

Shoulder Rehabilitation Advanced Course level 2

An outstanding course with Prof. Dr. Ann Cools,
a world class physiotherapist

February 11th-12th 2016

Geneva, Switzerland



Presentation of the course

Shoulder Rehabilitation Advanced Course level 2 is an outstanding course with a world class physiotherapist. It's a very practical. evidence based programm.

It is the following course of Shoulder Rehabilitation level 1, registration is only possible for participants who followed the

level 1 course.

Who is Ann Cools ?

Ann Cools, PhD, PT, is a physiotherapist, working as an associate professor at the Department of Rehabilitation Sciences and Physiotherapy at the Ghent University, Belgium.

Her topic of research and teaching expertise, as well as her clinical work is shoulder rehabilitation in general, and sport specific approach and scapular involvement in particular. She is at present head of the Physical Therapy Education at the Ghent University, and was founding member and president of the European Society of Shoulder and Elbow Rehabilitation (EUSSEER) 2008-2012 .



EUSSEER : Connecting People - Creating Bridges

The European Society for Shoulder and Elbow Rehabilitation, for health professionals who have an interest in this field, aims to promote rehabilitation.

Thursday February 11th 2016

Examination and rehabilitation of scapular dyskinesis

Advanced Biomechanics of the Scapula (theoretical session)

Coupled movements, the role of the SC joint, function of the “postural” muscles versus the “dynamic movers and stabilizers”, update literature of scapular dyskinesis in relation to shoulder pathology

Advanced clinical examination and rehabilitation (practical session)

Observation of scapular dysfunction, objective measurements of scapular inclination and strength, normative data for scapular flexibility and strength variables, decision making based on the “symptom improvement test-model”, and on the different types of scapular dyskinesis

Advanced scapular rehabilitation (practical session)

Treatment skills based on the 3 types of scapular dyskinesis, taping techniques to correct scapular position, taping for hypertone upper trapezius, infraspinatus, stretching and soft tissue techniques for pect minor

Friday February 12th 2016

Advanced insights and Practical Skills in selected shoulder pathologies (1/2 day sportspecific, 1/2 day non-sportspecific)

Slap lesions and biceps related pathology

Science based rehabilitation protocol and guidelines for postoperative rehabilitation (exercise progression, eccentric training, plyometric drills)

High performance training in the overhead athlete and return-to-sport decisions

specific high level exercises for gymnasts, collision sports, high impact sports, and science based return to play criteria, including objective measurements of glenohumeral ROM and strength

Multidirectional instability

Progressive conservative treatment of the patient with atraumatic (unvoluntary and voluntary) multidirectional instability – closed and open chain exercise approach, taping techniques

Rotator Cuff Tears

Conservative management of partial and full thickness (irreparable) rotator cuff tears and guidelines for postoperative rehabilitation (exercises, taping, return to activity advices)

Practical information

Organisation

Suzanne Gard, Corinne Bernimoulin & Dr. Jean-Luc Ziltener

Course location

HUG Hôpital de Beau Séjour
26 avenue de Beau-Séjour,
1206 Geneva, Switzerland

Directions and details will be given at confirmation

Schedule

Thursday February 11th from 9 a.m. to 5 p.m.

Friday February 12th from 9 a.m. to 5 p.m.

Inscriptions and paiement

www.eusser.org

Fees

EUSSER members: 300 Euros

Non members: 400 Euros

Lunches and breaks included

14 Physioswiss points awarded

The course is given in English but you can ask questions in French.

Please wear comfortable clothes for the practical sessions.

