“INSIGHT INTO INSTABILITY” SYMPOSIUM 1
THURSDAY 10.3.2016

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

“HEALING AND TISSUE REPAIR” SYMPOSIUM 2
FRIDAY 11.3.2016

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

Continues on next page
“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 Horsley

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