

Shoulder Disorders: Impingement Syndrome and Rotator Cuff Injuries

Course Description:

This course is designed to provide the Physical Therapist and Physical Therapist Assistant with an understanding of two of the most common causes of shoulder pain and disability. The content focuses on impingement syndrome and rotator cuff tears. Information on impingement syndrome includes a discussion of primary vs. secondary impingement, the evaluative process, and treatment options. The section on rotator cuff injuries includes classification of tears, rotator cuff evaluative tests, and discussion of acute vs. chronic tears. Clear treatment protocols are provided for both disorders in order to provide the therapist with knowledge for critical decision making and comprehensive clinical treatment. Course content has many helpful illustrations and photos.

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Course Objectives:

Course Participants will be able to:

- A. Impingement Syndrome
 - 1. Define impingement syndrome
 - 2. Describe etiology and differential diagnosis for primary impingement
 - 3. Describe etiology and clinical picture for secondary impingement
 - 4. Describe treatment options for nonoperative and operative treatment of impingement syndrome
 - 5. Demonstrate understanding of the use of treatment protocols for both conservative and post-surgical treatment of impingement syndrome.
- B. Rotator Cuff Tears
 - 1. Define functions of the rotator cuff complex and classification of tears
 - 2. Describe factors that affect outcome of rotator cuff repair
 - 3. Describe rotator cuff testing
 - 4. Describe patient presentation, examination and treatment for acute versus chronic tears
 - 5. Discuss protocols for nonoperative treatment and surgical repair of rotator cuff injuries
- C. Describe general shoulder rehabilitation goals, including
 - 1. Motion
 - 2. Muscle strengthening

CEU Approvals:

For information on specific state approval of this course, refer to PT On-Line Courses "About State Approvals" page.