

## FACULTY

**RHETT SCHWEITZER, DPT, OCS, MTC** is a clinician, educator and author and considered one of the leading experts in the treatment and prevention of upper and lower extremity injuries in the country.

Rhett is a Board Certified Doctor of Physical Therapy and a certified manual therapist with 18 years experience. He owned a successful orthopedic physical therapy practice for over a decade in Florida before deciding Colorado would be his home.

Dr. Schweitzer was a professor at the University of South Florida, has lectured at several national academic conferences, including the 2017 University of Florida Running Medicine Conference, and has written several textbook chapters on physical therapy related topics. Dr. Schweitzer specializes in sports injuries (especially shoulder, knee and ankle), running injuries, and back and neck pain.

## 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.

Therapy Network Seminars is an AOTA Approved Provider of professional development (**Provider #3073**). This live/hands-on seminar is offered at 15 contact hours/1.5 CEUs. Introductory level, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.



American  
Occupational Therapy  
Association  
Approved Provider

## DATES AND LOCATIONS

**Nov. 18/19** **Melbourne, FL**  
Beachside Physical Therapy

**March 9/10** **Raleigh, NC**  
WakeMed Health

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 **PTs, PTAs, OTs, OTAs 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.*

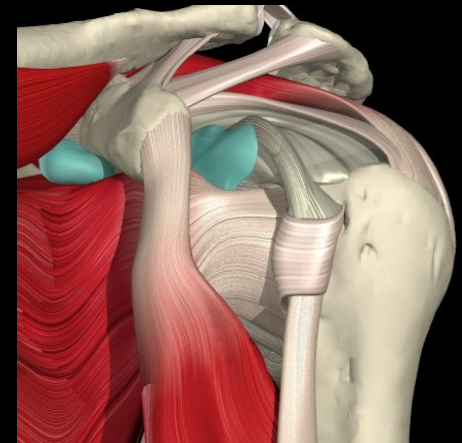
## CANCELLATION POLICY

**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. TNI is NOT responsible for registrants non-refundable airfare, accommodations or fees.

# MANUAL THERAPY & FUNCTIONAL EXERCISE FOR THE SHOULDER COMPLEX

## FACULTY

**Rhett Schweitzer**  
DPT, OCS, MTC



Therapy **NETWORK** SEMINARS

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

## OBJECTIVES

Identify relevant functional anatomy and biomechanics that directly relates to addressing the most common shoulder complex disorders.

Identify current updates on treatment strategies for common shoulder complex diagnoses.

Demonstrate manual therapy techniques addressing joint and soft tissue limitations that are appropriate for the clinical presentation of each patient.

Demonstrate application of general principles of functional exercise, stretching and taping for mobility and stability appropriate for the clinical presentation of each patient.

Identify precautions & rehabilitation considerations following common surgical procedures of the shoulder complex.

Demonstrate impairment specific functional exercise and manual therapy, properly choosing treatment techniques relative to the specific diagnoses.

## SEMINAR DESCRIPTION

Shoulder pain is extremely prevalent in the general population, being ranked as the third most common musculoskeletal complaint.

This two-day hands on seminar will present a comprehensive overview of the structural and biomechanical basis of shoulder function and its relationship to the entire upper extremity. Improve your outcomes in the clinic or training room by examining the best evidence-based manual techniques and functional exercises for conservative and post-op management of common shoulder conditions.

Common pathologies, progressive non-operative and post-operative treatment involving impingement, instability, rotator cuff pathologies/tears, adhesive capsulitis, arthroplasties, and thoracic outlet syndrome will be covered with strong reference to their impact on function. Techniques covered will include joint and soft tissue mobilizations, kinetic chain strengthening, taping strategies, plyometric and athletic shoulder exercises and more.

This seminar is designed to be eclectic in its delivery to best suit the needs of the busy clinician. The hands on course content will be grounded in evidence based treatment strategies and supported with pertinent case studies. You will return to your practice with new, applicable tools to treat a myriad of shoulder problems more effectively and efficiently.

## COURSE SCHEDULE

8:00	Registration and continental breakfast
8:30	Principles of shoulder anatomy and biomechanics <ul style="list-style-type: none"><li>-Functional anatomy of the shoulder complex</li><li>- Mobility vs Stability</li><li>-Observation of posture &amp; movement</li></ul>
10:30	BREAK
10:45	Updates on common shoulder diagnoses <ul style="list-style-type: none"><li>- Overuse injury diagnoses</li><li>- Post-surgical diagnoses</li><li>- Degenerative &amp; insidious diagnoses</li></ul>
12:00	LUNCH (on your own)
1:00	<b>LAB</b> – Joint mobilization techniques for the shoulder complex
3:00	BREAK
3:15	<b>LAB</b> – Soft tissue techniques for the shoulder complex
5:30	Q/A and Adjourn

### Day Two

8:00	Assessment of Pain & Disability <ul style="list-style-type: none"><li>-Outcome measures</li><li>-Pain-disability-function and fear of movement</li></ul>
8:45	<b>LAB</b> – Functional exercise for mobility and stability
10:00	BREAK
10:15	<b>LAB</b> – Functional exercise for the shoulder complex (cont.)
11:00	<b>LAB</b> - Considerations following common surgical procedures
12:00	LUNCH - on your own
1:00	<b>LAB</b> – Impairment specific functional exercise: Impingement, Adhesive Capsulitis, & Instability
2:15	<b>LAB</b> - Effective taping techniques for the shoulder
3:15	BREAK
3:30	Case studies: Updates on frequently treated shoulder conditions
5:00	Q & A and Adjourn

## REGISTRATION

### MTFE

**Note the 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

Mail registration and payment to:

**BY MAIL**

**Therapy Network, Inc.**

**168 Twisted Trail**

**Waynesville, NC 28786**

**BY PHONE**

**1.828.452.0068**

**BY FAX**

**SECURE DIGITAL**

**928.222.0578**

(Credit Cards Only)

**ON LINE**

**www.TNSeminars.com**

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

PT PTA OT OTA AT

Home Add: \_\_\_\_\_

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

Zip \_\_\_\_\_

Cell Ph: \_\_\_\_\_

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

**To Receive your Confirmation**

Make check/money order payable to:

**Therapy Network, Inc.**

**Charge my credit card: VISA MC AMEX DISC**

CC # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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

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

I agree to comply with the card holder agreement