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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course # Course Title

Webinar Date

Name Discipline

Facility

Home Mailing Address

City State Zip

Daytime Phone Fax

E-mail Address for Confirmation (will not be shared or sold)

Webinar Cancellation Policy: Motivations, Inc. reserves the right to discontinue or reschedule a course from our listing of options. Should you have already registered, you will receive a full refund. Participants may receive a full refund when requesting cancellation 24 hours prior to the webinar. After that time, a credit for a future Motivations event may be awarded.

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WEBINAR #7114 Treating the Shoulder Pain Free

Instructor:

Dr. Robert Donatelli, PhD, PT

Audience:

Physical Therapists, Occupational
Therapists, Assistants, Athletic Trainers

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: One of the most important functional movements of the shoulder is active elevation. Restoring elevation in a time-efficient manner remains a challenging problem. The rehabilitation specialist needs to be a detective and figure out why a joint is not moving and/or what is causing the pain. Shoulder elevation is one of the most complicated movements in the body. The treatment of a stiff and painful shoulder should not reproduce the pain that the patient has come to physical therapy to get rid of. We analyze the shoulder motions it is made up of moving parts all responsible for the functional movement patterns that the joint allows. There are three major moving parts of the shoulder, the scapula, humerus, and the clavicle, making up three moving joints. The glenohumeral (G-H) and the acromioclavicular (AC) are synovial joints, whereas the scapula-thoracic (ST) is a sesamoid bone floating around the ribs. We believe that restoring rotation of the glenohumeral joint, acromioclavicular and scapula thoracic articulation before elevation is the safest and most efficient methods of treating patients with stiff and painful shoulders. Forcing a shoulder joint that is painful and stiff into elevation is dangerous. Course instruction methods include lecture, demonstration, videos, case studies and question/answers (Intermediate Level)

PRESENTER: Dr. Robert Donatelli, PhD, PT has experience as National Director of Sports Rehabilitation Physiotherapy Associates, personal physical therapist for Andy Roddick, ATP tour, physical therapist for the PGA Tour, consultant for the Philadelphia Phillies and Milwaukee Brewers, Clinic Director of an outpatient facility providing Sports and Orthopedic rehabilitation, and Physical Therapist for the Champions Tour of Tennis with Jimmy Connors and John McEnroe. He is the editor of Physical Therapy of the Shoulder 4th Edition, Orthopedic Physical Therapy 3rd Edition, and the 2006 textbook Sports Specific Rehabilitation. Dr. Donatelli also lectures internationally on orthopedic topics. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

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

1. Describe the mechanics of the shoulder that promotes rotation as the major function of the shoulder.
2. Understand that evaluation of the shoulder using rotational movements in different planes will assist the therapist in developing a differential soft tissue diagnosis.
3. Describe the interrelationship of soft tissue structures in the shoulder that create functional movements that involve rotation.
4. Design and develop a rehabilitation program for the stiff and painful shoulder that promotes restoring rotation.
5. Understand the therapeutic effect of low load prolonged stretch, stress relaxation, and mobilization to the periarticular structures of the shoulder.
6. Explain why rotational strengthening exercises, are the most important functional exercises for the shoulder.
7. Design and develop a rehabilitation program for the stiff and painful shoulder that promotes restoring rotation for participation in ADLs, such as hair grooming.

FORMAT: This is a 3 contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.



OT CEU's: Motivations Inc. is an AOTA Approved Provider of professional development. Provider #11738. This Live and Distance Learning—Interactive and Distance Learning—Independent and Blended/Hybrid activity is offered at 0.3 CEUs Intermediate Level, Occupational Therapy Service Delivery, Foundational Knowledge. The assignment of AOTA CEU's does not imply endorsement of specific course content, products or clinical procedures.

ATC CEU's: Motivations, Inc. (BOC AP #P2549) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3 Category A hours/CEU's.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

30 min: Force couples make up the normal mechanics of the shoulder

30 min: Defining central position of the glenohumeral joint

30 min: Evaluation of Rotation of the glenohumeral joint and the scapula thoracic joint

30 min: Treatment of the shoulder through restoration of Rotation at the glenohumeral joint, acromioclavicular and scapulohoracic. Includes case study discussion.

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.