

# ASSESSMENT AND MANAGEMENT OF ROTATOR CUFF



## TENDINOPATHY: AN EVIDENCE BASED APPROACH

### COURSE PROGRAM:

The course will cover the research in relation to the assessment and management of rotator cuff tendinopathy and consider the effectiveness of different treatment approaches for this disorder before considering the principles that physiotherapists should follow when designing rehabilitation programmes for their patients with the aim of maximising clinical outcome and reducing the need for surgery (course held in English with translation in Italian).



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TEACHER

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**MILAN, MARCH 13th 2016**

 **90 €** VAT included, no ECM credits + 10 € NFC 2016 membership fee

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# "ASSESSMENT AND MANAGEMENT OF ROTATOR CUFF TENDINOPATHY: AN EVIDENCE BASED APPROACH"



## COURSE PROGRAM:

Shoulder pain is one of the most common musculoskeletal symptoms and disorders of the rotator cuff are widely regarded as the most common cause. There are a range of conservative and surgical treatment options available. In recent years the number of subacromial decompressions has risen exponentially. But why is this? Conservative treatment approaches, particularly exercise, are widely regarded as effective interventions for this type of shoulder pain. Recent studies have shown that such conservative approaches are comparable to surgical interventions. Also, patients on a surgical waiting list who undertake a structured exercise programme might respond sufficiently to elect not to have the operation. So, it seems that if all patients are exposed to a structured exercise programme prior to being considered for surgery then a good proportion will not require such invasive intervention. But, if conservative treatment is at least as good as operative treatment then why are we even bothering to consider surgery at all considering that it is a more invasive, risky and expensive procedure than conservative care? Such a question can only be addressed by posing another question; if conservative treatment 'fails', what then?

## INSTRUCTOR/TEACHER:


Dr. Chris Littlewood is a Senior Research Fellow at the University of Sheffield, UK. He is a CSP chartered physiotherapist by background having previously worked clinically in the UK National Health Service (NHS) and also in private practice before taking up a post as a senior lecturer in physiotherapy at Sheffield Hallam University, UK. Chris completed his PhD in the area of rotator cuff tendinopathy and continues to research in this area. He has published widely in the field of musculoskeletal physiotherapy and research methods in national and international journals.

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