

Optimal Shoulder Treatment: A Movement Analysis Perspective

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Learning Objectives:

1. Use a contemporary and evidence-based framework for treating patients with upper quarter biomechanical dysfunction.
2. Identify common compensatory strategies and faulty movement patterns of the upper quarter.
3. Examine the stability, mobility, and function of the upper quarter using a movement analysis approach to guide treatment.
4. Identify key shoulder kinematics necessary for adequate joint congruency, including scapular posterior tilt, scapular upward rotation, glenohumeral anterior translation, and glenohumeral superior translation.

Session Outline:

- I. Importance of movement analysis
- II. Lower extremity movement faults
 - A. Faulty vs Ideal
- III. Background
 - A. Need for a strategic approach for upper extremity movement analysis
- IV. Compare/contrast UE vs LE
 - A. Anatomy
 - B. Kinematics
- V. Upper extremity movement
 - A. Ideal vs Faulty
- VI. Analysis:
 - A. Upper extremity clinical decision making requires isolation to tease out what physical impairment is driving the movement fault
- VII. Treatment:
- VIII. Closing - Q& A

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