

The "Stephen Copeland Memorial" Reading Shoulder Course

10th-11th March 2016 at the Royal Berkshire Conference Centre

PHYSIOTHERAPY PROGRAMME



THURSDAY 10.3.2016

- 08.00 **Registration**
- 08.15-08.40 Introduction: In memory of Steve Copeland
- SYMPOSIUM 1 - INSIGHT INTO INSTABILITY**
Moderator: Alexander van Tongel
- 09.00 Motor Control of Scapula Muscles in Healthy Subjects and Those with MSK Problems - Dr Caroline Alexander
- 09.30 Scapulo-thoracic Rehabilitation in Instability Patients: Theory and Practice Ann Cools
- 10.20 Discussion
- Moderator: Ehud Atoun, Carolyn Hogg
- 11.00 The Scapula and the Rotator Cuff: Partners in Harmony and in Crime - Jo Gibson
- 11.40 The Challenge of Managing the Painful Unstable Shoulder - Anju Jaggi
- 12.20 Is There a Place for Surgery in Type 2/3 Shoulder Instability? - Mr Peter Brownson
- 12.40 **Panel Discussion**
- 13.30 **Workshops**
- 14.30 Instability - Live Patient Presentations (Jo Gibson, Anju Jaggi, Carolyn Hogg)
- 15.30 Gyrotonics - Uwe Herbstreit
- 16.30 Simple no nonsense Kinesiology Taping (KT) Options for Shoulder Instability and Pain - Daniel Lawrence (Rocktape)
- 18.00 Close

FRIDAY 11.3.2016

- 08.30 **Registration**
- SYMPOSIUM 2 - HEALING AND TISSUE REPAIR**
Moderator: Juan Bruguera
- 09.00 Understanding Healing and Tissue Repair (in Tendinopathy) - Andy Carr
- 09.30 Effects of Electro Physical Agents on the Healing Process - Tim Watson
- 10.15 Healing and Rehabilitation - Marco Conti
- 11.00 **Panel Discussion on Healing: How We can affect it and Recent Advances**
- SYMPOSIUM 3 - THE SPORTING SHOULDER**
Moderator: Graham Tytherleigh-Strong
- 11.20 Shoulder Injuries in Throwing Athletes - Dr Matthias Zumstein
- 11.45 Compression and Distraction of the Shoulder Girdle: The Pathomechanics of Impact in Sports - Mr Simon Lambert
- 12.15 Looking down the Kinetic Chain in the Sporting Shoulder - Tanya Mackenzie and Mr Len Funk
- 12.45 **Panel Discussion**
- 13.30 Clinical Reasoning of Physiotherapy Treatment of Shoulder Sports Injuries - Dr Ian Horsley
- 14.15 Evidence-based Rehabilitation of the Athletic Shoulder and Return to Sport - Ben Ashworth
- 15.00 Discussion and Sports Shoulder Injury Live Patient Presentation
- SYMPOSIUM 4 - JOINT SYMPOSIUM: SURGEONS AND PHYSIOTHERAPISTS**
Moderator: Mr Giuseppe Sforza, Lora Young
- Talks to be 20 minutes followed by discussion and debate on each topic of about 10 minutes from the two panels and the floor.
- Surgeons Panel: J Relwani, S Lambert, G Sforza, M Conti
- Physiotherapists Panel: A Jaggi, I Horsley, C Hogg, T MacKenzie
- 16.00 Evidence-based Approach in Immobilisation following RCR and Stabilisations - Marco Conti
- 16.20 **Panel Debate**
- 16.30 Subacromial Pain Syndrome v Subacromial Impingement Syndrome - Where are we now?
Review of the Literature and Treatment - Jai Relwani and Carolyn Hogg
- 16.50 **Panel Debate**
- 17.00 Referred Shoulder Pain: Differential Diagnosis, including Neurological Examination of the Shoulder - Simon Lambert
- 17.20 **Panel Debate**
- 17.30 Complex or Difficult Case Study/Studies - Ofer Levy and Minal Desai
- 17.50 **Panel Debate**
- 18.00 Closing Remarks Ofer Levy and Giuseppe Sforza

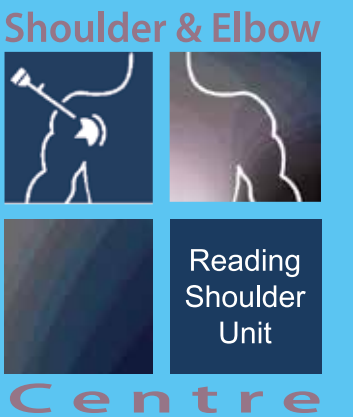
E Atoun, P Brownson, J Bruguera, E Calvo, A Castagna, J Cazeneuve,	A Carr, A Cools, M Conti, M Desai, A Ekelund, R Emery,	M Falworth, R Friedman, L Funk, J Gibson, F Gohlke, O Haddo,	R Hertel, A Jaggi, C Kelly, K Kumar, S Lambert, O Levy,	M Loew, H Mullett, G Porcellini, R Pradhan, P Randelli, P Reilly,	J Relwani, H Resch, R Russo, G Sforza, S Sharma, M Thomas,	G Tytherleigh-Strong, P Valenti, A Van Tongel, V Venkateswaran, A Wallace, L Young,	M Zumstein and many others...
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Prestigious International Faculty Assembled for this meeting

10th-11th March 2016

at the Royal Berkshire Conference Centre
Convenors: Ofer Levy and Giuseppe Sforza



Challenges and Revisions in Shoulder Surgery

- Live Surgery
- Advances in Rotator Cuff Repair
- Bone Deficiency and Failures in Shoulder Instability
- Biological Treatment
- Resurfacing and Stemless Arthroplasty
- Primary Implant and Revision Reverse Arthroplasty
- Infections
- Live Surgeries on Complex Cases
- Relive Surgeries
- Panel Discussions
- Workshops
- Physiotherapist Sessions

Scientific Committee: G Sforza, O Levy, J Bruguera, A Castagna

For further details & to register go to www.mededevents.net/RSU
or email us on course2016@readingshoulderunit.com
or Telephone UK **+07741482224**



The Maiwand Lion
Forbury Gardens, Reading



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