

Evaluation and Treatment of the Shoulder: Managing Rotator Cuff Pathology and Glenohumeral Osteoarthritis in the Active Patient

**February 7, 2026
8:00am to 5:00pm
A.T. Still University
Mesa, AZ**

Continuing Competence: 8.0 contact hours

Registration Fees:

- PTs and PTAs: \$195
- ATSU Alumni & ATSU Clinical Instructors: \$160
- Groups of 3 or more: \$160 per person

Course Instructor: Todd S. Ellenbecker, PT, DPT, OCS, CSCS, FAPTA

Course Description

This 1 day lecture and lab course is designed to provide the physical therapist with an advanced understanding of the anatomy, biomechanics, and evaluation of the shoulder complex, to provide the framework for the development of rehabilitation programs for shoulder conditions. Detailed descriptions of clinical examination methods and hands-on lab time are included. The focus of the course will be on rehabilitation of rotator cuff pathology, both non-operative and post-operative repair as well as management of the patient with glenohumeral arthritis with detailed discussion on updates to both anatomic TSA and reverse shoulder arthroplasty.

Course Outline

8:00am to 12:00pm

- Key Evaluation Methods for the Shoulder
- Shoulder Evaluation Lab

12:00pm to 1:00pm (Lunch on your own)

1:00pm to 5:00pm

- Exercise progressions for rotator cuff and scapular stabilization training
- Current Concepts in Rehabilitation following Rotator Cuff Repair
- Glenohumeral Osteoarthritis: Recognition, Treatment Options and Post-Operative Treatment following Shoulder Arthroplasty (Anatomic and Reverse)

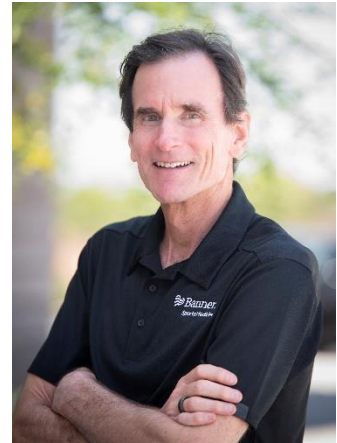
Course Objectives

After completion of the course participants will be able to

1. Understand the anatomical and biomechanical concepts of the human shoulder with respect to clinical evaluation and clinical treatment for patients with shoulder pathology
2. Perform key clinical tests to identify rotator cuff pathology and glenohumeral osteoarthritis
3. Develop high level rehabilitation programs focusing on resistive exercise progressions for patients to enhance stability of the glenohumeral and scapulothoracic joints
4. Understand evidence-based guidelines for patients following RTC repair and shoulder arthroplasty

Todd S. Ellenbecker, PT, DPT, MS, CSCS, FAPTA

Todd is physical therapist at Banner Sports Medicine in Scottsdale specializing in treatment of the shoulder and tennis medicine. He is also the Vice President of Medical Services for the ATP working for the ATP since 2006. He received his initial degree in physical therapy from the University of Wisconsin-LaCrosse in 1985 and a master's degree in exercise physiology from Arizona State University in 1989. He completed his Doctor of Physical Therapy from MGH –IHP in 2006. In addition, he has been a certified sports clinical specialist, and orthopaedic clinical specialist by the American Physical Therapy Association for over 30 years. He is a certified strength and conditioning specialist by the National Strength and Conditioning Association and was awarded their Sports Medicine Professional of the Year in 2003. He is a certified USPTA tennis teaching master professional, and is a member of the USTA National Sport Science Committee serving as Chairman for 14 years as well as a member of the International Tennis Federation's Sport Science Commission. In 2008 Todd was the recipient of the Samuel Hardy Educational Merit award from the International Tennis Hall of Fame. Todd is also a Catherine Worthingham Fellow of the APTA.



Ellenbecker serves on the editorial board of the Sports Health Journal. He has conducted and published research primarily on upper extremity athletes, as well as shoulder and elbow rehabilitation. He has conducted research and lectured internationally on shoulder and elbow rehabilitation, as well as on musculoskeletal adaptations in elite level tennis players and overhead athletes. He is the author of 18 books, and published over 100 research and professional articles and book chapters. Ellenbecker lives in Scottsdale Arizona with his wife Gail.