

SCAPULAR DYSKINESIS 2021

VIRTUAL MEETING

GUIDELINES FOR EVALUATION AND TREATMENT

4.75 CME CREDITS

**PHYSICAL THERAPISTS AND ATHLETIC
TRAINERS (4.75 BOC CATEGORY ACEU'S)**



MARCH 13, 2021

from 9:00 AM to 2:00 PM - Eastern Standard Time
(from 3:00 PM to 8:00 PM - Central European Time)

featuring

Dr. W. Ben KIBLER MD

Dr. Aaron SCIASCIA PhD, ATC, PES, SMTc

Dr. J. Will LOCKHART II PT, DPT

www.scapular dyskinesia.org

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

March 13, 2021

from 9:00 AM to 2:00 PM - Eastern Standard Time

(from 3:00 PM to 8:00 PM - Central European Time)

The course will take place on March, 13 2021. **ONE DAY COURSE**

Course topics include:

PART 1

105 minutes

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

PART 2

90 minutes

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

PART 3

120 minutes

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

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PART 1

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

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)

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PART 3

*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.

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REGISTRATION

Registration form will be available on the following web page:

www.scapular dyskinesis.org

For info please write to John Winslow: j.winslow@ncs-company.com or academy@ncs-company.com

Target Audience:

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

Registration FEES:

- Doctors/Physician/Non - Physician /Others: \$150.

Payment:

- Paypal Payments only
- For questions please email administrator at academy@ncs-company.com

Deadline:

- **Deadline for registration February 28, 2021**

Credits for Physical Therapists and Athletic Trainers (4.75 BOC Category ACEU's)

Cancellation Policy:

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

SCAPULAR DYSKINESIS 2021

IS SPONSORED BY



FOR ADDITIONAL INFORMATION

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Scapular Dyskinesis is supported by a grant from NCS Company

www.scapular dyskinesis.org