

Learning Outcomes

Steven Kronlage, MD – Elbow Anatomy

- Describe Anatomy of the Elbow
- Understand Elbow Injuries and Mechanisms

Steven Kronlage, MD – Tendon Injuries of the Elbow

- Describe and understand tendon injuries of the elbow
- Review diagnoses of tendon injuries of the elbow
- Understand various treatment of tendon injuries of the elbow

Marta Brinkley, OTR, CHT – Therapists' Treatment Decisions for Elbow Fractures & Dislocations

- Distinguish which provocative elbow tests are clinically useful and know how to perform them correctly.
- Determine the best options for treating elbow flexion contractures.
- Understand the current static and dynamic orthotic

Steven Kronlage, MD - Elbow Instability

- Describe elbow instability patterns
- Diagnose elbow instability patterns
- Understand treatment of elbow instability patterns

Steven Kronlage, MD – Total Elbow Arthroscopy

- Describe total elbow arthroscopy
- Identify who would benefit from total elbow arthroscopy
- Describe complications of total elbow arthroscopy

Roger Ostrander, MD – Evaluation and Management of Elbow Injuries in the Throwing Athlete

- Review Surgical Anatomy of Elbow, specifically thrower's elbow
- Review pertinent history, examination, causes, and imaging
- List treatment options, and rehabilitation

Tyler Opitz, PT – UCL Injuries

- Understand the principles behind rehab and treatment of UCL injuries based on appropriate healing times of soft tissue and meeting rehab benchmarks.
- Be able to articulate risk factors for future injury based on athlete movement patterns if patterns exist.
- Comprehend progressive overload principles, periodization with exercise and corrective exercise techniques to correct faulty movement patterns

- Learn the discharge criteria and return to play criteria following UCL injuries

Alex Coleman, MD –

- Review surgery management of ulnar nerve
- Recognize and understand compression neuropathies

Christy Thrift, OTR – Rehabilitation Perspectives Related to Nerve Injuries of Upper Extremity

- Identify and understand the anatomy of upper extremity in relation to nerve innervation as well as enhance knowledge regarding a nerve's response to injury and repair
- Identify commonly treated nerve injuries of upper extremity and the presentation of impairment
- Enhance thorough evaluation of upper extremity with sound clinical reasoning and current research
- Identify order of nerve return and importance for guiding rehabilitation and treatment
- Develop appropriate treatment approach individual to nerve injury related to compression, laceration, and/or nerve repair

Chris O'Grady, MD – An Update in Rotator Cuff and Shoulder Instability Surgery

- Review Surgical Anatomy of Shoulder Instability
- Review pertinent history, examination, and imaging
- Recognize surgical and conservative treatment options

Albi Gilmer, PT – Evaluation and Treatment of Shoulder Instability

- Describe the general demographics and epidemiology of those with shoulder instability
- Describe anatomy and pathophysiology of shoulder instability
- Define and describe tests that help determine the existence of shoulder instability
- Describe key components to successful treatment of shoulder instability.

Chris O'Grady, MD – Current Concepts in Shoulder Arthroplasty

- Review history and biomechanics of arthroplasty
- Identify history, examination of when arthroplasty is determined
- Understand surgical, treatment and rehabilitation for arthroplasty

Steve Jordan, MD – The Shoulder Exam – An Evidence Based Approach

- Review the history and proper technique for named shoulder examination tests
- Review the statistical validity and accuracy of shoulder examination tests including combinations
- Demonstrate an efficient shoulder physical examination algorithm

Trevor Turner, MD – Platelet Rich Plasma (PRP) in the Upper Extremity

- Gain an understanding for potential mechanism of action in the use of platelet rich plasma therapy
- Identify evidence for/against the use of PRP in treatment of lateral epicondylitis

- Identify evidence for/against the use of PRP in treatment of rotator cuff tears

Jeff Baggett, ATC –

- Identify basic biomechanics terms for baseball thrower
- Determine how to grossly evaluate throwing mechanics

Huaiyu Tan, MD – Injury and CrossFit

- Understand the physical demands of CrossFit
- Understand the mechanism by which injury can occur
- Understand the types of injuries sustained with weight training and CrossFit

Brent Hardy, ATC – Rehabilitation Approach to CrossFit Upper Extremity Injuries

- Understand how CrossFit shoulder injuries occur and how frequent are they compared to other sports
- Identify rehabilitation approach to restoring shoulder function at a CrossFit facility after discharge from physical therapy
- Develop how to educate and prevent future CrossFit shoulder injuries from reoccurring

Jered Phipps, Med, ATC, CSCS – SFMA and the Upper Extremity

- Review the background and theory of the SFMA
- Understand how the SFMA breakouts correlate with shoulder pathology
- Understand corrective strategies targeting shoulder dysfunction

Amy Dunckel, DPT – The Pre-employment Screen: What It Is...and What It Isn't

- Review and understand what is a pre-employment screen
- Determine what can the pre-employment screen tell me
- Identify the future of pre-screening potential employees

Albi Gilmer, PT – Effective Return to Sport/Discharge Testing after Upper Extremity Injury

- Establish what has been done in the past for discharge testing after upper extremity injury
- Establish a criteria that should be fulfilled before effectively and safely returning a patient back to sport/recreation/work after upper extremity injury
- Establish special test clusters that are effective in ruling and ruling out different pathologies to improve treatment pathways

Various Faculty - Lab Demonstration: SFMA; Pre-employment; Pre-Sports, Functional, & Discharge Testing

- Demonstrate how the SFMA breakouts correlate with shoulder pathology
- Demonstrate how to bring a patient through the pre-employment screening process
- Demonstrate and review various methods on how to functionally test a patient before discharge