The Shoulder Series

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PhD, NZRPS
Physiotherapy Specialist (Musculoskeletal)

Overview
The Shoulder Course series will include online learning modules and practical courses. Topics include:
1. Differential Diagnosis of Shoulder Pain
2. The "Stiff" Shoulder
3. The "Unstable" Shoulder
4. Subacromial Conditions
5. Acromioclavicular Joint Disorders

Online learning modules include pre-reading, a pre- and post-course quiz and various clinical reasoning exercises. Each module covers the following areas for each topic:
- Pathoaeiology
- Clinical diagnosis
- Diagnostic imaging
- Management

Course Days focus on practical and clinical reasoning skills including:
- Performance and interpretation of key diagnostic tests
- Clinical reasoning exercises
- Imaging case studies
- Patient case studies.

About This Course
The Online Learning Modules provide the theoretical background to the pathoaeiology, diagnosis and management of shoulder conditions. The online modules are designed to be completed in the order listed below and may be completed without attending the Course days.

The Course days provide the necessary instruction and supervision to attain proficiency in performing and interpreting clinical tests and imaging investigations, and implementing effective treatment. The Course days also cover surgical management and post-operative rehabilitation that are not covered in the online learning modules.
Module 1: Differential Diagnosis of Shoulder Pain
This is the first topic in Southern Musculoskeletal Seminars “Shoulder Series”. This topic will cover medical screening and identification of red flags, psychosocial modifiers, cervical spine screening and neurological examination, classification of shoulder conditions and interpretation of diagnostic imaging. Completion of this module is a pre-requisite for completion of all other modules in the Shoulder Series.

Module 2: The "Stiff" Shoulder
This is the second topic in Southern Musculoskeletal Seminars “Shoulder Series”. This topic will cover the pathoaeiology, diagnosis and management of the 'Stiff Shoulder'. The Course day includes practical shoulder assessment, case studies and sessions with an orthopaedic surgeon talking about surgical decision making, techniques, post-operative management and outcomes. Completion of Topic 1 is a pre-requisite for this course.

Module 3: The Unstable Shoulder
This is the third topic in Southern Musculoskeletal Seminars “Shoulder Series”. This topic will cover the classification, pathoaeiology, diagnosis and management of glenohumeral joint instability. The practical course includes sessions with an orthopaedic surgeon talking about surgical decision making, techniques, post-operative management and outcomes. Completion of Topics 1 & 2 is a prerequisite for this course.

Module 4: Subacromial Conditions
This is the fourth topic in Southern Musculoskeletal Seminars “Shoulder Series”. This topic will cover the pathoaeiology, diagnosis and management of subacromial conditions including subacromial pain (rotator cuff related pain), rotator cuff tears and calcific tendinopathy. The Course days are predominantly practical and include shoulder assessment, patient case studies and sessions with an orthopaedic surgeon talking about surgical decision making, techniques, post-operative management and outcomes. Completion of Topic 1- 3 is a pre-requisite for this course.

Module 5: Acromioclavicular Joint Disorders
This is the fifth topic in Southern Musculoskeletal Seminars “Shoulder Series”. This topic will cover the pathoaeiology, diagnosis and management of acromioclavicular joint (ACJ) and sternoclavicular joint (SCJ) disorders. The practical course includes sessions with an orthopaedic surgeon talking about surgical decision making, techniques, post-operative management and outcomes. Completion of Topics 1 - 4 is a prerequisite for this course.

Patient Assessment Day
At the conclusion of the online learning modules and course days, a full day will be dedicated to patient assessments and treatment covering all shoulder conditions. This will give the attendees the opportunity to put their knowledge, assessment, clinical reasoning and management skills into practice.

Course Pre-requisites
1. Please ensure you have the latest Adobe Acrobat Reader installed on your computer / laptop / tablet which is available free from https://get.adobe.com/reader/.
2. Please ensure you have a Gmail account. This is required to subscribe you to the Southern Musculoskeletal Seminars Course Channel so that you can view the online learning presentations. To set-up a Gmail account, click here.

Course Content
Practical courses focus on practical and clinical reasoning skills including performance and interpretation of key diagnostic tests, clinical reasoning exercises, imaging case studies and patient case studies. Practical course days also include guest speakers covering surgical management and post-operative rehabilitation. All practical courses will be held in Christchurch, New Zealand.
### Certification

Certification following this course depends directly on attendance and achievement of standards. The highest level of achievement is recognised accordingly. Course attendance certificate: Verified attendance of full course but not achieved 75% in quizzes. Course completion certificate: Verified attendance of full course and achieved 75% in quizzes. Competence certificate: Verified attendance of full course and achieved 75% in quizzes, and assessed as competent in live patient assessment (only by arrangement).

### The Instructor

Angela Cadogan is a NZ registered Physiotherapy Specialist (Musculoskeletal). Angela has a Ph.D in Musculoskeletal Diagnostics from AUT University, Auckland, New Zealand (2012) with a sub-specialty in the diagnosis and management of shoulder pain. She is based in Christchurch, New Zealand where she works part-time in her own physiotherapy practice, in a diagnostic Orthopaedic Triage role (Shoulder) with the Canterbury District Health Board, and in private practice with an Orthopaedic shoulder specialist. She has an ongoing research interest in shoulder diagnostics and clinical management of shoulder conditions.

### Registration

If you are a registered physiotherapist or medical practitioner who would like to upgrade your skills in this important area, please complete the Shoulder Series Course registration form and return it to info@musculoskeletal.courses. Once payment has been received you will be issued with your Online User login.
### Payment Schedule / Options

#### Individual Online Modules (must be completed sequentially)

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<td>Module 2: Stiff Shoulder</td>
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<td>Module 3: Unstable Shoulder</td>
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<tr>
<td>Module 4: Subacromial Conditions</td>
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<tr>
<td>Module 5: Acromioclavicular joint conditions</td>
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#### Online Package

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#### Online & Course Package

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Course costs include 15% GST.

### Payment Method

Please make payment to: **03-1700-0294868-000** using your Last Name as the reference.