

The Shoulder

Overview: This program differentiates the causes of shoulder dysfunction and reviews the various options available to manage these dysfunctions. Emphasis will be placed on the assessment, management and outcome measures both in lecture and demonstrated in the practical segments. This program will help chiropractors be more effective and efficient in the management of shoulder dysfunction with their patients.

Objectives:

By the end of this program, attendees will be able to:

- differentiate the causes of shoulder dysfunction
- increase their efficiency in identifying these dysfunctions
- identify & manage functional instability
- manage soft tissues dysfunction using movement and provocation
- utilize outcome assessments to determine progress and apply rehabilitation options for these conditions
- understand the foundation of DNS and how it can be utilized in the management of shoulder dysfunction
- understand how to use certain DNS positions to activate scapular and glenohumeral stabilizers
- understand how to progress a patient through a treatment plan utilizing DNS principles

References:

Motion Palpation & Chiropractic Technique, L. J. Faye & R.C. Schafer
May, 1990. 2nd edition. Huntington Beach, CA. The Motion Palpation Institute
pp. 1-41, pp. 171-173, pp. 305-315, pp. 322-329, pp. 333-352

Functional Soft Tissue Exam & Treatment by manual Methods, 3rd edition, Warren
Hammer
2007. Jones & Bartlett, Sudbury, MA. Pp. 33-154

Orthopedic Physical Assessment, David Magee, 2008, 5th Edition, Saunders Elsevier,
St. Louis, MO, Pp. 231-360

Manipulative Therapy in Rehabilitation of the Locomotor System, Karel Lewit
1999. 3rd edition. London. Churchill Livingstone. Pp. 158-159, pp. 165-168

Sensitive Nervous System, David Butler
2000. 1st edition. Adelaide, Australia. Noigroup publications. Pp. 97-122, pp.177-197, pp.
256-274, pp. 310-340

Kolář, Pavel. *Clinical Rehabilitation*. Prague: Rehabilitation Prague School, 2014. Pp.
155-163.

Program Outline:

Mark King, DC

Hour 1:

Review of clinical biomechanics of the glenohumeral joint, cervicothoracic junction and scapulothoracic area

Screening/examination tests for the shoulder

Clinical case management for Shoulder Impingement, Cervical Disc, and Labral Lesions

Hour 2:

Specific palpations for common dysfunctions with particular focus on the

Sternoclavicular joint, glenohumeral joint, and cervicothoracic junction

Manual and drop-table adjustive techniques will be demonstrated

Ryan Wigness, DC

Hour 3:

Differentiating between neural and other soft tissue dysfunction

Review of the anatomy of the shoulder girdle, including soft tissue myofascial restrictions and nerve entrapments

Options of soft tissue treatment including IASTM, fascial release and soft tissue mobilization

Hour 4:

Treatment options for shoulder neural impingements, soft tissue restrictions and scar tissue mobilization

Clinical case management of quadrangular space syndrome, brachial nerve entrapments, impingement syndromes

Myofascial release techniques for infraspinatus, supraspinatus, subscapularis, scalenes, serratus posterior superior

Brett Winchester, DC

Hour 5:

DNS assessment of the shoulder with focus on palpation and observation

Current research relating to the shoulder and upper extremity

Hour 6:

DNS management of the shoulder:

Several positions correlating to developmental kinesiology will be demonstrated

The concept of the scapular and glenohumeral joint stability will also be reviewed and demonstrated