

The "Stephen Copeland Memorial" Reading Shoulder Course

10th-11th March 2016 at the Royal Berkshire Conference Centre

PHYSIOTHERAPY DAYS: PROGRAMME

Shoulder & Elbow



Reading
Shoulder
Unit

Centre

THURSDAY 10.3.2016

- 08.00 **Registration**
- 08.15-08.40 Introduction: In memory of Steve Copeland
- SYMPOSIUM 1 - INSIGHT INTO INSTABILITY**
Moderator: Alexander van Tongel
- 09.00 Motor Control of Scapula Muscles in Healthy Subjects and Those with MSK Problems - Caroline Alexander
- 09.30 Scapulo-thoracic Rehabilitation in Instability Patients: Theory and Practice Ann Cools
- 10.20 Discussion
- Moderator: Ehud Atoun, Carolyn Hogg
- 11.00 The Scapula and the Rotator Cuff: Partners in Harmony and in Crime - Jo Gibson
- 11.40 The Challenge of Managing the Painful Unstable Shoulder - Anju Jaggi
- 12.20 Is There a Place for Surgery in Type 2/3 Shoulder Instability? - Peter Brownson
- 12.40 **Panel Discussion**
- 13.30 **Workshops: New Technologies in Rehabilitation**
- Talks on New Instruments and Treatments used in Shoulder Pathology
- 14.30 Instability - Live Patient Presentations (Jo Gibson, Anju Jaggi, Carolyn Hogg)
- 15.30 Gyrotonics - Uwe Herbstreit
- 16.30 Simple no nonsense Kinesiology Taping (KT) Options for Shoulder Instability and Pain - Daniel Lawrence (Rocktape)
- 18.00 Close

FRIDAY 11.3.2016

- 08.30 **Registration**
- SYMPOSIUM - HEALING AND TISSUE REPAIR**
Moderator: Juan Bruguera
- 09.00 Understanding Healing and Tissue Repair (in Tendinopathy) - Andy Carr
- 09.30 Effects of Electro Physical Agents on the Healing Process - Tim Watson
- 10.15 Healing and Rehabilitation - Marco Conti
- 11.00 **Panel Discussion on Healing: How We can affect it and Recent Advances**
- SYMPOSIUM - THE SPORTING SHOULDER**
Moderator: Graham Tytherleigh-Strong
- 11.20 Shoulder Injuries in Throwing Athletes - Matthias Zumstein
- 11.45 Compression and Distraction of the Shoulder Girdle: The Pathomechanics of Impact in Sports - Simon Lambert
- 12.15 Looking down the Kinetic Chain in the Sporting Shoulder - Tanya Mackenzie and Len Funk
- 12.45 **Panel Discussion**
- 13.30 Clinical Reasoning of Physiotherapy Treatment of Shoulder Sports Injuries - Ian Horsley
- 14.15 Evidence-based Rehabilitation of the Athletic Shoulder and Return to Sport - Ben Ashworth
- 15.00 Discussion and Sports Shoulder Injury Live Patient Presentation
- SYMPOSIUM - JOINT SYMPOSIUM: SURGEONS AND PHYSIOTHERAPISTS**
Moderators: E Pearse, L Young
- 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, M Conti
- Physiotherapists Panel: A Jaggi, I Horsley, C Hogg, T MacKenzie
- 16.00 Evidence-based Approach in Immobilisation following RCR and Stabilisations - Marco Conti
- 16.20 **Panel Debate**
- 16.30 Subacromial Pain Syndrome v Subacromial Impingement Syndrome – Where are we now?
Review of the Literature and Treatment - Jai Relwani and Carolyn Hogg
- 16.50 **Panel Debate**
- 17.00 Referred Shoulder Pain: Differential Diagnosis, including Neurological Examination of the Shoulder - Simon Lambert
- 17.20 **Panel Debate**
- 17.30 Complex or Difficult Case Study/Studies - Ofer Levy and Minal Desai
- 17.50 **Panel Debate**
- 18.00 Closing Remarks Ofer Levy and Giuseppe Sforza

E Atoun,
P Brownson,
J Bruguera,
E Calvo,
A Castagna,
J Cazeneuve,

A Carr,
A Cools,
M Conti,
M Desai,
A Ekelund,
R Emery,

M Falworth,
R Friedman,
L Funk,
J Gibson,
F Gohlke,
O Haddo,

R Hertel,
A Jaggi,
C Kelly,
K Kumar,
S Lambert,
O Levy,

M Loew,
H Mullett,
G Porcellini,
R Pradhan,
P Randelli,
P Reilly,

J Relwani,
H Resch,
R Russo,
G Sforza,
S Sharma,
M Thomas,

G Tytherleigh-Strong,
P Valenti,
A Van Tongel,
E Pearse,
A Wallace,
L Young,

M Zumstein
and many others...