



SASP CONGRESS 2018 PRE-CONGRESS COURSES

DR JEREMY LEWIS

The shoulder: Theory and practice

Date of activities:	12 September 2018 at 09:00-17:30 & 13 September 2018 at 09:00 to 17:00
Speaker name:	Dr Jeremy Lewis – International speaker from UK
Outline/abstract of presentation:	<p>In addition to assessment & management of the shoulder region, this course synthesizes the complex relationship between the shoulder & body biomechanics, pain science, lifestyle, patient psychosocial factors, beliefs & expectations, best practice and more.....and is guaranteed to be fun.</p> <p>This course remains a work “in progress” and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two or some on three occasions.</p> <p>This course will be thought provoking, and provide opportunity to discuss ideas and share experiences.</p>
Learning outcomes:	<ol style="list-style-type: none"> 1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the shoulder girdle. 2. To appreciate the importance of taking a biopsychosocial approach to patient management. 3. To develop a comprehensive subjective and physical evaluation strategy for the shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan. 4. To develop greater confidence with the physical assessment of the shoulder region and a better understanding of the evidence for the use of the selected assessment techniques. 5. To develop a greater understanding and knowledge of various pathologies of the shoulder girdle. 6. To develop greater competency in the management of patients with a variety of shoulder pathologies.

	<ol style="list-style-type: none"> 7. To review the research evidence relating to the influence of posture and muscle imbalance and its relationship with shoulder pathology. 8. To review the evidence underpinning the pathology, and the assessment and management of various shoulder conditions, including rotator cuff related shoulder pain and frozen shoulder 9. To review the research evidence evaluating the use of diagnostic imaging as part of the management for musculoskeletal disorders of the shoulder. 10. To review the research evidence evaluating the use of injections as part of the management for musculoskeletal disorders of the shoulder. 11. To develop greater confidence in the use of exercise therapy and other techniques for managing shoulder conditions and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.
Costs per day:	Including 14% VAT (15%VAT)
Fees for SASP members attending the congress	R 3200 (R 3228.07)
Fees for SASP members not attending the congress	R 4160 (R4196.50)
Fees for non-member attending the congress	R 3840 (R3873.68)
Fees for non-members not attending the congress	R 4992 (R5035.80)
<p>SASP members must register and pay on the e-commerce system. The course will be available on the system soon.</p> <p>Remember you need to login as a member to have access to the e-commerce system.</p> <p>Non-SASP members need to contact Tammy Riekert at southgauteng@saphysio.co.za to register manually.</p>	
CPD points per day:	14 CEUs on level 1