

PROBLEM SOLVING THE SHOULDER

2 – day course

The course incorporates lectures and practical encouraging clinical reasoning in diagnosis and management of shoulder dysfunction, understanding the role of physiotherapy as well as surgical treatment

Anju Jaggi, BSc (Hons) MCSP

Consultant Physiotherapist, Royal National Orthopaedic Hospital Trust (UK)

A Jaggi Physio Consultancy Ltd

Past President of EUSSE

Anju qualified from the University of East London in 1992 with a honors degree in Physiotherapy. She started at the Royal National Orthopaedic Hospital, Stanmore in 1996 and developed an interest & passion for the shoulder. She has over 17 years experience of managing patients with complex shoulder dysfunction both with respect to physiotherapy and surgical management having worked closely with Senior Orthopaedic Consultants specialising in the Shoulder & Elbow. She lectures internationally and has a particular interest in shoulder instability with published work. She is currently leading on a multi-centre randomized clinical trial (Does Surgery have any added value in atraumatic shoulder instability vs physio alone) as well as sitting on the British Shoulder & Elbow Society (BESS) sub-committee looking at National guidelines for management of shoulder instability. As part of her role at the RNOHT she is helping to lead on research & development in shoulder dysfunction. She sits on the education committee of the BESS and is currently President of the European Society of Elbow & Shoulder Rehabilitation (EUSSE), invited on to the European Society of Shoulder & Elbow Surgery (SECEC/ESSSE) as a member of the SECEC/Rehab committee. Anju is a state registered health professional (HPC registration no: PH54051) and a member of the chartered society of physiotherapy (CSP registration no:51751)

Aim/Objectives

- To understand the various pathologies related to the shoulder girdle.
- To become competent in assessment of the shoulder girdle, understanding and interpreting tests as appropriate.
- Understand the role of physiotherapy versus surgical management in relation to different pathologies.
- Develop treatment programmes for rehabilitation of the shoulder girdle from end to late stages.

Venue: **Physiotherapy Department**
CircleReading Hospital
100 Drake Way
Reading
RG2 0NE
For sat nav please use postcode: RG2 0GQ

Date: **SATURDAY 11th & SUNDAY 12th JUNE 2016**

Attached: **Programme /Application form**
Directions

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PROGRAMME

Day one: Concentrates on the aetiology and management of rotator cuff disease, assessment & making sense of tests. Rotator cuff rehab, the stiff shoulder and the role of arthroplasty in the aging shoulder

Day One

| Time | Content |
|---------------|---|
| 08.45 | Registration |
| 09.00 | Rotator Cuff Insufficiency – Current theories |
| 10.45 | Coffee Break |
| 11.00 | Rotator Cuff Insufficiency – Management |
| 12.30 | Lunch |
| 13.30 | Examination |
| 15.00 | Cuff Training concepts |
| 16.30 – 17.00 | Close |

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Day two: **Focuses on the classification and management of shoulder instability, assessment and the role of the kinetic chain, recognizing abnormal muscle patterning. Internal impingement in the throwing athlete. Scapula stability, tape and taking rehab to end stage.**

Day Two

| Time | Content |
|-------|---|
| 09.00 | Re-cap/problems/queries |
| 09.15 | Biomechanics of Instability |
| 09.45 | Classification & Management of Instability |
| 10.30 | Coffee |
| 11.00 | Instability Management Cont |
| 12.00 | Lunch |
| 13.00 | Examination |
| 14.00 | Exercise ideas – Scapula rehab/Functional rehab |
| 16.30 | Close |

CircleReading Hospital



By car

For those travelling by car CircleReading has ample car parking, with over 175 parking spaces on site. If you are using sat nav please use the postcode RG2 0GQ. This will direct you to the Hilton Hotel. CircleReading is approximately 100 metres further down Drake Way. The entrance to the hospital and car park is on the left beyond the building.

From the M4: Exit at Junction 11 onto the A33 towards Reading. Continue on the A33 (straight over 3 more roundabouts) until you pass the Green Park Business Park at the third roundabout. Continue on the long straight section of the A33 until you see the large green sign to Kennet Island. Move into the right hand lane before the traffic lights and turn right into Kennet Island. Then take the first right off Lindisfarne Way onto Drake Way. Go past the Hilton Hotel. You will then see the CircleReading building on your left. The entrance to the hospital and car park is on the left beyond the building.

From Reading: Take the A33 out of Reading Town Centre, towards the M4. Continue on the A33 until you come onto a long straight section and you see the large green sign to Kennet Island. Turn left at the traffic lights into Kennet Island. Then take the first right off Lindisfarne Way onto Drake Way. Go past the Hilton Hotel so that it is on your right and continue past it. The entrance to the hospital and car park is on the left beyond the building.

By public transport

CircleReading is served by local bus routes to Drake Way, 40, 41, 50A, 50E and 51A.

The hospital is also conveniently located close to the Park & Ride at nearby Madjeski stadium.

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APPLICATION FORM

Name:

(Please print name as you wish for it to be shown on your certificate)

Address for correspondence:

Contact Nos: Home :

Work :

Mobile :

E-mail address :

Place of work :

Grade :

Area of work :

Apply to : Welbeing CPD Ltd, North View, Church Road, Bulphan, RM14 3RU

Tel: + 44 (0)1375 893 820

E-mail: enquiries@welbeing-cpd.co.uk

Fee : Rate: £234.00 per person
(cheques payable to **Welbeing CPD Ltd**)
Credit/Debit card booking available now
Online or Phone
www.welbeing-cpd.co.uk



Included in fee: Course notes/Certificates to assist with your
CPD/Refreshments

Cancellation Policy

1. Upon receipt of your application form and course fee you will be sent a letter/email confirming your place on the course and receipt of the course fee. If you are being funded to attend a course please let us know who to invoice and also, if application, purchase order no.
2. A full refund, less a £60 administration fee, will be made if written cancellation is received in the Welbeing office four weeks prior to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
3. Welbeing reserves the right to cancel the course if there are insufficient delegates. If, in the unlikely event a tutor cannot attend the course, Welbeing will endeavour to find a new date for the course to be held. Welbeing will not be held responsible for any losses incurred as a result of course cancellation

