



This fast and furious two day course is suitable for ALL who work with people in pain and aims to give you the confidence and the evidence that a more simple, straight forward approach is both effective and efficient for many shoulder problems.

The course is designed to cut through the confusing and conflicting methods and techniques often promoted to help shoulder problems, and give you an adaptable framework for you to assess and manage everyone from the elite athlete to the couch potatoe.

It promises to be an informative, informal, and fun few days with lots of clinically relevant ideas and tips that you can put into practice immediately. It however does NOT promise quick fixes, miracle treatments, or fancy rehab exercises.

### **Course objectives:**

- Simplify your assessment and management of the most commonly encountered shoulder issues
- Expose the myths and misconceptions around shoulder anatomy, biomechanics and pathology
- Explore the evidence for the assessment and diagnosis of the most common shoulder issues
- Examine how best to assess shoulder movement, muscle function, proprioception, and the kinetic chain
- Evaluate the best shoulder rehab exercises and progression with chances to practice and rehearse ideas

### **Planning dag 1**

08.30 – 09.00	Registration
09.00 – 09.30	Welcome & Introductions
09.30 – 11.00	Principles of Assessment and Treatment
11.00 – 11.15	Coffee / tea
11.15 – 11.45	Simplifying the Shoulder
11.45 – 13.00	Shoulder Anatomy & Biomechanics
13.00 – 14.00	Lunch
14.00 – 14.30	Shoulder Red Flags & masqueraders
14.30 – 15.30	The Stiff Shoulder; <i>Theory</i>
15.30 – 15.45	Coffee / tea
15.45 – 16.30	The Stiff Shoulder; <i>Theory &amp; Practical</i>
16.30 – 17.00	Summary / Q & A

### **Planning dag 2**

08.30 – 09.00	Registration
09.00 – 09.15	Review of Day 1
09.15 – 10.30	The Weak Shoulder: <i>Theory</i>
10.30 – 10.45	Coffee / tea
10.45 – 11.15	Basic Principles for S&C and Rehab
11.15 – 12.30	Shoulder Rehab Practical 1
12.30 – 13.30	Lunch
13.30 – 14.30	The Loose Shoulder; <i>Theory</i>
14.30 – 15.30	Shoulder Rehab Practical 2
15.30 – 16.30	RTP and Higher Level Testin Practical
16.30 – 17.00	Summary / Q & A / Close

## Adam Meakins



**Adam is an extended scope practitioner and specialist sports physiotherapist with an interest in the management of the shoulder and upper limb. He works in the NHS and private practice in various sites and locations around Hertfordshire.**

Adam has been an upper limb and shoulder specialist for nearly 10 years, and has worked in various sports in various settings, including elite level professional level football. Adam has been fortunate enough to work with some of the worlds leading shoulder specialists, and has helped a wide and diverse range of patients recover from many shoulder problems.

As an IIST qualified personal trainer and UKSCA Strength and Conditioning Coach, Adam also has extensive knowledge and experience of how exercise plays an integral role in the recovery and prevention of injury. As a keen and dedicated sportsman himself, Adam fully understands the passion and desire all athletes have, both professional and amateur alike for a speedy return to fitness after an injury, as well as their commitment and enthusiasm to stay at the top of the game and remain in peak physical performance.

With extensive post graduate training Adam is able to incorporate an extended range of diagnostic tools into his assessments, such as diagnostic ultrasound scanning, isokinetic muscle testing, slow motion video and ground force plate analysis to fully assess and diagnose musculo-skeletal conditions

Adam is keen to look for ways to reduce the risk of injury in sports using evidence based strategies, and is a strong advocate of evidence based practice within ALL areas of physiotherapy. Adam believes in a simple, honest approach and is passionate to educate both patients and therapists on the vast differences in the quality and effectiveness of some treatments and methods within profession.

Adam has been a lecturer and a sessional teacher at Brunel University on the undergraduate physiotherapy program, and now teaches his own shoulder workshops across the country and internationally. Adam is currently involved in a number of clinical research projects and has published papers in peer reviewed journals and is currently writing a chapter for the next edition of Brukner & Khan's Clinical Sports Medicine. Adam can also be found speaking at conferences & professional events on subjects in and around sports injury and musculoskeletal medicine.

Finally Adam is a strong believer in the use of social media within healthcare to help educate, share ideas and disseminate information and has become one of the most followed physiotherapists due to his honest, if not at times controversial views and opinions. He can followed on twitter @adammeakins.

Locatie: Van der Valk Heerlen

Terworm 10

6411 RV Heerlen

Datum: zaterdag / zondag 5 / 6 -9-2020

Kosten: € 285,- voor leden van het Schoudernetwerk OZL

€ 350,- voor niet-leden.

Schoudernetwerklleden krijgen tot 31 juli 2020 voorrang bij inschrijving

Op deze cursus zijn de betalingsvoorwaarden van het SchoudernetOZL van toepassing