 5/16/16: Clinicians = $125; Students = $100
- Standard: Clinicians = $150; Students = $125

**Educational Materials:** Available for download prior to course

**Meals:** Continental breakfast and catered lunch will be provided

**Location:** Northeastern University; Blackman Auditorium

**Course Info / Registration:**
http://www.northeastern.edu/bouve/physical-therapy/

**Cancellation Policy:** A full refund will be provided for any course cancellations made 14 days prior to the course date. A written letter requesting cancellation must be submitted to David Nolan via email at d.nolan@neu.edu. Requests must be received at least two weeks prior to event date as there will be no refund for cancellations received later. If participants register and do not attend, they are still responsible for full payment. Northeastern University Department of Physical Therapy, Movement, and Rehabilitation Sciences will process the refund within 7 business days from the day the request is received.