

## FACULTY

**J**OHN DEAN, MPT, SCS, ATC/L is starting his fourteenth year as the Director of Rehabilitation with the University of Tennessee Sports Medicine staff. Dean is a licensed physical therapist, a certified athletic trainer, and a board-certified clinical specialist in sports physical therapy. He is a credentialed provider for Graston Technique instrument assisted soft tissue mobilization, Mechanical Diagnosis and Therapy® (MDT) from the McKenzie Institute, and Owens Recovery Science Blood Flow Restriction Rehabilitation. He provides rehabilitation services for UT student athletes and is the course instructor for Kinesiology, Recreation & Sports Studies (KNS 335), an introduction to the foundations and principles of athletic training and sports medicine. Dean has volunteered with the United States Ski and Snowboard Association medical pool since 2012, providing sports medicine coverage for the U.S. men's alpine ski team.

Prior to coming to Tennessee, Dean worked at the University of Florida with the Gators football team. At UF he was also an instructor in the Applied Physiology and Kinesiology Department, teaching a course in rehabilitation. He started his career at Southern California, working with the football and baseball programs.

Dean graduated from San Diego State University with a degree in kinesiology. He completed his Master's degree in physical therapy at the University of North Carolina, Chapel Hill. Dean is an experienced clinician and educator who is active in the National Athletic Trainers' Association and the American Physical Therapy Association, and has been an invited speaker at regional and national conferences.

**R**OBERT McCABE, DPT, M.S., OCS is a clinician, researcher, and educator with 25 years of clinical experience in orthopedic and sports physical therapy. He is currently the director of human performance at the Gabreski Air National Guard Base in Westhampton, NY. His role at Gabreski includes overseeing injury prevention, performance and rehabilitation services for all military personnel. He has extensive experience in the treatment of patients with orthopedic and sports-related conditions, including recreational, elite and professional athletes. He previously worked at NYU Langone Medical Center and the Andrews Institute, where he worked under Dr. James Andrews. Bob received his transitional doctorate degree in physical therapy from Arcadia University, a master's degree in physical therapy from Long Island University and a master's degree in Ergonomics and Biomechanics from New York University. He obtained his bachelor's degree in health science from Cortland University. Bob is an NSCA certified strength and conditioning specialist (C.S.C.S) and an APTA Board Certified Orthopedic Clinical Specialist (O.C.S). He is certified in the Functional Movement Screen (F.M.S) and the Selective Functional Movement Screens (S.F.M.A) and is completing his certification in manual therapy through Evidence in Motion. He has advanced training and coursework in Graston instrument-assisted soft tissue mobilizations, EXOS performance training system, Active Release Therapy and the McKenzie Method to Mechanical Diagnosis and Therapy (MDT). Bob has published several research studies in peer-reviewed journals and has presented at national conferences.

## 2021 DATES AND LOCATIONS

<b>*Sept. 25/26</b>	<b>OPEN DATE</b> Call us to host
<b>Oct. 2/3</b>	<b>OPEN DATE</b> Call us to host
<b>Nov. 20/21</b>	<b>OPEN DATE</b> Call us to host
<b>Dec. 4/5</b>	<b>Seattle, WA (Lynnwood)</b> Northwest Return to Work
<b>*Dec. 11/12</b>	<b>Raleigh, NC</b> WakeMed Health

\* Courses taught by John Dean

A list of area hotels will be sent with confirmation. Please utilize hotel brand websites for guaranteed best rates.

## AUDIENCE

This is an **intermediate level** workshop for **PT, PTA, OT, OTA, and ATs** **NOTE:** *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

## CANCELLATION POLICY

**POLICY:** Registration fee less a **\$75 administrative charge** is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT responsible for registrants non-refundable airfare, accommodations or fees.

## EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT, AT and Assistants.**

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

AOTA Approved Provider of Continuing Education # 3073  
The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA



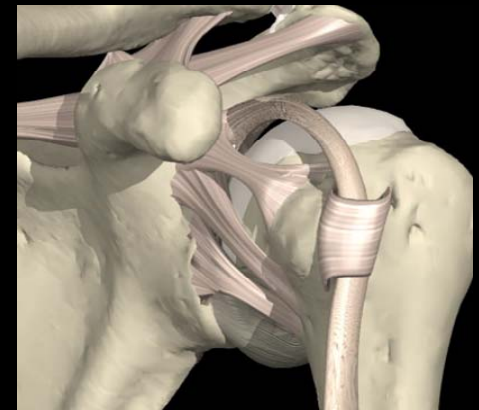
# THE SHOULDER COMPLEX

EVALUATION & TREATMENT

FACULTY

**John Dean**  
MPT, SCS, ATC, LAT

**Robert McCabe**  
DPT, M.S., OCS



THE THERAPY NETWORK SEMINARS

[www.TNSeminars.com](http://www.TNSeminars.com)

## OBJECTIVES

Participant will be able to:

1. Identify evidence supported treatment techniques used in shoulder rehabilitation
2. Perform modified examination techniques and "special test" based upon history, screening and stage of the condition e.g. acute vs chronic
3. Identify and demonstrate various treatment techniques to facilitate the rehab process post RCD, Labral Injuries and total/hemi-arthroplasty.
4. Perform basic and advanced mobilization and other manual therapy techniques to help facilitate normal recovery.
5. Demonstrate appropriate exercise prescription and dosing based on the stage of the condition and the recovery process.

## SEMINAR DESCRIPTION

Successful evaluation and treatment of the shoulder complex entails an accurate understanding of its normal and abnormal anatomy, pathomechanics and biomechanics. Treatment of the shoulder can be complex and confusing based upon the multitude of approaches that exist. By utilizing a systematic approach, therapists and athletic trainers may focus on a problem-solving basis to accurately and successfully evaluate patients with a variety of shoulder conditions. Included in this two-day workshop is an overview of the most common orthopedic conditions in which therapeutic intervention is indicated, evaluation and treatment schemes to promote successful outcomes and significant lab time. Attendees will further their development involving effective evaluation and treatment (surgical as well as non-surgical); including differential diagnosis, manual therapy, exercise prescription and evidence supported treatment techniques for the shoulder proper.

## PARTICIPANTS COMMENTS

"Best course I have been to in a long, long time"

"Excellent - with good application to all populations"

"Excellent Speaker! - easy to follow for all levels and respectful to all disciplines"

"Awesome! - I really got a lot out of this course."

"Great course - Hands on was Great"

## COURSE SCHEDULE

### SATURDAY

- 8:00 Continental Breakfast and Registration  
8:30 Functional Shoulder Complex Anatomy  
10:15 BREAK  
10:30 Functional Shoulder Complex Biomechanics  
11:00 Orthopedic Shoulder Complex Evaluation and Demonstration  
12:00 LUNCH (ON YOUR OWN)  
1:00 Evaluation Practice  
1:45 Joint Mobilization of the Shoulder Complex (Basic and Advanced techniques)  
2:30 Joint Mobilization Lab  
- Small group work  
3:15 BREAK  
3:30 Common Pathologies of the Shoulder Complex and their management  
- Impingement Syndrome  
- Rotator Cuff Dysfunction  
5:30 Adjourn

### SUNDAY

- 8:00 Common Pathologies Cont.  
-Glenohumeral hypermobility/Instability  
-Labral Injuries  
-Adhesive Capsulitis and Loss of ROM  
10:00 BREAK  
10:15 Continuation of Shoulder Complex Conditions  
-Arthroplasty (Total, Hemi and Reverse)  
-Biceps Injuries  
-Fractures  
12:00 LUNCH (ON YOUR OWN)  
1:00 Evidence Based Concepts of Rehabilitation Treatment  
1:30 Advanced Manual Therapy Techniques  
Lab Practice Time (small group practice)  
2:30 BREAK  
2:45 Therapy Techniques Cont.  
4:00 Exercise Prescription  
5:00 Adjourn

## REGISTRATION

### Shoulder Complex

Please note the course location you are attending:  
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**Bring a Buddy Registration: \$445 p/p**  
(No Deadline) Must be done simultaneously  
**Early Registration: \$495**  
Postmarked 30 days prior to date of course  
**Late Registration: \$545**  
Postmarked within 30 days of course date

### 4 WAYS TO ENROLL

**BY MAIL**

Mail registration and payment to:  
**Therapy Network, Inc.**  
217 Paragon Pkwy, #201  
Clyde, NC 28721

**BY PHONE**

**1.800.785.1855**

**BY FAX**

**SECURE DIGITAL**  
**928.222.0578**  
(Credit Cards Only)

**ON LINE**

**www.TNSeminars.com**

Name: \_\_\_\_\_

PT PTA AT OT OTA

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

To Receive your Confirmation  
Make check/money order payable to:  
**Therapy Network, Inc.**

Charge my credit card: VISA MC AMEX DISC

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Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CV2 \_\_\_\_\_

Signature: \_\_\_\_\_

I agree to comply with the card holder agreement