Optimal Shoulder Treatment: A Movement Analysis Perspective

**Presenters:**
Alyssa M. Elder PT, DPT
[re+active] Physical Therapy, Los Angeles, California.
Adjunct professor in the Biokinesiology & Physical Therapy
University of Southern California, Los Angeles, California

Beth Fisher, PT, PhD, FAPTA
Professor of Clinical Physical Therapy in the Division of Biokinesiology and Physical Therapy
Director of the Neuromuscular and Imaging Laboratory
University of Southern California, Los Angeles, California

Christopher M. Powers, PT, PhD, FACSM, FAPTA,
Professor in the Department of Biokinesiology & Physical Therapy
Co-Director of the Musculoskeletal Biomechanics Laboratory
University of Southern California, Los Angeles, California

**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
References:


