



Advanced Topics in the Examination, Evaluation and Treatment of the Shoulder

Program Outline: (online / on demand)

Dr. Wilk's course is designed to present the most recent, relevant, evidence-based, and clinically proven information for the treatment of the most challenging problems of the shoulder joints. You will have the opportunity to learn the latest evaluation and treatment techniques, and confidently implement them into your practice immediately.

Program Objectives:

- Recall the anatomy and biomechanics of the shoulder
- Recognize various shoulder joint pain and dysfunction
- Develop a treatment program based on an evidence based approach
- Reproduce a functional assessment for specific shoulder disorders
- Interpret the information obtained from the clinical examination and functional assessment
- Develop a treatment plan for specific shoulder lesions
- Design an effective and appropriate rehabilitation program based on evidence based medicine for the following shoulder pathologies:
 - Rotator cuff lesions
 - Post-operative rehabilitation following rotator cuff repair
 - SLAP lesions
 - Glenohumeral joint instability
 - Post-operative rehabilitation following shoulder instability surgery
 - Scapular dyskinesis
 - Biceps pain & biceps surgery
 - Rehabilitation of the overhead athlete
 - Specific techniques to promote & enhance tissue healing and regeneration

Detailed Course Outline: (8 hours)

A quiz is provided at the end of the course. 75% score required to receive a certificate. You have one hour and 3 attempts.

- Shoulder Examination with Dr. Dugas 1:02:15
- Rehabilitation for the Traumatic Dislocated Shoulder Patient 1:05:40
- Postural Exercises – Treating the Rotator Cuff Painful Patient 1:13:25

- Rehab for the Overhead Athlete with Shoulder Lesions 1:32:11
- Selecting the Best Exercises for Activation & Strengthening for the Shoulder Complex 1:03:40
- Rehabilitation of the Stiff & Painful Shoulder: Adhesive Capsulitis 1:30:55
- Rehabilitation Following Rotator Cuff Repair 55:13
- Return to Play Criteria in the Overhead Thrower 48:27

Disclosure: Kevin Wilk is the Associate Clinical Director of Champion Sports Medicine in Birmingham, AL, where he works with numerous professional and recreational athletes and general orthopaedic patients also.

Financial Disclosure: Kevin Wilk receives payment for this course.

Content disclosure: This course does not focus on any product or service.

Materials / prerequisite needed: N/A

Instructor Credentials:

Dr. Kevin Wilk has lead a distinguished career as a clinical physical therapist for the past 33 years, as a leading authority in rehabilitation of sports injuries and orthopedic lesions. He has been significant contributions to laboratory research, biomechanical research and clinical outcome studies.

Kevin Wilk has been a physical therapist, researcher and educator for over 32 years. Kevin is currently Associate Clinical Director for Champion Sports Medicine (a Select Medical Facility) in Birmingham, AL. In addition, he is the Director of Rehabilitative Research at the American Sports Medicine Institute in Birmingham and is Adjunct Assistant Professor in the Physical Therapy Program at Marquette University in Milwaukee, WI. Kevin is also the Rehabilitation Consultant for the Tampa Bay Rays' Baseball Team, and has worked with the Rays for 18 years. Kevin has worked with professional baseball for 29 years, and with the Rays since the organization started. Dr Wilk received his physical therapy from Northwestern University Medical School in Chicago, IL., and his DPT from Massachusetts General Hospital Institute of HealthCare Professions in Boston, MA.

Dr. Wilk has published over 170 journal articles, over 115 book chapters and has lectured at over 900 professional and scientific meetings. Kevin is on the review boards of 9 journals. Dr Wilk has received numerous professional awards. In 2012, was inducted into the Sports Section Blackburn Hall of Fame. Later that same year he was awarded the APTA Catherine Worthingham Fellowship – the highest honor given to an APTA member. Kevin stated he was humbled & tremendously honored to receive these two prestigious recognitions. In 2004, Kevin received the prestigious Ron Peyton Award for career achievement from the Sports Physical Therapy Section of the APTA. He has received the James Andrews Award for achievement in the area of Baseball science. Kevin was an Honored Professor at several Universities and has given Grand Rounds at numerous medical facilities and has lectured internationally.