# The Shoulder - Steps to Success

## Tutor: Jo Gibson MSc MCSP

Jo has been teaching her shoulder course for over 20 years. During her career she has travelled all over the UK, Europe and the rest of the world to work with and observe some of the World's leading shoulder experts.

Her involvement in original research, study at Masters level and vast experience of treating patients with shoulder problems has enabled her to develop a simple, evidence-informed approach to assessment and rehabilitation of the shoulder that is immediately applicable to practice. Simple assessment strategies will enable participants to design effective treatment interventions, which reflect the functional needs of patients. The course will look at the challenges of true evidence based practice and how developments in the pain sciences and communication literature offer opportunities for enhancing interventions.

The course is constantly updated as a result of emerging evidence and feedback from course participants but essentially reflects the approach Jo uses everyday in clinical practice to the benefit of patients. The course is designed to be honest, fun and interactive and includes plenty of treatment tips and real-life examples

## Aims:

1. To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
2. To present the current literature regarding the pathophysiology of common shoulder conditions To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
3. To explore assessment and treatment of the shoulder within a biopsychosocial framework.
4. To demonstrate key treatment approaches based on the current evidence to address dysfunction in the shoulder complex.
5. To discuss factors that influence outcome and strategies to address them
6. To consider the importance of communication and language on patient's pain experience.

## Learning Outcomes:

By the end of this course the participant should;
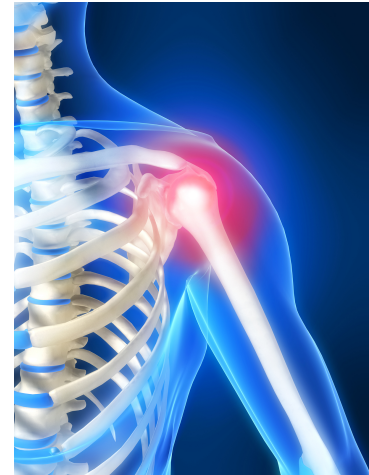
1. Understand current concepts of dynamic stability of the shoulder joint.
2. Understand current theories relating to the pathophysiology of common shoulder conditions.
3. Develop an awareness of current research regarding evidence-based treatment of shoulder pathology.
4. Understand key assessment and treatment tools for the successful treatment of the shoulder joint.
5. Understand the application of the biopsychosocial model to the treatment of patients with shoulder pain
6. Have the ability to clinically reason key treatment approaches in the management of common shoulder conditions based on movement dysfunction.
7. Understand the key factors in enhancing treatment outcomes.
8. Understand the importance of individualising patient education and the power of language in influencing the pain experience.