



Day Eleven: 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