

Evidence-Based Rehabilitation Following Rotator Cuff Repair

Presented by the American Society of Shoulder and Elbow Therapists (ASSET)

May 15, 2010 at Brigham & Women's Hospital, Boston, MA

COURSE OVERVIEW

This one-day lecture course is designed to provide the clinician with an advanced understanding of the anatomy and biomechanics of the shoulder girdle complex, and an appreciation of the critical factors related to rotator cuff pathophysiology, injury, tissue integrity, surgical repair and healing. These factors will be thoroughly explored to support an evidence based framework for the rehabilitation of the repaired rotator cuff. A detailed guideline including range of motion, exercise, and return to activity progressions will be presented with demonstration of key intervention techniques for each stage of rehabilitation.

OBJECTIVES

Following completion of the course the participant will be able to:

- Appreciate the relationship of force couples of the glenohumeral and scapulo-thoracic joints and apply these concepts in rehabilitation of specific rotator cuff pathologies.
- Articulate the surgical considerations of a repaired rotator cuff and how they impact the rehabilitation process.
- Perform open and closed kinetic chain exercises to improve rotator cuff strength and scapular stabilization.
- Integrate evidence based exercise progressions for the rotator cuff and scapular musculature to maximize the healing of the rotator cuff repair and optimize the functional outcome of the shoulder complex.
- Apply an evidence based treatment guideline provided by the course faculty to small, medium, and large rotator cuff repairs.

Faculty:

- Chuck Thigpen, PT, PhD, ATC (Proaxis Therapy /Duke University)
- Reg B. Wilcox III, PT, DPT, MS, OCS (Brigham & Women's Hospital, Boston, MA)
- Brian Leggin, PT, DPT, OCS (Good Shepherd Penn Partners, Penn Presbyterian Medical Center, Philadelphia, PA)
- Laurence D. Higgins, MD (Brigham & Women's Hospital, Boston, MA)
- Jon J.P. Warner, MD (Massachusetts General Hospital, Boston, MA)
- R. Brian Butler, MD (Massachusetts General Hospital/Brigham & Women's Hospital, Boston, MA)

All lectures will be in the Louis Bornstein Amphitheater, Brigham & Women's Hospital, 45 Francis Street, Boston, MA.

Registration/Breakfast and Lunch will be in the Carrie Hall Conference Center, Brigham & Women's Hospital, 15 Francis Street, Boston, MA.

Hospital Map: <http://www.brighamandwomens.org/general/directions/map3.aspx>

COURSE SCHEDULE – Saturday May 15, 2010

7:30- 8:30 am Registration (Continental Breakfast Provided) – Carrie Hall Conference Center

8:30 – 8:45 am Welcome & Introductions (RBW)

8:45 – 9:15 am Anatomy, Biomechanics, and Healing of the Rotator Cuff (CT)

9:15- 10:00 am Rotator cuff Pathophysiology and Injury (CT)

10:00– 10:15 am Break (provided)

10:15- 10:45 am Classification, Diagnosis, and Workup for Rotator Cuff Tears (BB)

10:45- 11:30 am Current State of Surgical Intervention for Rotator Cuff Tears – Including Biceps Pathology (LDH)

11:30 – 12:00 pm Surgical Options & Management for Massive Rotator Cuff Tears (JPW)

12:00 – 12:30 pm Surgical Decision Making – Case Based Panel including a focus on diagnostic imaging (LDH, JPW, MD; BB & RBW to put together 3-4 cases to promote discussion)

12:30 - 1:00 pm Panel Discussion Q & A

1:00 - 1:45 pm Break & Lunch (provided) - Carrie Hall Conference Center

1:45 - 2:30 pm Evidence based rehabilitation guidelines for rotator cuff repair (RBW)

2:30 - 3:00 pm Examination and initial treatment of the post-operative rotator cuff (BL)

3:00 - 3:30 pm Range of motion and exercise progression following rotator cuff repair (BL)

3:30 - 4:00 pm Q&A w/ break (Break)

4:00 - 5:15 pm Special considerations:

- Biceps tenodesis or tenotomy w/ RCR (RBW)
- Massive Cuff tears (BL)
- Fatty Infiltration of the Rotator Cuff (RBW)
- Cuff repair w/ SLAP in the overhead athlete (CT)

05:15 - 05:30 pm Panel Discussion & Questions

5:30 Adjourn

Register early as space is limited. Register online at http://www.asset-usa.org/CEU_Conference.html

Directions to Brigham and Women's Hospital:

Driving Directions

From the North - Head South on Route 93. Take exit 26 (Route 28/Route 3 North) toward Storrow Drive. Keep left at the fork in the ramp. Turn slight right onto Route 3 North. Merge onto Storrow Drive west. Take the Fenway/Route 1 South exit (on left). Stay in the left lane as you drive up the ramp. At lights, bear right onto Boylston Street. At third set of lights, bear left onto Brookline Avenue. At fifth set of lights, turn left onto Francis Street. The hospital is one block down on the left.

From Logan Airport - Follow signs to Sumner Tunnel. At end of Sumner Tunnel, take immediate right for Storrow Drive. Stay in right lane on the ramp. Take the exit for Storrow Drive. This puts you in the left lane of merging traffic. Move into one of the two right lanes to stay on Storrow Drive. Take the Fenway/Route 1 South exit (on left). Stay in the left lane as you drive up the ramp. At lights, bear right onto Boylston Street. At third set of lights, bear left onto Brookline Avenue. At fifth set of lights, turn left onto Francis Street. The hospital is one block down on the left.

From the West - head east on Massachusetts Turnpike. Take Route 128 (I-95) south for approximately one mile. Take Route 9 east for six miles. Take a left onto Brookline Avenue (Brook House Condominiums will be on right). At third set of lights, turn right onto Francis Street. The hospital is one block down on the left. ~or~ Stay on Massachusetts Turnpike east. Take Huntington Avenue/Copley Square/Prudential Center exit, and bear left toward the Prudential. Follow Huntington Avenue west for approximately three miles. Turn right onto Francis Street at Brigham Circle.

From the South - Head north on Route 3 (Southeast Expressway). Take Massachusetts Avenue/Roxbury exit. At end of ramp, cross Massachusetts Avenue onto Melnea Cass Boulevard. At the 8th traffic light, take left onto Tremont Street. Take first right onto Ruggles Street. Turn left onto Huntington Avenue at intersection with Ruggles Street. At second set of lights (Brigham Circle), turn right onto Francis Street. Hospital is one block down on right.

For Maps or other info, please see:

<http://www.brighamandwomens.org/general/directions/directions.aspx#mainhosp>

Boston Traffic and Construction

For current traffic information for the Boston area, you can go to the [Boston.com Traffic](#) web page or to the Massachusetts Turnpike Authority [Construction Advisories](#) page.

Public Transportation via MBTA Bus or Trolley

The nearest MBTA bus routes and subway lines to the hospital are:
Trolley/Subway Green Line – either D or E

"E" Line: Heath/Arborway car

Stop: Brigham Circle

"D" Line: Riverside car

Stop: Longwood

Buses

Bus No. 66

Harvard Square to Dudley Station, via Allston and Brookline Village

Stop: Brigham Circle

Bus No. 65

Brighton Center - Kenmore Sta. Via Washington St., Brookline Village & Brookline Ave

Stop: The corner of Francis Street and Brookline Avenue

Bus No. 60

Chestnut Hill - Kenmore Station Via Brookline Village and Cypress St.

Stop: The corner of Francis Street and Brookline Avenue

Bus No. 47

Central Sq., Cambridge - Broadway Station Via South End Medical Area, Dudley Station & Longwood Medical Area

Stop: Longwood Avenue in front of Children's Hospital

Bus No. 39

Forest Hills Sta. - Back Bay Sta. Via Huntington Ave.

Stop: Brigham Circle

Bus No. 8

Kenmore Station

Stop: First stop on Longwood Avenue

Bus No. CT2

Sullivan Station - Ruggles Station Via Kendall/MIT & Longwood Medical and Academic Area

Stop: The corner of Longwood and Huntington Avenues

Bus No. CT3

Beth Israel Hospital - Andrew Station Via B.U. Medical Center/BCH

Stop: The corner of Avenue Louis Pasteur and Longwood Avenue

For more information please call the MBTA at (617) 222-3200 or visit www.mbta.com.

Parking Options:

375 Longwood Parking Garage, 375 Longwood Ave., Boston, MA (Open 24 hrs):

2 block from BWH

Weekend Rate Flat Fee of \$7.00

<http://www.masco.org/375Directory.htm>

FYI..... Parking at the Hospital will cost you more money than the above garage.

Overnight Accommodations

Longwood Best Western

342 Longwood Avenue

Boston, MA 02115

Phone: 1-800-GOT-BEST

(617) 731-4700 Fax: (617) 731-4870

Email: info@innatlongwood.com

<http://www.innatlongwood.com>

Walking distance to Hospital: 0.32 miles

The Colonnade Hotel

120 Huntington Avenue

Boston, MA 02116

Phone: (617) 424-7000 Fax: (617) 425-3222

<http://www.colonnadehotel.com>

Walking distance to Hospital: 1.59 miles

The Midtown Hotel

220 Huntington Avenue

Boston, MA 02115

Phone: (617) 262-1000 Fax: (617) 262-8739

<http://www.midtownhotel.com>

Walking distance to Hospital: 1.66 miles