

# SCAPULAR DYSKINESIS 2021

## VIRTUAL MEETING

GUIDELINES FOR EVALUATION AND TREATMENT

**HOLD THE DATE!**  
**JANUARY 9 - 16 - 23, 2021**

**4.75 CME CREDITS**

featuring

Dr. W. Ben **KIBLER MD**

Dr. Aaron **SCIASCIA PhD, ATC, PES, SMTTC**

Dr. J. Will **LOCKHART II PT, DPT**

**POSTPONED**



**JANUARY 9 - 16 - 23, 2021**

**3:00 PM Eastern Standard Time**

# SCAPULAR DYSKINESIS 2021 VIRTUAL MEETING



LEARN THE LATEST IN HOW TO RECOGNIZE, DIAGNOSE AND TREAT SCAPULAR DYSKINESIS.

## WHO

## TAUGHT BY:



**Dr. W. Ben Kibler  
M.D.**

*Lexington Clinic*

World renown author, lecturer and expert on scapular function and dysfunction



**Dr. Aaron Sciascia PhD, ATC,  
PES, SMTC**

*Eastern Kentucky University*

Associate Professor Exercise and Sport Science



**Dr. J. Will Lockhart II  
PT, DPT**

*Lexington Clinic*

## COURSE OBJECTIVES

- To describe the role of the scapula in normal shoulder function and in individuals with shoulder pain and/or various shoulder pathologies.
- To employ specific clinical maneuvers designed to identify scapular dysfunction.
- To explain the kinetic chain philosophy of shoulder rehabilitation.
- To employ kinetic chain-based exercises to treat scapular dysfunction.

## WHEN

The course will take place on three consecutive Saturday afternoons. Course topics include:

### PART 1

**January 9, 2021** - 105 minutes

Why is the scapula important? Scapular roles in shoulder function and dysfunction

### PART 2

**January 16, 2021** - 90 minutes

Evaluation of scapular dyskinesis - the complete diagnosis as a guide for treatment

### PART 3

**January 23, 2021** - 120 minutes

Surgical and non surgical treatment - indications, techniques, and guidelines

# SCAPULAR DYSKINESIS 2021 VIRTUAL MEETING



LEARN THE LATEST IN HOW TO RECOGNIZE, DIAGNOSE AND TREAT SCAPULAR DYSKINESIS.

**PART 1**  
**01 - 09 - 2021**

*Why is the scapula important? Scapular roles in shoulder function & dysfunction*

## **Session 1 - Scapular mechanics (kinesis) and pathomechanics (dyskinesis)**

**Kibler** (15 minutes)

- Definition and visual examples of kinesis and dyskinesis
- Dyskinesis as an impairment, with multiple causative factors
- Presentation of the multiple causative factors for dyskinesis

*Discussion and audience participation - (15 minutes)*

## **Session 2 - Cases and discussion- scapular dyskinesis in shoulder injury and dysfunction- cause or effect**

**Kibler, Sciascia, Lockhart** (60 minutes)

- Soft tissue alterations, soft tissue injury
- Intra - articular injury
- Bone alterations
- Neurological injury

*Discussion and audience participation - (15 minutes)*

**PART 2**  
**01 - 16 - 2021**

*Evaluation of scapular dyskinesis- the complete diagnosis as a guide for treatment*

## **Session 3 - Comprehensive evaluation**

**Kibler, Sciascia, Lockhart** (20 minutes)

- Scapular dyskinesis evaluation algorithm
- Case presentations- techniques for qualitative clinical evaluation

*Discussion and audience participation - (20 minutes)*

## **Session 4 - Results from the evaluation**

**Kibler, Lockhart** (20 minutes)

- Common deficits, isolated, combined on the evaluation
- Common patterns of muscle weakness/inhibition
- Quantitative evaluation - preliminary report

*Discussion and audience participation - (30 minutes)*



# SCAPULAR DYSKINESIS 2021 VIRTUAL MEETING

LEARN THE LATEST IN HOW TO RECOGNIZE, DIAGNOSE AND TREAT SCAPULAR DYSKINESIS.

**PART 3**  
**01 - 23 - 2021**

*Surgical and non surgical treatment - indications, techniques, and guidelines*

## **Session 5 - Surgical treatment- indications and outcomes**

**Kibler** (20 minutes)

- Glenohumeral joint injury
- Clavicle/ AC joint injury
- Muscle surgery - repair/reattachment, muscle transfers

*Discussion and audience participation - 20 minutes*

## **Session 6 - Non-surgical - protocols, progressions, pitfalls**

**Sciascia, Lockhart** 60 minutes

- Evaluation, initial exercise prescription, initial therapy goals
- Therapy progressions- criteria for progression
- Criteria- return to activity
- Pitfalls and advanced techniques

*Discussion and audience participation - 20 minutes*

## **DR. KIBLER'S EXPERIENCE**

### **Within the realms of medical innovations, Dr. Kibler:**

- Was the first to describe kinetic chain in sports activities
- Was the first to describe scapular kinematics and scapular dyskinesis
- Wrote and co-edited first and only book on scapular disorders
- Developed concepts of core stability and closed chain rehabilitation
- Developed protocols and programs that set the basis for comprehensive shoulder rehabilitation
- Developed and described 3 clinical exam tests for shoulder pathology
- Developed and determined outcomes for 2 operations for AC injury and scapular muscle detachment
- Developed the Personal Insight Program to address issues of professional and personal burnout.



# SCAPULAR DYSKINESIS 2021 VIRTUAL MEETING

LEARN THE LATEST IN HOW TO RECOGNIZE, DIAGNOSE AND TREAT SCAPULAR DYSKINESIS.

## REGISTRATION

**Registration form will be available on the following web page:**

[www.scapular dyskinesia.org](http://www.scapular dyskinesia.org)

### Target Audience:

Physicians, Physical Therapists and Athletic Trainers (4.75 BOC Category ACEU's)

### Registration FEES:

- Doctors/Physician: \$300.
- Non - Physician, Others: \$200.

### Payment:

- Paypal Payments only
- For questions please email administrator at [academy@ncs-company.com](mailto:academy@ncs-company.com)

### Deadline:

- **Deadline for registration 31 December 2020**

### Credits:

The Kentucky Medical Association designates this live activity for a maximum of 4.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Cancellation Policy:

- You must notify us in writing if you need to cancel
- Cancellation made before December 15 will be refunded 50% of total amount paid
- NO refunds after December 15
- All refunds will be completed after the conclusion of Scapular Dyskinesis 2021

SCAPULAR DYSKINESIS 2021  
IS SPONSORED BY



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the *Kentucky Medical Association* and **W. Ben Kibler, MD**.  
The *Kentucky Medical Association* is accredited by the ACCME to provide continuing medical education for physicians.

This course content is not intended for use by any participants outside the scope of their license or regulation.

Eastern Kentucky University is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. ECU BOC Provider #P3683

**NCS | NCS Lab Srl**

Via Pola Esterna 4/12 41012 Carpi (MO) Italy  
Tel. +39 059 669813

**NCS AMERICA INC**

3500 South Dupont  
Highway  
Dover DE 19901(Kent)

**FOR ADDITIONAL INFORMATION**

JOHN WINSLOW  
[j.winslow@ncs-company.com](mailto:j.winslow@ncs-company.com)  
970-980-1110