

American Society of Shoulder and Elbow Therapists (ASSET) 2020 Virtual Annual Meeting

Course Objectives:

At the completion of this one and a half day virtual meeting (10.25 contact hours) which includes 23 original abstract presentations delivered by ASSET members, a one hour lecture by an American Shoulder and Elbow Surgery member, a one hour panel of 4 American Shoulder and Elbow Surgeons, and two breakout sessions on topics facilitated by subject matter experts, the learner/participants will:

1. Inform clinical practice following rotator cuff repair surgery using knowledge of basic science and research on tendon healing.
2. Rehabilitate patients following superior capsule reconstruction and muscle transfers for irreparable rotator cuff tears employing evidence-based methods.
3. Employ return to sport testing following upper extremity injury.
4. Describe the role of telehealth in rehabilitation.
5. Assess shoulder strength and spine mobility in baseball players, and demonstrate understanding of expected outcomes following ulnar collateral ligament revision reconstruction.
6. Describe surgical decision-making considerations applied to the overhead athlete.
7. Integrate understanding of the role of the scapula and rotator interval in shoulder instability.
8. Demonstrate and apply knowledge regarding expectations for outcomes and return to sport following reverse total shoulder arthroplasty, as well as the impact of procedural volume of arthroplasty surgery on access to care.
9. Apply electrical stimulation to shoulder rehabilitation practice.
10. Measure glenohumeral internal rotation deficiency in the clinic with an understanding of the influence of humeral retro-torsion.
11. Apply evidence to practice regarding: dry needling therapy for bicipital tendinopathy, how to measure joint position sense in the shoulder, nerve complications following distal biceps repair and rehabilitation following shoulder reconstruction for proximal humerus tumor resection.