



This two-day course looks at the current evidence base regarding dynamic stability of the shoulder complex and how it impacts assessment and management. Simple assessment strategies will enable participants to design effective treatment interventions, which reflect the functional needs of patients. The course will look at the challenges of true evidence based practice and how developments in the motor learning and communication literature offer opportunities for enhancing interventions. It will provide participants with a simple and structured approach to the management of the shoulder complex and common pathologies, which is immediately applicable in clinical practice. The course is designed to be fun and informal and incorporates lots of case examples.

**Aims:**

1. To present the current literature regarding dynamic stability of the shoulder complex and explore the application to clinical assessment and treatment.
2. To present the current literature regarding the pathophysiology of common shoulder conditions To demonstrate key assessment tools to explore function of the dynamic stabilisers of the shoulder as a basis for treatment planning.
3. To demonstrate key treatment approaches based on the current evidence to address dysfunction in the shoulder complex.
4. To discuss factors that influence outcome and enhance exercise adherence.
5. To consider the importance of communication and language on patient's pain experience.

## Day 1

09.00 *Setting the scene – the current state of play?*

Why do we think the shoulder is so complicated? Making sense of the evidence.

### 10.30 Break

10.45 *The Rotator Cuff & the Scapula: Partners in Crime?*

*Assessment that informs treatment*

### 12.15 Lunch

13.15 *The Kinetic Chain and Dynamic Slings*

Putting the shoulder in context: Integrating the chain for the gain

14.15 *Is it Torn & Does It Matter?*

Subjective clues, decision making and what it means to treatment

### 15.00 Break

15.15 *The Stiff Shoulder: Frozen or not?*

Differential diagnosis- can we? It's not just frozen shoulder- other causes of stiffness and what to do about them.

### 17.00 Finish

## Day 2

09.00 *The Irritable shoulder – where to start?*

Acute causes of shoulder pain- diagnostic challenges.

### 10.30 Coffee

10.45 *The Irritable shoulder continued: How does pathology influence treatment?*

Treatment and putting patients back in the driving seat.

### 12.15 Lunch

13.15 *Shoulder Pain: Fit for function!*

Can't go wrong trying to get strong? Debates, controversies and exercise progression.  
Including

*The Unstable Shoulder: Is it any different?*

Classification, challenges, and key ingredients.

### 15.00 Coffee

15.15 *Communication is your superpower: Use it wisely.*

The good and bad of communication: Avoiding nocebic effects and setting patients up to succeed.

### 17.00 Finish



## Jo Gibson

Jo is a Consultant Shoulder Physiotherapist working at Shoulder Success in Liverpool, UK and an Honorary Senior Research Fellow at Liverpool Hope University. She previously worked as a Clinical Specialist Physiotherapist at the Liverpool Upper Limb Unit where she worked as a Shoulder Specialist for 27 years. Jo lectures nationally and Internationally about assessment and rehabilitation of people with shoulder problems. She has co-developed Masters modules for the diagnosis and treatment of upper limb pathology and has co-authored national guidelines for the management of different shoulder pathologies. She has presented original research at many National and International conferences, published in peer-reviewed journals and written several book chapters. She is a Consultant to several elite sports team providing advice and guidance on the rehabilitation of shoulder injuries and return to sport.

Locatie: Auberge de Rousch Heerlen

Kloosterkensweg 17

6419 PJ Heerlen

Datum: donderdag / vrijdag 27 / 28 -5-2027

Kosten: € 349,- voor leden van het Schoudernetwerk OZL

€ 398,- voor niet-leden.

Aanmelden kan via onderstaande link:

<https://www.cognitofrms.com/SchoudernetOZL/JoGibsonStepsToSuccess>

Schoudernetwerkliden krijgen tot 30 april 2027 voorrang bij inschrijving

Op deze cursus zijn de betalingsvoorwaarden van het SchoudernetOZL van toepassing