



Presenter: **Benjamin Fergus, DC**

Title: **The Non-Surgical Joint Replacement Summit**

Date: **October 25-27, 2024. 8:00am-5pm**

Description: **This workshop offers an in-depth and highly practical approach to recover joint function, comfort, and performance at the hip, knee, and shoulder. With evaluation, joint manipulation, tissue manipulation, and rehab – you'll leave this high-energy lab session empowered to become the joint recovery expert.**

Hour 1: Hip evaluation systems – and fast screen

Hour 2: Hip joint adjustment and mobilization systems

Hour 3: Hip joint fascial manipulation and soft tissue system

Hourly Outline

Day 1 8:00-5pm, 60-minute lunch break. (2) 15-minute breaks. 7 hours

Hour 1: Intro and hip orthopedic assessment

- overview hip anatomy
- discuss inclusion/exclusion criteria
- Review hip orthopedic tests performed in a cluster

Hour 2: Hip GRIP fROM Screen

- Demonstrate the appropriate set up and procedure for functional range of motion screening.

- Screen the hip in 3 planes of motion
- Discuss interpretation of hip testing and formulate a treatment plan.

Hour 3: Hip adjustment and mobilization systems

- Demonstrate hip mulligan technique approaches
- Demonstrate and practice novel hip capsule mobilizations
- Discuss treatment dosage and modifications.

Hour 4: Hip Fascial Manipulation and Soft Tissue Systems

- Discuss concept of fascial manipulation and dosage
- Set up and demonstrate fascial manipulation of the hip
- Demonstrate use of other soft tissue therapies in the fascial manipulation locations

Hour 5: Hip shockwave therapies

- Introduce shockwave therapy, applications & research.
- Practice radial shockwave therapy for the hip.
- Practice focused shockwave therapy for the hip.

Hour 6: Hip Rehabilitation and Strengthening

- Set up GRIP hip rehab exercise positions
- Progress GRIP hip Rehab exercises
- Demonstrate strength training exercises for the hip

Hour 7: Research Review and Q & A



- Review case reports for hip rehabilitation
- Discuss integrating this approach into an active practice
- Answer questions from attendees.

Day 2 8:00-5pm, 60-minute lunch break. (2) 15-minute breaks. 7

hours **Hour 1: Intro and shoulder orthopedic assessment**

- overview shoulder anatomy
- discuss inclusion/exclusion criteria
- Review shoulder orthopedic tests performed in a cluster

Hour 2: Shoulder GRIP fROM Screen

- Demonstrate the appropriate set up and procedure for functional range of motion screening.

- Screen the shoulder in 3 planes of motion
- Discuss interpretation of shoulder testing and formulate a treatment plan.

Hour 3: Shoulder adjustment and mobilization systems

- Demonstrate shoulder mulligan technique approaches
- Demonstrate and practice novel shoulder capsule mobilizations
- Discuss treatment dosage and modifications.

Hour 4: Shoulder Fascial Manipulation and Soft Tissue Systems

- Discuss concept of fascial manipulation and dosage
- Set up and demonstrate fascial manipulation of the shoulder
- Demonstrate use of other soft tissue therapies in the fascial manipulation locations

Hour 5: Shoulder shockwave therapies

- Introduce shockwave therapy, applications & research.
- Practice radial shockwave therapy for the shoulder.
- Practice focused shockwave therapy for the shoulder.

Hour 6: Shoulder Rehabilitation and Strengthening

- Set up GRIP shoulder rehab exercise positions
- Progress GRIP shoulder Rehab exercises
- Demonstrate strength training exercises for the shoulder

Hour 7: Research Review and Q & A

- Review case reports for shoulder rehabilitation
- Discuss integrating this approach into an active practice
- Answer questions from attendees.

Day 3 8:00-5pm, 60-minute lunch break. (2) 15-minute breaks. 7

hours **Hour 1: Intro and knee orthopedic assessment**

- overview knee anatomy
- discuss inclusion/exclusion criteria
- Review knee orthopedic tests performed in a cluster

Hour 2: Knee GRIP fROM Screen

- Demonstrate the appropriate set up and procedure for functional range of motion screening.



- Screen the knee in 3 planes of motion
- Discuss interpretation of knee testing and formulate a treatment plan.

Hour 3: Knee adjustment and mobilization systems

- Demonstrate knee mulligan technique approaches
- Demonstrate and practice novel knee capsule mobilizations
- Discuss treatment dosage and modifications.

Hour 4: Knee Fascial Manipulation and Soft Tissue Systems

- Discuss concept of fascial manipulation and dosage
- Set up and demonstrate fascial manipulation of the knee
- Demonstrate use of other soft tissue therapies in the fascial manipulation locations

Hour 5: Knee shockwave therapies

- Introduce shockwave therapy, applications & research.
- Practice radial shockwave therapy for the knee.
- Practice focused shockwave therapy for the knee.

Hour 6: Knee Rehabilitation and Strengthening

- Set up GRIP shoulder rehab exercise positions
- Progress GRIP shoulder Rehab exercises
- Demonstrate strength training exercises for the shoulder

Hour 7: Research Review and Q & A

- Review case reports for knee rehabilitation
- Discuss integrating this approach into an active practice
- Answer questions from attendees.

Objectives:

1. Review available research pertaining to non-surgical approaches to treating the degenerative hip.
2. Review available research pertaining to non-surgical approaches to treating the degenerative shoulder.
3. Review available research pertaining to non-surgical approaches to treating the degenerative knee.
4. Learn an updated orthopedic testing cluster for the hip.
5. Learn an updated orthopedic testing cluster for the shoulder.
6. Learn an updated orthopedic testing cluster for the knee.
7. Learn the GRIP fROM assessment cluster for the hip.
8. Learn the GRIP fROM assessment cluster for the shoulder.
9. Learn the GRIP fROM assessment cluster for the knee.
10. Learn new joint capsule mobilizations for the hip.
11. Learn new joint capsule mobilizations for the shoulder.
12. Learn new joint capsule mobilizations for the knee.
13. Learn fascial manipulation for the hip.
14. Learn fascial manipulation for the shoulder.
15. Learn fascial manipulation for the knee.



16. Learn rehab and strengthening strategies for the hip.
17. Learn rehab and strengthening strategies for the shoulder.
18. Learn rehab and strengthening strategies for the knee
19. Learn shockwave strategies for the hip.
20. Learn shockwave strategies for the shoulder.
21. Learn shockwave strategies for the knee.
22. Become the expert in non-surgical care of the hip, shoulder, knee.