

COURSE DESCRIPTION

This course will focus on the examination, non-operative rehabilitation, surgical management, and post-operative management for rotator cuff pathology, both traumatic and degenerative in origin. Didactic lecture will be delivered by 5 physical therapists who are members of the American Society of Shoulder and Elbow Therapists, and 3 surgeons who are members of the American



Shoulder and Elbow Surgeons. Lectures will include current research pertinent to each topic, case presentations and question/answer time periods. Two hours of the course will be dedicated to hands on lab for practice of diagnostic as well as treatment techniques for the rotator cuff.



American Society of Shoulder and Elbow Therapists

American Society of Shoulder and Elbow Therapists
9400 West Higgins Road
Suite 500
Rosemont, IL 60018

SHOULDER CHALLENGES



VANDERBILT
UNIVERSITY
MEDICAL
CENTER



American
Society of
Shoulder &
Elbow
Therapists

Evaluation, Rehabilitation and Surgical Solutions for Rotator Cuff Pathology Across the Lifespan



March 30-31, 2019

Vanderbilt Orthopedic Institute
1215 21st Avenue South
Medical Center East, South Tower
Nashville, TN 37232

COURSE OBJECTIVES

Following this presentation participants will be able to:

1. Understand basic concepts of the evolution of throwing
2. Appreciate the history of rotator cuff repairs
3. Understand concepts of rehabilitation after rotator cuff repairs and factors that effect the speed of rehabilitation
4. Understand the pathophysiology of degenerative rotator cuff tears
5. Understand the non-operative treatment options including rehabilitation management for non-traumatic, traumatic, and massive rotator cuff tears
6. Appreciate psychosocial aspects within orthopedic rehabilitation
7. Understand, screen and apply simple patient education tools for common maladaptive pain patient beliefs in orthopedic patients
8. Understand basic concepts of diagnostic ultrasound for rotator cuff pathology
9. Understand the application of a return to sport testing plan for athletes after shoulder injury
10. Understand and apply basic instrument assisted soft tissue techniques to the shoulder
11. Learn and apply advanced exercises for the athlete.



Questions? Contact us at:

Phone 847/698-1636, or email asset@aaos.org

AGENDA

SATURDAY

Registration	7:00
Introductory Remarks	7:15
Athlete: Evolution of Throwing: Rotator Cuff Pathology in Overhead Athletes and Traumatic Tears John E. Kuhn, MD, MS	7:30
Degenerative and Non-Athlete Traumatic Tears: History of Rotator Cuff Repair, Surgical Techniques Wayne Burkhead Jr, MD	9:00
Break	10:30
Current Concepts of Rehabilitation of the Rotator Cuff Repair Rebecca Dickinson, DPT, COMT	10:45
MOON Cohort, Non-operative Management of Rotator Cuff Tears John E. Kuhn, MD, MS	11:45
Lunch	12:45
Rehabilitation of Non-operative Rotator Cuff Tear Jake Landes, DPT, SCS	2:00
Massive Tears: Massive Repairs: Grafts and Reverse Total Shoulder Arthroplasty Wayne Burkhead Jr, MD	3:00
Break	4:00
Panel Debate: How to Treat Massive Tears Wayne Burkhead Jr, MD; John E. Kuhn, MD, MS; June Kennedy, MS, PT; Rebecca Dickinson, DPT, COMT	4:15-5:00

SUNDAY

Rehabilitation of Massive Tears June Kennedy, MS,PT	8:00
Your Patient is a Patient: Psychosocial Considerations for Shoulder Rehab Craig A. Wassinger, PT , PhD	9:00
Diagnostic Ultrasound of the Shoulder Nitin Jain, MD, MSPH	10:00
Break	10:30
Lab Breakout Sessions: Diagnostic Ultrasound Nitin Jain, MD, MSPH, Incorporating IASTM Elizabeth Kovak, PT, MTC Advanced Exercises for Athletes Jake Landes, DPT, SCS	10:45
Return To Play Testing: Lab Elizabeth Kovak, PT, MTC; Rebecca Dickinson, DPT, COMT; Jake Landes, DPT, SCS	11:45
Closing remarks	12:45-1:00

FACULTY

John Kuhn, MD, MS- Vanderbilt Orthopedic Institute
Nashville, TN
W.Z. (Buz) Burkhead, MD- The Carrell Clinic™ Orthopedic & Sports Medicine Dallas, TX
Nitin Jain, MD, MSPH- Vanderbilt Department of Physical Medicine and Rehabilitation Nashville, TN
Rebecca Dickinson, DPT, COMT- Vanderbilt Orthopedic Institute Nashville, TN
Jake Landes, DPT, SCS- Vanderbilt Orthopedic Institute Nashville, TN
June Kennedy, MS, PT - Duke Sports Medicine Physical Therapy Durham, NC
Craig Wassinger PT, PhD- East Tennessee State University Johnson City, TN
Elizabeth Kovak, PT, MTC- Emory HealthCare Atlanta, GA

REGISTRATION FEE:

Early bird rate:
\$300 Physical Therapists, Athletic Trainers or other professional attendees
\$250 Students

*\$325/\$275 after 2-25-19

Registration and Faculty Biosketches available at: www.asset-usa.org/meetings

CEUs: Application to the TPTA has been made for 12.5 CEUs

Registration will be limited to 60 participants

Local Hotels:

Nashville Marriott at Vanderbilt University
Address: 2555 West End Ave, Nashville, TN 37203
Phone: (615) 321-1300

Holiday Inn Nashville-Vanderbilt
Address: 2613 West End Ave, Nashville, TN 37203
Phone: (615) 327-4707

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