Integrating movement science, manual therapy, and therapeutic exercise for the management of shoulder pain across the lifespan: an evidence and case-based approach

Description:

The body of evidence regarding the treatment of shoulder dysfunction is continuously evolving, most notably with the current emphasis on the movement science approach. However, the evidence and generalizability of this approach is limited for various shoulder conditions. Therefore, an integrated, multifaceted examination and treatment strategy is necessary for optimal management of shoulder dysfunction. It is the aspiration of this course to provide a basic understanding of the movement science approach and the potential for integrating manual therapy and therapeutic exercise techniques with the movement science approach for the management of shoulder dysfunction across the lifespan.

Objectives:

Be able to understand the models and application of movement science, manual therapy, and therapeutic exercise approaches for the management of patients with shoulder dysfunction across the lifespan.

Be able to appropriately clinically reason and integrate the movement science, manual therapy, and therapeutic exercise approaches for the management of patients with shoulder dysfunction across the lifespan.

Be able to appreciate the impact of integrating proposed treatment strategies for the management of patients with shoulder dysfunction.

Be able to comprehend the benefits and drawbacks of suggested examination and treatment strategies and the potential limitations of the currently available evidence related to the movement science, manual therapy, and therapeutic exercise approaches for the management of shoulder dysfunction.

Be able to detect patient populations and diagnostic categories that may have an increased likelihood to respond to individual or multiple proposed intervention strategies.

Be able to employ simple methods related to the examination and intervention of movement impairment syndromes of the shoulder for patients with shoulder dysfunction for application to clinical practice.

Be able to acknowledge the potential contribution of the cervical and thoracic spine to shoulder dysfunction and the potential benefits of treating the cervical and thoracic spine for the management of shoulder dysfunction.

Key References:


Speaker: