



## Course Overview

This course takes a ***much-needed*** new look at approaching painful shoulder problems, substituting traditional diagnosis and protocol-driven approaches for context appreciation and refined processes that allow therapists to spot and resolve the issues behind the problem quickly.

By examining regional interdependencies (i.e. the interplay between the spine, trunk, scapula, and shoulder) clinicians will appreciate the shoulder complex in a new light and improve a higher percentage of shoulder problems faster, easier, and more completely.

The days of diagnosis-specificity pre-designed protocols are gone. In an increasingly competitive marketplace pressured by payers, patients, and peers to perform better, physical therapists can no longer cling to antiquated protocols, examination methods, modalities and rote exercise programs to effectively handle the recurring nature of shoulder problems.

Nor can they overlook what is now the ***overwhelming evidence*** of interdependent influences of shoulder pain from regional mechanical systems.

This course presents a system **-based on evidence-** where by the clinician can quickly spot and resolve issues of the interdepend-encies which are producing the patient's complaints.

### At This Course You Will...

Improve your ability to treat shoulder pain by learning how to spot and resolve issues of regional interdependencies behind the problem as you...

- Learn a skill set of exam and treatment processes to ***improve efficiency and effectiveness!***
- Discover mobilization & manipulation techniques of the spine and rib cage that ***speed progress!***
- Find out how to correctly match specific exercises to movement disorders for ***improved outcomes!***
- Learn the traits of the expert clinician and how to apply them to ***set you apart from others!***
- Discover the research that supports treatment of cervical spine: ***evidence you must know!***
- Quickly be able to get the "big picture" with your patient and ***know what to do*** in every situation!
- Learn how to sequence your treatment strategy efficiently for ***maximum effect with least effort!***
- See how to efficiently identify cluster signs that are ***the key to understanding*** the context of the patient's affliction--they are often times like a poker player's 'tell' signs.
- Come to a better understanding of just what you are doing with exercise and how to make that component of your patient management even better.

## Course Agenda: Day One

- ✓ Scientific ***Evidence*** for Treating Regional Interdependencies of Shoulder Pain
- ✓ Overview of Evidence-Based Medicine & How to Apply it to the Shoulder
- ✓ Which Orthopedic Tests to Use, Why & How to ***Gain Maximum Certainty***
- ✓ Evidence Demonstrating the Role of Cervical & Thoracic Spine in Shoulder Pain---***Data you absolutely must know!***
- ✓ Process Mapping: What Businesses Use for Operations Can Be Used to Make Patient Management More Efficient
- ✓ Examination Sequence in WB and NWB: Eliciting the Most Information with Least Effort Using Reliable, Specific, & Sensitive Tests
- ✓ Cluster Signs That Point Toward the Source of the Problem
- ✓ Adverse Neural Tissue Provocation Aspects
- ✓ Lab: Applying Cervical and Neural Tissue Procedures for Rapid Change.

## Course Agenda: Day Two

- ✓ Review of Exam Process & Cervical Set
- ✓ Manual Therapy Lab: Cervical, Thoracic & Rib Cage Mobilization & Manipulation to Help Speed Progress
- ✓ Lab: Useful Shoulder Mobilization & Soft Tissue Treatment
- ✓ Prescriptive Exercises for Pain Relief & Reversion of Key Cluster Signs
- ✓ Therapeutic Exercise Fundamentals for Use in the Rehab Process
- ✓ A Matrix of Movement Impairment Syndromes & Prescriptive Treatment Processes
- ✓ Process Maps as Treatment Proposals
- ✓ Tissue Loading and Patient Progression
- ✓ Progressing the Patient Using Key Benchmarks and a Proper Documentation System
- ✓ Vignettes & Case Reviews
- ✓ The Characteristics & Responsibilities of the Expert Clinician

This course has been scored ***9.29 of 10*** (0-10, lowest to highest) in "Overall Course Rating" (covers content, course manual, visual aids, speaker ability) by dozens of attendees.

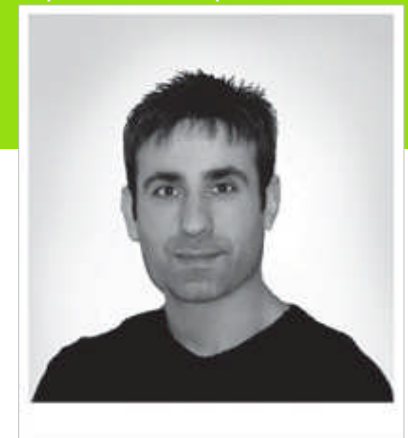
This is NOT a bio-mechanics course or review of things you should already know, but a "How-To" course on assessing and treating the various presentations of shoulder pain.

The course is complete with lecture, lab, training drills, theory & application, case reviews, and documentation.

**Requirements for the course:** Attendees should bring a large bath towel, gait or mobilization belt (available at the course \$20), and an open mind with excitement to learn!

## The Instructor:

Michael Rinaldi, PT, OCS is a 1993 graduate of Ohio University and a Board Certified Orthopedic Clinical Specialist. He is highly regarded as a very ***capable, reliable and trusted*** orthopedic clinician in his area. Since May 2000 he has successfully run his own orthopedic private practice based on the ability to get results--despite widespread physician-owned and hospital-based clinics in his area. He is presenting information that he discovered and developed in his practice which has helped him conquer shoulder pain.



## Shoulder Course Schedule June-Nov 2010

September 25-26 Boston, MA (Medford)  
October Warren, Ohio TBA

**Seminar Fee: \$465**  
*... and well worth it!*

### Low Back, SIJ & Radiculopathy Course Schedule 2010

Nov 5-6 Boston, MA  
Oct (TBA) Warren, OH  
**Seminar Fee: \$495**