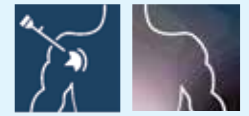


# The “Stephen Copeland Memorial” Reading Shoulder Course

10<sup>th</sup>-11<sup>th</sup> March 2016 at the Royal Berkshire Conference Centre

## PHYSIOTHERAPY PROGRAMME

Shoulder & Elbow



Reading  
Shoulder  
Unit

Centre

### “INSIGHT INTO INSTABILITY” SYMPOSIUM 1 THURSDAY 10.3.2016

08.00-08.15	Registration
08.15-08.30	<b>Introduction:</b> In memory of Steve Copeland
09.00	<b>Motor control of scapula in normal and abnormal subjects</b> Dr C Alexander
09.30	<b>Scapulo-thoracic rehabilitation</b> Prof A Cools
10.20	<b>Discussion</b>
10.40	<i>Coffee Break</i>
11.00	<b>Understanding scapular dyskinesia and the scapulo-thoracic/gleno-humeral relationship</b> Jo Gibson
11.40	<b>Rehabilitation of painful gleno-humeral instability</b> A Jaggi
12.20	<b>What to do when physiotherapy fails</b> P Brownson
12.40	<b>Panel discussion</b>
13.00	<i>Lunch</i>
13.30-14.30	<b>Workshops</b>
14.30	<b>Instability - live Patient Presentations</b>
15.30	<b>New technologies in rehabilitation: Talks on new instruments and treatments used in shoulder pathology</b> 270vision (BPM) - M Gosling Kaatsu global Shock wave Gyrotonics
16.15	<i>Tea Break</i>
16.30	<b>New technology:</b> Compex
17.00	<b>Taping techniques for shoulder instability and pain - Patterson Medical team - TBC</b>
18.00	Close

### “HEALING AND TISSUE REPAIR” SYMPOSIUM 2 FRIDAY 11.3.2016

08.30	Registration
09.00	<b>Understanding healing and tissue repair (in tendinopathy)</b> Prof Carr
09.30	<b>Effects of electrotherapies on healing</b> Tim Watson
10.15	<b>Effects of Rehab on Healing</b> Marco Conti (TBC)
10.30	<i>Coffee Break</i>
11.00	<b>Panel Discussion on R Cuff healing, effects and advances</b>

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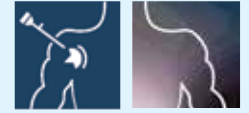


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## PHYSIOTHERAPY PROGRAMME

### “THE SPORTING SHOULDER” SYMPOSIUM 3 FRIDAY 11.3.2016

- 11.20      **Mechanism of injury in shoulder athletes** M Zumstein  
11.45      **Biomechanics of shoulder complex in sporting actions** S Lambert  
12.15      **Looking down the kinetic chain in the sporting shoulder** L Funk (TBC)  
12.45      **Discussion**  
13.00      *Lunch*  
13.30      **Clinical reasoning of physiotherapy treatment of shoulder sports injuries** I Horsley  
14.15      **Evidence based rehabilitation of the athletic shoulder and return to sport** B Ashworth  
15.00      **Discussion + Sports injuries live Patient Presentation**  
15.45      *Tea*

### “JOINT SYMPOSIUM WITH SURGEONS” SYMPOSIUM 4 FRIDAY 11.3.2016

**Moderator** G Sforza

Talks to be 20 minutes followed by discussion and debate on each topic of about 10 minutes from the two panels and the floor.

**Surgeons panel:** J Relwani, S Lambert, G Sforza.

**Physiotherapists panel:** Jo Gibson, M Conti, A Jaggi/I Horsle

- 16.00      **Evidence based approach in immobilisation for RCT and Instability** M Conti  
16.30      **Subacromial Pain Syndrome v Subacromial Impingement Syndrome – where are we now?**  
**Review of the literature** A Narvani and C Hogg  
17.00      **Referred pain; differential diagnosis, including neurological examination of the shoulder** S Lambert  
17.30      **Complex or difficult case study/studies** Prof Ofer Levy  
18.00      *Close*

D Blonna,	A Castagna,	M Conti,	L Funk,	R Hertel,	O Levy,	G Porcellini,	H Resch,	G Tytherligh-Strong,	A Wallace,
P Brownson,	J Cazeneuve,	A Ekelund,	J Gibson,	A Jaggi,	M Loew,	P Randelli,	R Russo,	P Valenti,	M Zumstein
J Bruguera,	A Carr,	R Emery,	F Gohlke,	C Kelly,	H Mullett,	P Reilly,	G Sforza,	A VanTongel,	
E Calvo,	A Cools,	M Falworth,	O Haddo,	S Lambert,	A Narvani,	J Relwani,	M Thomas,		



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