Faculty

Mark Butler DPT, OCS, Cert. MDT
Mark is a board certified Orthopaedic clinical specialist and McKenzie certified specialist for mechanical diagnosis and treatment of the spine. He is Adjunct Faculty at Rutgers UMDNJ and guest lecturer at Stockton College in New Jersey where he lectures on Advanced Orthopedics, Neural Mobilization, Radiology, Evaluation and Treatment of the SI Joint, and Evaluation and Manual Treatment of the Cervical Spine.

Rick Hjelm, MS, PT, ATC
Rick is passionate about orthopaedic physical therapy. His clinical expertise lies with shoulder patients, both non-operative and post-surgical. He believes the combination of using hands-on techniques, re-education of specific muscles and exercise is the key to restorative rehabilitation. Rick earned a master’s degree in physical therapy from the University of Indianapolis.

Program Accreditation:
Select Medical is an approved provider with the American Occupational Therapy Association. Select Medical is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This course is pending approval with the Maryland Board of Physical Therapy Examiners.

Non-Discrimination Statement:
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

TARGET AUDIENCE: PT OT PTA COTA ATC
LEVEL: Essential/Introductory
CONTACT HOURS: 13.75

OUTPATIENT EDUCATION DEPARTMENT

1794 N. Parham Road
Richmond, VA 23229

April 11 – 12   St. Louis, MO

PRESENTS

The SICK Scapula: Evaluation & Treatment of Scapular Dyskinesis

SSM
1050 Des Peres Road, Suite 40
St. Louis, MO 63131
Course Description

This course focuses on appreciating the complex role of the scapula in upper quarter function. Assessment for scapular dyskinesis will identify impairments such as soft tissue restrictions, passive mobility and neuromuscular control of the shoulder complex using a cluster of tests and treating it with postural correction, soft tissue mobilization, joint mobilization, neuromuscular re-education and exercise.

Course Objectives

Upon completion of this course, the participant will be able to:

- Define the phenomenon of scapula dyskinesis and its proposed role in upper limb dysfunction.
- Discuss the history of the term ‘SICK’ Scapula and critique its validity as a diagnostic label.
- Describe a functionally driven assessment of scapula kinematics in common upper quarter dysfunctions.
- Demonstrate an effective and efficient assessment of sitting and standing posture and describe the consequences on scapula kinematics.
- Describe reliability, sensitivity and specificity of common shoulder special tests, both in isolation and when utilized in clusters.
- Demonstrate proficiency in the performance of common special tests of the shoulder.
- Demonstrate safe and effective assessment techniques for periscapula soft tissue restrictions.
- Demonstrate safe and effective manual intervention techniques for periscapula soft tissue restrictions.
- Demonstrate safe and effective manual intervention strategies for the Glenohumeral joint.
- Describe the evidence for exercise prescription in the management of scapula dyskinesis.
- Demonstrate a safe and effective exercise progression, including PNF and the fundamentals of neuromuscular re-education, in the management of conditions with a scapula dyskinesis component.

Agenda

**Saturday**

**8:00** Introduction to Scapular Dyskinesis/Overview & Course Methodology

**8:30** SICK Biomechanics & Causes of shoulder pain conditions

**9:30** Postural Assessment: lecture/ lab

**10:15** Break

**10:30** Standing & Active Movement Assessment: Lecture/Lab

**12:00** Lunch

**1:00** Soft Tissue Assessment & Treatment: Lecture/Lab

**3:00** Break

**3:15** Scapulothoracic assessment and treatment

**5:00** End

**Sunday**

**8:00** Concept Review: Day 1

**8:30** Implementing PNF Principles in Retraining the Scapula

**10:30** Break

**10:45** Glenohumeral Assessment & Treatment

**12:00** Lunch

**12:30** Scapulothoracic exercise

**1:15** Flexibility of scapulothoracic muscles

**1:30** Exercise Progressions

**2:00** Review, Speed Assessments & Case Study

**3:00** End

Due to the manual techniques that will be practiced during the course, each participant will need to complete a release and waiver of liability form which will be forwarded with course confirmation.

QUESTIONS:

If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com or 804-290-0107.

The SICK Scapula:

Evaluation & Treatment of Scapular Dyskinesis
April 11 – 12, 2015

Please check: □ATC □PT □OTA □OTA □Other______

Name:________________________________________

Address:________________________________________

City:___________________State:____Zip:____________

Phone:_________________________________________

Email:_________________________________________

(Please provide E-mail to receive electronic confirmation)

Registration Fee: $425.00

Payment Options:

1. Fax completed registration/payment info to 717.635.3897

Check payable to: Select Medical

2. Credit Card: □Visa □Mastercard □Check

Credit Card number:______________________________

Expiration Date:_____ CCV Code:__________________

Signature:______________________________________

3. Mail Registration and Check to:

Select Medical  Attn: Erin Melton

1794 N. Parham Road, Richmond, VA  23229

Fax: 717.635.3897

Email: emelton@selectmedical.com

Cancellation Policy: Written notification of cancellation 10 days prior to course date – Refund request will be honored (less $50 processing fee). Cancellation notification within 10 days prior to the course will result in full forfeiture of tuition amount. Select Medical reserves the right to cancel this program. In the event of course cancellation, a full refund will be given.

Enrollment for SELECT MEDICAL EMPLOYEES only

http://smportal/Departments/OutpatientDivision/outpatientEducation/SelectLivePrograms/CourseCalendar/tabid/643/Default.aspx or contact emelton@selectmedical.com for an application form.