

# 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.scapulardyskinesis.org](http://www.scapulardyskinesis.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.scapulardyskinesis.org](http://www.scapulardyskinesis.org)

For info please write to John Winslow: [j.winslow@ncs-company.com](mailto:j.winslow@ncs-company.com) or [academy@ncs-company.com](mailto: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](mailto: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.scapulardyskinesis.org](http://www.scapulardyskinesis.org)