



American  
Society of  
Shoulder and  
Elbow  
Therapists

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## Message to Members,

I hope all of our members are doing well this summer. Our annual meeting and continuing education course are just around the corner. Hope we will get to see new and old friends soon in North Carolina at the Pinehurst meeting. Eric Sauers and Stephen Thomas have lined up a great meeting and we hope you all submit your abstracts to share your knowledge with all of us.

Remember it is a requirement of all members to submit and present at our annual conference so we can all learn from each other. That is the beauty of this organization we require participation and engagement. You do not have to present a research project it can be a case study, a review of a particular topic, or describe a clinical therapeutic technique. Whatever you want to share with needs to be submitted via an abstract. The instructions and guidelines for submission are on the webpage. The deadline for abstract submission is July 18, 2014. If you need assistance the Research Committee members are willing to help members organize their abstract or presentation don't be afraid to reach out for assistance if you need it. ASSET annual conference is from Oct. 9 to Oct. 12 be sure to go to our website for instructions, registration, and making your hotel arrangements. We have reserved a bank of rooms for the meeting that is being held under our name "ASSET" with the booking ID of 45869 so be sure when you make your reservation you let them know this so you can get the correct room rate.



Our education chair Ellen Shanley and Sarah Jackins have been working hard at organizing the continuing education course that will be held out at Washington University in Seattle Washington. We are blessed that Dr. Fredrick Matsen will be joining our continuing



education meeting as our guest. Thank Sarah for helping us get Dr. Matsen to present when you see her next. We want to also thank our other members; Helen McDevitt and Kellie Bliven who are helping out with this course "Evidence Based Treatment of Glenohumeral Arthritis and Chondral Injuries" and will be held on Oct 18<sup>th</sup>, 2014. Registration details are on our website for both meetings, [www.asset-](http://www.asset-usa.org)

[usa.org](http://www.asset-usa.org).

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Clinical Pearl - June Kennedy from Duke has offered up a clinical pearl for us all on a technique to manage shoulder stiffness.

I often find that after sling immobilization, ROM for elevation, external rotation at 0 and 90° are stymied by shortening of the subscapularis from the immobilization in IR. I have begun to use Graston Technique with the patient positioned side lying on the unaffected side, and the operative or involved arm on top with arm supported on a large therapeutic ball at around 90° of elevation in the scapular plane or close to it. This allows me to use the instrument (I use G4 usually) to "dig in" to the subscap at rest, and after around 5 min, I have the patient roll the ball up/down the table it is on to do the Graston with movement, sweeping the instrument along the fascial plane with movement. In one session I usually gain around 20° of isolated glenohumeral elevation as well as external rotation at 0 and 90°. I instruct the patient to begin stretching with the newly gained ROM. I have had 2 patients being considered for lysis of adhesions and manipulation under anesthesia that have responded well to this intervention by performing this technique 3 times in a row in one session at a frequency of two times a week. These two patients have gone on to recover near full ROM.

June thanks for sharing this clinical pearl. If anyone else has a pearl they would like to share please email it to Tim Uhl so we can incorporate into the message to members.

The 2014 National Athletic Trainers' Association Annual Conference was held at the end of June in Indianapolis, IN. There were several ASSET members presenting on shoulder and elbow evaluation and rehabilitation topics. I want to thank all the members for attending and sharing their knowledge. We are truly blessed group to have such talented and committed individuals participating in making our professions better. We want to thank all the presenters for representing ASSET so well in Indianapolis.

We want to thank Kinex for agreeing to continue supporting ASSET as corporate sponsor again for the next year. Their support is tremendous to our organization so be sure to support them if you have a need for passive range of motion or other medical devices their web page is [www.kinexmedical.com](http://www.kinexmedical.com)



Tim Uhl  
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Kevin Laudner  
Secretary/Treasurer

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Member-at-Large

Eric Sauers  
Past- President

Mark Lombardi  
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Sarah Jackins  
Member-at-Large

Kellie Bliven  
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