**The Shoulder: Theory & Practice**


**Dr Jeremy Lewis PhD. MSc. MAPA MCSP MMACP MMPA**

Consultant Physiotherapist and Visiting Professor
Visiting Reader, St George’s- University of London
Research Lead, Chelsea and Westminster Hospital, London

**Presenter**

Dr Jeremy Lewis is a New Zealand born, Australian trained physiotherapist who currently works as a Consultant Physiotherapist at St George’s Hospital in London, UK. He is also the Research Lead for the Therapy Department at the Chelsea and Westminster Hospital in London, UK. Jeremy has conducted clinical, laboratory and cadaver research into various aspects of shoulder function and pathology, and has had papers published in a number of peer-reviewed journals. Jeremy also has a Master of Science in Manipulative Physiotherapy, and Postgraduate Diplomas in Sports Physiotherapy, and in Biomechanics. He has also completed MSc modules in injection therapy for soft tissues and joints, and imaging ultrasound for physiotherapists. Since 1992, Jeremy has taught over 350 shoulder workshops internationally in the USA, the Cayman Islands, the Middle East, UK, Ireland, South Africa, India and throughout Europe. He has also lectured on the shoulder at many international conferences. He presented the keynote lecture at the 11th International Shoulder and Elbow Surgeons Conference in Edinburgh (2010) with a presentation entitled; Subacromial Impingement Syndrome: a musculoskeletal condition or a medical illusion? His main areas of research interest are rotator cuff tendinopathy and shoulder pain syndromes. He is currently supervising PhD and MSc students. He also treats patients with complex shoulder problems and performs ultrasound guided shoulder injections. Jeremy is an associate editor for the journal Shoulder & Elbow.

**Course Description**

This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis and rehabilitation of shoulder pathology, as well as extensive reference to research publications from a variety of disciplines. New models of shoulder assessment including the Shoulder Symptom Modification Procedure (Lewis JS (2009) British Journal of Sports Medicine) and a new model for staging the continuum of rotator cuff tendinopathy (Lewis JS (2010) British Journal of Sports Medicine) will be presented. The evidence supporting the use of these assessment and treatment procedures will also be presented. Emphasis will be placed on clinical reasoning to support management decisions. Participants completing these courses will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated region of the body.

This course remains a ‘work in progress’ and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions.

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<tr>
<th>Course programme - 2011</th>
<th>Day 1</th>
<th>Day 2</th>
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<tr>
<td><strong>Introduction and epidemiology</strong></td>
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<tr>
<td><strong>Anatomy and biomechanics of the shoulder</strong></td>
<td>This session reviews the clinical anatomy and biomechanics of the shoulder. Use is made of cadaver, imaging, biomechanical evidence and video models of the shoulder region. Included in this session is a theoretical discussion and critical review of the proposed effect of the influence of posture and muscle imbalance on shoulder pathology.</td>
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<td><strong>The role of imaging in making a diagnosis</strong></td>
<td>This theoretical session critically appraises the evidence to support the use of imaging in helping to establish a diagnosis.</td>
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<td><strong>Subjective and Physical Examination</strong></td>
<td>This clinically orientated session highlights the components of the subjective and physical examination of the shoulder that will assist the clinician in the clinical reasoning process. It will include scapular repositioning procedures, functional glenohumeral repositioning tests, determining the influence of the thoracic spine on the shoulder symptoms. The session will also consider procedures to differentiate shoulder pain arising from the cervical spine and visceral tissues.</td>
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<td><strong>Subjective and Physical Examination (cont.)</strong></td>
<td>Continuation of earlier session, with emphasis on clinical reasoning and short and long term treatment planning.</td>
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<td><strong>Managing Shoulder Pain</strong></td>
<td>This theoretical and clinically orientated session details recommendations for the management of shoulder pain. This session will include; suggestions for pain modulation, manual therapy techniques, posturing techniques, taping procedures and patient guidelines.</td>
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<td><strong>Injection Therapy for Subacromial Impingement</strong></td>
<td>This theoretical session critically appraises the evidence to support the use of injection therapy in the management of subacromial impingement syndrome.</td>
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<td><strong>Shoulder Impingement Syndromes and Rotator Cuff Pathology</strong></td>
<td>This practical and theoretical session involves a very detailed and in-depth review of this multi-factorial problem. The current evidence based research across a number of professions evidence regarding the aetiology and pathology of this condition will be presented in detail.</td>
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<td><strong>Shoulder Impingement Syndromes and Rotator Cuff Pathology (cont.)</strong></td>
<td>Continuation of earlier session. This session includes a review of the evidence supporting various rehabilitation strategies for impingement and rotator cuff pathology, and will include recommendations for treatment from the acute through chronic stages of rehabilitation, including sensorimotor techniques. Conservative versus surgical outcomes will be considered. A practical component supports the theoretical evidence.</td>
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<td><strong>The Contracted Frozen Shoulder</strong></td>
<td>Theoretical and practical session including pathology, assessment and treatment techniques for the contracted frozen shoulder. This session involves the presentation and practice of a number of new mobilisation and treatment techniques.</td>
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<td><strong>Discussion and Questions</strong></td>
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<td><strong>Patient Scenarios</strong></td>
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**Fee:** £250 by cheque or online, payable to ‘Health Education Seminars’ (includes refreshments, lunch, course manual and CPD certificate of attendance - 15hrs).
Learning Outcomes

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle.
2. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred (cervical and visceral) sources of pain and directs the clinician to develop an appropriate management plan.
3. To develop greater confidence with the ‘hands-on’ physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques.
4. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle.
5. To develop greater competency in the management of patients with a variety of shoulder pathologies including; the acute shoulder, shoulder impingement syndrome, rotator cuff, the stiff and restricted shoulder, shoulder pain syndromes, and pain referred to the shoulder.
6. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology.
7. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions.
8. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder.
9. To review the research evidence evaluating the use of CS injections as part of the management for musculoskeletal disorders of the shoulder.
10. To develop a greater confidence in the use of taping techniques for the scapulothoracic and glenohumeral joints and evaluation of the efficacy of the techniques.

Participants Comments

- “One of the best courses I have ever done”.
- “Excellent, I have changed how I treat the upper limb and neck pain and have had excellent results”.
- “Brilliant presentation, extremely useful material and very appropriate for current practice”.
- “Jeremy was relaxed and informative and gave us a lot of valuable information in a non-threatening way, the evidence base was excellent”.
- “Excellent teacher”.
- “Inspirational course”.
- “Probably one of the most useful and reassuring courses I have been on”.
- “By far the most informative, research based and thought provoking course I have been on”.
- “Course leader was excellent and the course was very stimulating and thought provoking”.
- “The tutor had great depth of knowledge, great sense of humour, was very relaxed and very approachable”.
- “The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation”.
- “Excellent presentation style. Enjoyed lectures and practical sessions. Very impressed with depth and breadth of knowledge and how well it relates to clinical practice”.
- “Up to date research, excellent techniques, enlightening, holistic, course should be compulsory”.

Selected publications


## Booking Form

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**Where did you hear about the course**

**Your profession**

### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, less a **£50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

**Please complete the following:**

I agree to the conditions of enrolment and enclose a cheque for £___________ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: .......................... Date:

**Funded participants** (if applicable):

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

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Post Code: _______________________

Booking reference/Order number (if applicable): _______________________

Please return this completed application form with your full fee to:

**Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU**

Tel/fax: 01202 568898 email: info@heseminars.com www.heseminars.com