2nd Annual
Best Practices in Rehabilitation: The Shoulder

UT Health San Antonio
Academic Learning and Teaching Center
7703 Floyd Curl Dr.
San Antonio, TX

Joe R. & Teresa Lozano Long School of Medicine
Department of Orthopaedics

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APRIL 13, 2019

ADVANCEMENTS IN REHABILITATION

SURGICAL PERSPECTIVES

INTERACTIVE LABS FOR HANDS-ON LEARNING
Course Directors:

John R. Trey Green III, MD  
Professor and Chief of Sports Medicine  
Sports Medicine Fellowship Program Director  
Department of Orthopaedics  
UT Health San Antonio  

Sheri Huehn, PT, DPT, OCS  
Director of Physical Therapy  
Department of Orthopaedics  
UT Health San Antonio  

Ada Montalvo, MS, PA-C  
Sports Medicine  
Department of Orthopaedics  
UT Health San Antonio
Continuing Education Statements:

Credit Designation Statement:
This activity has been approved by the Texas Board of Physical Therapy Examiners for 6.75 CCUs for PTs and PTAs.

LOCATION:
Academic Learning and Teaching Center (ALTC Building)
Main Campus 7703 Floyd Curl Drive
San Antonio, Texas 78229
**AGENDA**

7:30am – Registration, Check in and Continental Breakfast  
*Introduction by Dr. John Green*

8:00am – I can’t get it up! Indications for Rotator Cuff Surgery  
*Dr. John Green*

8:30am – Rotator Cuff Rehab in the Post-Operative Patient  
*Rudy Solis, PT, DPT and Kayla Reynolds, PTA*

9:00am – Impingement  
*Steve Cox PT, DPT*

9:30am – Propulsion Methods and Preventing Shoulder Pain for the Wheelchair User – *Crystal Keller, PT, DPT, NCS*

10:00am – Break

10:15am – Multidirectional Instability  
*Sheri Huehn, PT, DPT, OCS*

10:45am – Surgical Options for Shoulder Instability – *Dr. John Green*

11:15am – Interactive Lab: Taping the Shoulder  
*Julie Barnett, PT, DPT, OCS*

12:00pm – Lunch

12:30pm – Nerve Entrapment and EMG Study  
*Denise Norton, MD*

1:00pm – Imaging and When Injections Help  
*Denise Norton, MD*

1:30pm – Who is a Good Candidate for Shoulder Replacement? Hemi, Total or Reverse? – *Dr. Anil Dutta*

2:00pm – Break

2:15pm – Total Shoulder Rehabilitation  
*Chad Hodges, PT, DPT, FAAOMPT*

2:45pm – Rehab Considerations for the Overhead Athlete  
*Barry Morgan, PT*

3:15pm – Biomechanical Changes That Occur with Neurological dysfunction: A Case Study – *Selina Morgan, PT, DPT*

3:45pm – Interactive Lab: The Manual Physical Therapy Approach to Shoulder Disorders: *Gail Deyle, PT, DSc, DPT, OCS, FAAOMPT*

5:00pm – Question and Answer Session/Wrap Up/End
**Faculty Speakers**

**Anil Dutta, MD**  
Associate Professor  
Adult Upper Extremity Reconstruction  
Department of Orthopaedics  
UT Health San Antonio

**Denise Norton, MD**  
Assistant Professor  
Department of Orthopaedics  
UT Health San Antonio

**Steve M. Cox, PT, DPT**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Chad Hodges, PT, DPT, FAAOMPT**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Sheri Huehn, PT, DPT, OCS**  
Director of Physical Therapy  
Department of Orthopaedics  
UT Health San Antonio

**Crystal Keller PT, DPT, NCS**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Barry M. Morgan, PT**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Selina Morgan, PT, DPT**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Kayla Reynolds, PTA**  
Physical Therapist Assistant  
Department of Orthopaedics  
UT Health San Antonio

**Rudy Solis, PT, DPT**  
Physical Therapist  
Department of Orthopaedics  
UT Health San Antonio

**Guest Speakers**

**Julie Barnett, PT, DPT, OCS**  
Assistant Professor  
Department of Physical Therapy  
UT Health San Antonio  
Director of Physical Therapy  
The Non-Surgical Center of Texas  
San Antonio, TX  
Instructor  
Summit Professional Education  
Continuing Competency Courses  
In the United States

**Gail Deyle, PT, DSc, DPT, OCS, FAAOMPT**  
Graduate Professor  
Baylor University Graduate School  
Founder and Senior Faculty Member of Army-Baylor University Doctoral Fellowship  
Orthopaedic Manual Physical Therapy  
Brooke Army Medical Center
**Target Audience**

Physical Therapists and PT Assistants across practice settings who perform rehabilitation of the shoulder joint.

**Course Description**

This program will cover shoulder problems commonly encountered in physical therapy practice. Special attention will be given to rotator cuff injuries, shoulder instability, nerve entrapment, and the arthritic shoulder from both the medical / surgical and rehabilitation perspectives. Current evidence-based practice patterns will be discussed and summarized. Discussions will include rotator cuff injuries, treatment of tendinitis and instability, surgical and non-surgical interventions for shoulder joint injuries and joint degeneration, and the use of taping methods, manual therapy and intraarticular injections. Neurological Dysfunction as it relates to the shoulder will also be discussed.

This course will include both didactic and lab components highlighting assessment, therapeutic exercise, and manual therapy techniques.
Learning Objectives:

At the end of this activity the learner should be able to:

- Perform basic orthopaedic assessment of various shoulder joint pathologies / injuries
- Understand healing parameters after injuries or degenerative conditions and design appropriate treatment protocols
- Perform functional screens for return to work or sport
- Techniques for shoulder taping
- Perform basic manual therapy techniques for shoulder joint pain or motion loss
- Understand propulsion methods for wheelchair users and the relationship to shoulder pathology
- Understand biomechanical changes that occur with neurological dysfunction