



**American
Society of
Shoulder and
Elbow
Therapists**



Evidence-Based Rehabilitation and Surgical Options for the Disabled Throwing Shoulder, the Unstable Shoulder, and Massive Rotator Cuff Tears

Saturday, May 6, 2017

7:30-8:00am Registration

8:00-9:00am Welcome; ASSET Mission; Speaker Introductions
Shoulder Clinical Anatomy – June Kennedy, MS, PT

9:00-10:15am Pathomechanics of the Throwing Shoulder – Common Injuries and Non-operative Rehabilitation -
Stephen Thomas, ATC, PhD

10:15-10:30am Break

10:30-11:30am Surgical Interventions for the Throwing Athlete – Sameer Nagda, M. D.

11:30am-12:30pm Post-operative Rehabilitation After SLAP Repair +/- Biceps Tenodesis, and other important considerations for return to throwing after surgery – Alan Tyson, PT, SCS, ATC, CSCS

12:30-1:30pm Lunch. George Davies Keynote Speech: 50+ years in Sports Medicine – Life Lessons Along the Way

1:30-2:30pm Current Trends in Examination and Non-Operative Management of Shoulder Instability - Alan Tyson, PT, SCS, ATC, CSCS

2:30-3:30pm Surgical Management of the Unstable Shoulder – Dean Taylor, MD; Remplissage for Engaging Hill Sachs lesions - Grant Garrigues, MD

3:30-3:45pm Break

3:45-4:30pm Current Trends and Concepts of Rehabilitation after Various Shoulder Instability Procedures – Early to Return to Work/Athletics – Alan Tyson, PT, SCS, ATC, CSCS

4:30-5:30pm Therapy Rotations at Duke Sports Medicine Physical Therapy Gym (20 minutes per station)

- Throwing Assessment – Stephen Thomas, ATC, PhD
- Late-Stage and Advanced Exercises for the Overhead Athlete (pitchers, swimmers, volleyball players, etc) – From Rehabilitation to Performance Training – Alan Tyson, PT, SCS, ATC, CSCS
- Soft Tissue Manual Therapy for the Stiff Shoulder – June Kennedy, MS, PT

Sunday, May 7, 2017

8:00-8:45am Non-operative Management of the Massive Inoperable Rotator Cuff – June Kennedy, MS, PT

8:45-10:00am Surgical Options for the Massive Rotator Cuff Tear: Repair, Superior Capsular Reconstruction, or Reverse Total Shoulder Replacement – Grant Garrigues, MD

10:00-10:10am Break

10:10-11:30am Post-operative Rehabilitation after Massive Cuff Repair, Superior Capsule Reconstruction, and Reverse Shoulder Arthroplasty – June Kennedy, MS, PT

11:30-12:00pm Question/answer panel to all speakers from all participants