

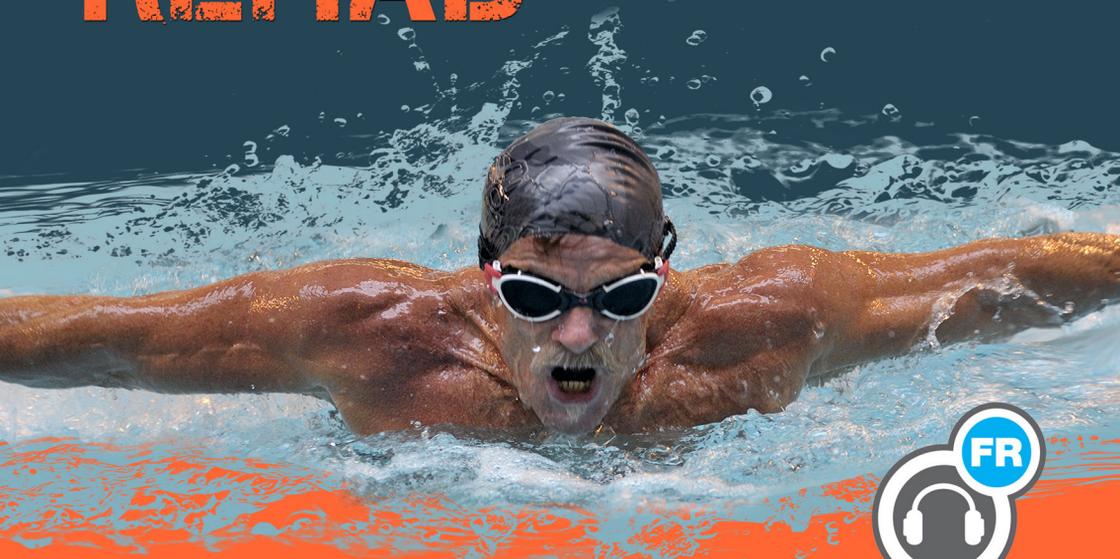
# NICE SHOULDER COURSE

FRANCE / PASTEUR 2 HOSPITAL

## REHAB

Course Chairman :

M. CONTI, P. DUPLAN & P. BOILEAU, MD



JUNE  
3 & 4  
2016

**Current Concepts**  
ROTATOR CUFF TEARS,  
INSTABILITY, STIFFNESS,  
ARTHROPLASTY

**SCIENTIFIC COMMITTEE :**

M. Conti (IT), L. D'Asnieres de Veigy (MC), P. Duplan (FR),  
S. Gain (FR), I. Hultenheim Klintberg (SW), A. Jaggi (UK),  
Y. Karel (NL), P. Oddoux (FR), A. Roren (FR)

[www.nice-shoulder-course.com/rehab.html](http://www.nice-shoulder-course.com/rehab.html)

## WELCOME TO THE NICE SHOULDER COURSE **REHAB** 2016!

Since several years the Nice Shoulder Course organized has been a great success, allowing surgeons from around the world, to be updated in the latest findings and techniques in shoulder surgery.

The first edition of the Nice Shoulder Course Rehab - reserved to physiotherapists - completes the course mainly intended for surgeons. The program includes lectures by European specialists, roundtables and practical hands-on workshops.

Pascal Boileau, MD & Patrice Duplan

### SCIENTIFIC PROGRAM

**Friday June 3, 2016**

#### LECTURES

- ASSESSMENT** Rotator Cuff, Scapula  
Kinetic Chain in Shoulder Pathology,  
Ultrasound Scanning, Neuropathic Pain
- INSTABILITY** None Operated, Operated, Return to Play, Olympic Experience

#### LIVE SURGERY

- Arthroplasty TSA & RSA  
Arthroscopy Instability, Repair of the Rotator Cuff

**WORKSHOPS** Videos & Patients

**Saturday June 4, 2016**

#### LECTURES

- ROTATOR CUFF** None Operated, Operated,  
Massive Rotator Cuff Tear
- ARTHROPLASTY** Biomechanics of Arthroplasty  
Post-operative Rehabilitation in Anatomical and Reverse Arthroplasty
- STIFFNESS** Aetiology of Stiffness, Stiff Shoulder & Rehabilitation

**WORKSHOPS** Videos & Patients

### SCIENTIFIC ORGANIZATION

Department of Orthopaedic Surgery  
Pasteur 2 Hospital  
30, Voie Romaine  
06001 Nice, France  
Patrice Duplan  
Email: duplan.p@chu-nice.fr

### REGISTRATION

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[www.nice-shoulder-course.com/rehab.html](http://www.nice-shoulder-course.com/rehab.html)

**REGISTER  
ONLINE**

# NICE SHOULDER COURSE **REHAB** - PROGRAM

## FRIDAY JUNE 3

08 : 15 Registration

### 1<sup>ST</sup> SESSION - ASSESSMENT

09 : 00 Assessment of the rotator cuff: Current challenges

Anju JAGGI

09 : 20 Assessment of the Scapula: What does it add

Alexandra ROREN

09 : 40 The role of the kinetic chain in shoulder pathology - What should we assess ?

Yasmaine KARREL

10 : 00 Coffee break

10 : 30 Ultrasound scanning: What does it add

Luc D'ASNIERES DE VEIGY

10 : 50 The shoulder's neuropathic pain : the trap

Eric DELMARES

11 : 10 Workshop Assessment: An evidence-based approach to assessment

(managed by all speakers of the session all together , with video and or working on each other)

12 : 30 Luncheon

### 2<sup>ND</sup> SESSION - GHJ INSTABILITY

13 : 30 The unstable shoulder:

Anju JAGGI

Understanding classification and getting rehabilitation right

13 : 50 Post-operative management: Key ingredients and setting expectations

Andre LE LEU

14 : 10 Return to play after stabilizing surgery:

Ann COOLS

How do we decide when the time is right

14 : 30 What Management to finish at Olympic's game? A french Experience

Phillippe ODDOUX

14 : 50 Workshop Instability: Getting rehabilitation right

(managed by all speakers of the session all together, with video and or working on each others)

15 : 00 Coffee break

15 : 30 - 18 : 30 Live Surgery with NSC (TSA, RSA, Instability, Cuff)

## SATURDAY JUNE 4

### 3<sup>RD</sup> SESSION - ROTATOR CUFF

09 : 00 Rotator Cuff Pathology: An evidence-based approach to rehabilitation

Yasmaine KARREL

09 : 20 A consensus approach to the painful shoulder - What the experts say

Ingrid HULTHEHEIM

09 : 40 The cuff deficient shoulder: What can rehabilitation offer

Ann COOLS

10 : 00 Coffee break

10 : 30 Rotator cuff Surgery: Key considerations in postoperative rehabilitation

Ingrid HULTHEHEIM

10 : 50 Is rehabilitation efficient in massive rotator cuff tears?

Solenn GAIN

11 : 10 Workshop: Rotator cuff rehabilitation / Exercises that work

(managed by all speakers of the session all together, with video and or working on each others)

12 : 30 Luncheon

### 4<sup>TH</sup> SESSION - ARTHROPLASTY & STIFFNESS

14 : 00 Understanding the biomechanics of Arthroplasty to inform rehabilitation

Thierry MARC

14 : 20 Post-operative rehabilitation:

Andre LE LEU

Prognostic factors and optimizing outcomes in anatomical and reverse arthroplasty

14 : 40 RSA rehabilitation: How to recover active forward flexion?

Solenn GAIN

15 : 00 Coffee break

15 : 30 Aetiology of stiffness

Jean Luc NEPTALI

15 : 50 The stiff shoulder: What does rehabilitation have to offer

Patrice DUPLAN

16 : 10 Workshop TSA & RSA:

(managed by all speakers of the session all together , with video and or working on each others)

16 : 50 **Conclusion: What did you learn during these 2 days?**