



Session 4 / Day Two: Shoulder / Shoulder pain - management of movement coordination impairments

Content Summary

- Review and refine movement analysis and manual procedures practiced on day ten
- Shoulder anatomy and evidence as it relates to shoulder pain, muscle power, and mobility deficits
- Interpret shoulder and arm clinical findings consistent with the ICF-based clinical guidelines
- Manual therapy to address elbow mobility impairments
- Therapeutic exercises for shoulder and elbow muscle power, stability, and movement coordination impairments
- Review of mid thoracic, upper thoracic, mid cervical, and upper cervical manipulative procedures

Knowledge to Review/Acquire Prior to Class

1. CPG-related Procedure Options – Shoulder & Elbow Labs – Handout & Videos 3.4, 3.5, and 3.6
2. PhysioU app – Orthopaedics: Shoulder instability/Shoulder Pain with movement coordination deficits
Elbow collateral ligament strain/Elbow stability and movement coordination impairments
3. PhysioU app – Exercise Patterns: Performance progression – Upper extremity

Procedure Focus

Movement Analysis

- Shoulder girdle positional symmetry

- Scapulothoracic and glenohumeral rhythm with overhead reaching

Examination

- Supraspinatus/Infraspinatus/Biceps Brachii Manual Resistive Tests

- Supraspinatus/Infraspinatus/Biceps Tendon Palpation/Provocation

- Glenohumeral ROM Examination

- Glenohumeral Accessory Movement Tests: Posterior & Anterior & Inferior Glides

Manual Therapy

- Shoulder Elevation Mobilization with Movement

- Internal Rotation Mobilization with Movement

- Review of Soft Tissue Mobilization Procedures from Day Ten

- Humeral Posterior Glide

Exercise Training

- Shoulder Rotational, Flexion, and Abduction Stretching

- Shoulder/Rotator Cuff Strengthening

- Upper limb / Upper quarter performance progression