Evidence-Based Management of Orthopedic Shoulder Dysfunction: Gross Anatomy Implications for the Rehabilitation Professional
Northeastern University
Department of Physical Therapy, Movement & Rehabilitation Sciences
Saturday April 29, 2023

Seminar Description

Shoulder pathology is common in the general population and the rehabilitation professional must understand the biomechanics of the shoulder complex as it relates to ADL’s and overhead activity. The purpose of this seminar is to present an evidence-based review of current physical therapy practice for the management and treatment of selected shoulder pathology. This course will utilize lecture presentations and a hands-on gross anatomy laboratory session to illustrate topics discussed in didactic sessions. We will also demonstrate clinically relevant utilization of diagnostic ultrasound related to common examination and treatment techniques. Guided case discussions will be integrated throughout to facilitate comprehension of all topics.

Seminar Objectives

If participants seize the opportunity to learn throughout the seminar, then they will have the opportunity to become knowledgeable regarding the following:

- Discuss the biomechanics and force couples associated with shoulder function.
- Identify the anatomy of the shoulder girdle on a cadaver.
- Describe the arthrokinematics of shoulder movement including scapulothoracic rhythm and glenohumeral joint movement.
- Discuss the pathophysiology of the stages of adhesive capsulitis as they relate to appropriate physical therapy treatment.
- Perform manual therapy interventions aimed at restoring strength and improving mobility throughout the shoulder complex.
- Describe the pathomechanics of shoulder hypermobility and the most appropriate non-operative treatment interventions.
- Identify key shoulder complex structures with Diagnostic ultrasound
- Compare and contrast various therapeutic exercises for the shoulder complex related to EMG muscle activation.
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Course Schedule:
8:00 – 8:30 AM  Registration & Continental Breakfast
8:30 – 9:00 AM  Overview of Anatomy, Biokinesiology & Exam of the Shoulder Complex (Folmar)
9:00 – 9:45 AM  Non-Operative Management of Shoulder Instability (Nolan)
9:45 – 10:00 am  Break
10:00 – 10:45 AM  Subacromial Pain Syndrome (Nolan)
10:45 - 11:45 AM  Management of Adhesive Capsulitis (Nolan)
11:45 – 12:45 PM  Lunch (On your own)
12:45 – 2:15 PM  Gross Anatomy Lab / Shoulder Complex Prosection (Brisbin / Folmar / Lawrence)
2:15 – 2:30 PM  Break
2:30 – 4:00 PM  Diagnostic Ultrasound & Selected Examination/Treatment Techniques (Nolan / Watkins)
4:00 – 4:15 PM  Break
4:15 – 4:45 PM  Therapeutic Exercise Considerations (Nolan)
4:45 – 5:00 PM  Q & A / Adjourn

CEU Information: This course is approved for 7 contact hours toward continuing competence for PT & OT. BOC approved CEUs: 7.0 Category A; BOC Approved Provider (P8820)

Course Fee: $249 for licensed professionals; $199 for NU Alum, clinical partners, and students. Fee includes continental breakfast, course handouts, and cadaver lab supplies.

Registration: https://nuptmrsce.org/student/liveprogram/21

Course Faculty:

Luke Brisbin, PT, DPT, OCS, CSCS
Dr. Brisbin earned his DPT from Northeastern University in Boston, MA. He is a board certified Orthopedic Clinical Specialist (OCS) and a Certified Strength and Conditioning Specialist (CSCS). He is currently an Assistant Clinical Professor in the Department of Physical Therapy, Movement, and Rehabilitation Sciences at Northeastern University, with teaching responsibilities in Functional Anatomy and Musculoskeletal Management lab courses. He also serves the department as Human Anatomy Lab coordinator and primary dissector. His research is focused on scholarship of teaching and learning, utilizing the human anatomy lab throughout the physical therapy curriculum. Luke is also a physical therapist with Boston Medical Center’s outpatient satellite clinic in Hyde Park, working primarily with patients with orthopedic and chronic pain conditions.
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Eric Folmar, PT, DPT, OCS
Dr. Folmar is an Associate Clinical Professor and is the Associate Chair in the Department of Physical Therapy, Movement & Rehabilitation Sciences at Northeastern University. Eric is a Board Certified Orthopedic Specialist who owns a small private practice focused in general orthopedics and dance medicine. His current research focuses on the biomechanical and neuromuscular sequelae of injury and associated clinical treatment techniques. Eric is the immediate past-President of the APTA Massachusetts Chapter and remains on the Board of Directors as Chief Delegate.

Lincoln Lawrence, PT, DPT, OCS
Lincoln Lawrence, PT, DPT, a graduate of the MGH Institute of Health Professions and is currently working for VA Boston. Lincoln has advanced credentialing as a Certified Orthopedic Clinical Specialist from the American Board of Physical Therapy Specialties, as well as credentialing as a Therapeutic Pain Specialist. Lincoln practices largely as an outpatient generalist and can be found in outpatient clinic, aquatics, on call in the Emergency Department, and as a member of the Interdisciplinary Pain Clinic. Lincoln is a laboratory Instructor at Northeastern University and sits on the Board of Directors for the American Physical Therapy Association of Massachusetts as the Treasurer and is a Founder and Chair of the Pain Special Interest Group for the APTA of MA.

David Nolan, PT, DPT, MS, OCS, SCS, CSCS:
Dr. Nolan is an Associate Clinical Professor at Northeastern University in the Department of Physical Therapy, Movement and Rehabilitation Sciences as well as a Graduate Lecturer in the College of Professional Studies in the transitional Doctor of Physical Therapy Program at Northeastern University. David is also a Clinical Specialist at the Mass General Sports Physical Therapy Service and the Director of the MGH / Northeastern University Sports Physical Therapy Residency Program. David is a board certified Orthopedic Clinical Specialist and Sports Clinical Specialist through the American Board of Physical Therapy Specialties and a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Maureen Watkins, PT, DPT, OCS, MBA, LMT, Cert MSK-US
Dr. Watkins earned her BSPT and tDPT at Northeastern University, Boston, MA her MBA from Anna Maria College in Paxton, MA. She is certified in Musculoskeletal Ultrasound Imaging, a Board-Certified Clinical Specialist in Orthopedics and a licensed massage therapist. Dr. Watkins is a Clinical Associate Professor in the Physical Therapy Department at Northeastern, she teaches entry-level and advanced musculoskeletal, health administration and Integument courses. Her research focuses on the scholarship of teaching and learning to include ultrasound imaging, injury prevention and the role of wellness in physical therapy.