

Scientific Program



NICE SHOULDER COURSE REHAB

Current Concepts
JUNE 1&2 2018

**ROTATOR CUFF TEARS, INSTABILITY,
STIFFNESS, ARTHROPLASTY**

**SPECIAL
GUEST**
Ben KIBLER, MD

Course Chairmen:

Pascal BOILEAU, MD & Patrice DUPLAN

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)

WWW.NICE-SHOULDER-COURSE-REHAB.COM

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')



PHOTO OF
THE FACULTY

- 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? Luc Voisin
- 13:50 Diagnosis of Subacromial Pain: Angela Cadogan
 - How Accurate Are Clinical Examination and Imaging Findings?
- 14:10 Ultrasounding Assessment: How to understand the shoulder pathology ? Luc D'Asnières de Veigy
- 14:30 Rotator cuff rehabilitation : A tendon progressive stress loading program Thierry Marc
- 14:50 Diagnosis of Symptomatic Glenohumeral Joint Pathology : Angela Cadogan
 - How Accurate Are Clinical Examination and Imaging Findings?
- 15:10 See inside: What's happen with specific gleno-humeral mobilization ? Catherine Ribot Donge
- 15:30 Upper-extremity functional performance tests: reference values for overhead athletes Dorien Borms

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? Alfio Albasini
- 16:40 The rehabilitation of scapular muscle dysfunction in patients with shoulder pain Birgit Castelein
- 17:00 Diagnosis of Acromioclavicular Joint Pain: Angela Cadogan
 - How Accurate are Clinical Examination and Imaging Findings?
- 17:20 Participation of the spine in arm: looking for the 30 lost degrees Alexandra Roren
- 17:40 Sometimes it looks like a shoulder, it behaves like a shoulder, but it's a neck problem ! Victor Terraza



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 : Jean-Pierre Lootard, MD
our protocol and its follow-up in Lyon.
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 Managment 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

- 13:20 « Complex régional pain syndrom » currents concepts. 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 startegy 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 : Director : Alfio Albiasini
Am I able to change the patient's symptoms?
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 : Director : Alfio Albiasini
Am I able to change the patient's symptoms?
WS IV: Improved understaining 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
Thierry Marc
Gabor Sagi

Angela Cadogan
Philippe Oddoux
Marco Testa

Luc D'Asnières de Veigy
Alexandra Roren
Sebastian Zipfel

Patrice Duplan
Pascal Rousseau

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 joint, 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.

Le MERIDIEN
NICE

THANKS TO OUR PARTNERS!

