Scientific Program

NICE SHOULDER COURSE REHAB

Current Concepts

JUNE 1 & 2 2018

ROTATOR CUFF TEARS, INSTABILITY, STIFFNESS, ARTHROPLASTY

Course Chairmen:
Pascal BOILEAU, MD & Patrice DUPLAN

SPECIAL GUEST
Ben KIBLER, MD

SCIENTIFIC COMMITTEE:
A. Cadogan (NZ), L. D’Asnières de Veigy (MC), P. Duplan (FR),
T. Marc (FR), P. Oddoux (FR), A. Roren (FR),
G. Sagi (H), M. Testa (I), S. Zipfel (FR)

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NICE / FRANCE / LE MERIDIEN
**Friday, June 1, 2018**

**SESSION I : MASTERCLASS with Ben KIBLER, MD (9:00 - 12:15)**

09:00  Mechanics and roles of the scapula in shoulder function  
09:20  Understanding scapular dyskinesis- scapular pathomechanics in shoulder dysfunction  
09:40  Guidelines for clinical evaluation of the scapula and scapular dyskinesis  
10:00  Scapular dyskinesis and its roles in all types of shoulder pathology  

10:20  Coffee Break - Refreshments (30’)

10:50  Basics of scapular rehabilitation  
11:10  Discussion  
11:30  Workshop- physical exam techniques and rehabilitation techniques  
12:15  Lunch (75’) - Refreshments

**SESSION II : ASSESSMENT SESSION**  
Moderators : Marco Testa & Eric Delmares

13:30  Acromial impingement syndrome: An innovation of the human lineage?  
13:50  Diagnosis of Subacromial Pain: How Accurate Are Clinical Examination and Imaging Findings?  
14:10  Ultrasounding Assessment: How to understand the shoulder pathology?  
14:30  Rotator cuff rehabilitation: A tendon progressive stress loading program  
14:50  Diagnosis of Symptomatic Glenohumeral Joint Pathology: How Accurate Are Clinical Examination and Imaging Findings?  
15:10  See inside: What’s happen with specific gleno-humeral mobilization?  
15:30  Upper-extremity functional performance tests: reference values for overhead athletes  

15:50  Coffee Break - Refreshments (30’)

**SESSION III : SCAPULA SESSION**  
Moderators : Solenn Gain & Sebastian Zipfel

16:20  The scapula: half of the shoulder if you know how to assess it you will know how to treat?  
16:40  The rehabilitation of scapular muscle dysfunction in patients with shoulder pain  
17:00  Diagnosis of Acromioclavicular Joint Pain: How Accurate are Clinical Examination and Imaging Findings?  
17:20  Participation of the spine in arm: looking for the 30 lost degrees  
17:40  Sometimes it looks like a shoulder, it behaves like a shoulder, but it’s a neck problem!

**PHOTO OF THE FACULTY**
Saturday, June 2, 2018

SESSION I: REHABILITATION POSTOP
Moderators: Alexandra Roren & Philippe Oddoux
08:20 Physical Therapy after Superior Capsular Reconstruction for irreparable rotator cuff tears
Teruhisa Mihata, MD
08:40 Early, progressive and complete range of motion recovery after shoulder surgery: our protocol and its follow-up in Lyon.
Jean-Pierre Lootard, MD
09:00 Le Follow up Nice Shoulder Score: How do you drive your post surgery rehabilitation?
Patrice Duplan

SESSION II: INSTABILITY SESSION
09:20 Posterior Instability: Misdiagnosis, Misunderstood & Mistreated
Simon Balster
09:40 Multi-directional or multi-dimensional instability?
Anju Jaggi
10:00 Management of apprehension in shoulder instability
Suzanne Gard

10:20 Coffee Break - Refreshments (30’)

SESSION III: MOTOR CONTROL SESSION
Moderators: Thierry Marc & Luc D’Asnières de Veigy
10:50 Understanding shoulder motor control and clinical evaluation
Jean-Sebastien Roy
11:10 Sensorimotor deficits associated with rotator cuff tendinopathy and rehabilitation of these deficits
JS Roy
11:30 A functional approach to the rehabilitation of the upper quadrant motor control
Andrea Fusco
11:50 Interest of functional proprioceptive stimulations in rehabilitation
Frédéric Albert

12:10 Lunch (70’)- Refreshments

SESSION IV: NEW APPROACH
Moderators: Patrice Duplan & Marco Testa
Eric Delmares
13:40 Mc Kenzie method: MDT, Mechanical diagnosis and therapy for the shoulder
Scott Herbowy
14:00 Biceps Disorder Rehabilitation for the Athlete A Continuum of Moderate- to High-Load Exercises
Dorien Borms
14:20 Prevention of pathologies of the gymnast’s shoulder
Phillippe Oddoux
14:40 Neurodynamics, How do you assess radiating pain into upper limb?
Alfio Albiasini
15:00 Rotators cuff tears: What strategy in rehabilitation?
Solenn Gain

15:20 Coffee Break - Refreshments (40’)

WORKSHOP SESSION #1 - 16:00 - 17:00
WS I: Diagnostic assessment of the shoulder
Director: Angela Cadogan
WS II: Ultrasound Assessment: physiotherapist’s tool
Director: Luc D’Asnières de Veigy
WS III: Tape alignment of scapula and humeral head:
Am I able to change the patient’s symptoms?
Director: Alfio Albiasini
WS IV: Mc Kenzie for assessment and treatment for pain's shoulder
Director: Scott Herbowy

WORKSHOP SESSION #2 - 17:10 - 18:10
WS I: Posterior instability: treatment strategy
Director: Simon Balster
WS II: Introduction to the Fascial Distortion Model and its application on the shoulder region
Director: S. Anker
WS III: Tape alignment of scapula and humeral head:
Am I able to change the patient’s symptoms?
Director: Alfio Albiasini
WS IV: Improved understanding of the shoulder motor strategy
Director: Anju Jaggi

18:15 CONCLUSION OF THE MEETING
NSCR Award Ceremony (Clinical Case Competition Results)
18:30 End of the meeting
Congress Information

DATES       June 1 & 2, 2018
VENUE        Le Méridien
             1, Promenade des Anglais, Nice – France
CHAIRMEN     P. Boileau, MD, PhD, P. Duplan

SCIENTIFIC COMMITTEE
Alfio Albasini Angela Cadogan Luc D’Asnières de Veigy Patrice Duplan
Thierry Marc Philippe Oddoux Alexandra Roren Pascal Rousseau
Gabor Sagi Marco Testa Sebastian Zipfel

OBJECTIVES OF THE COURSE

By the end of the course, physiotherapist will be able to:

- Develop strategies for the treatment of shoulder instability including: labral repairs, tendon transfers for humeral bone loss, bone graft procedures, and coracoid transfer (Latarjet- procedure) for glenoid bone loss.
- Develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder.
- Develop the physical assessment of the shoulder region (scapula, GH join, AC joint ) and a better understanding of the evidence for the use of the selected assessment techniques.
- Develop a comprehensive strategy for the shoulder pathology and an appropriate management plan.
- Apply innovative methods of assessment and management of various shoulder disorders.
- Understand the influence of posture and muscle imbalance and its relationship with shoulder pathology
- Review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder
- Develop a greater skill in the use of exercise therapy, hands on therapy and taping techniques for the shoulder and evaluation of the efficacy of the techniques.