

## THE PAINFUL SHOULDER COURSE AGENDA

DAY 1	
TIMINGS	TOPICS
8:00 - 8:30 am	<ul style="list-style-type: none"> <li>Registration</li> </ul>
8:30 - 9:30 am	<ul style="list-style-type: none"> <li>Introduction/overview</li> </ul>
9:30 - 10:30 am	<ul style="list-style-type: none"> <li>Principles of Assessment and Treatment</li> </ul>
10:30 - 10:45 am	<ul style="list-style-type: none"> <li>Coffee break</li> </ul>
10:45 - 11:45 am	<ul style="list-style-type: none"> <li>Anatomy and Biomechanics of the Shoulder complex</li> </ul>
11:45 am - 12:45 pm	<ul style="list-style-type: none"> <li>Red Flags and the Neck</li> </ul>
12:45 - 1:45 pm	<ul style="list-style-type: none"> <li>Lunch and Prayer Break</li> </ul>
1:45 - 3:45 pm	<ul style="list-style-type: none"> <li>Stiff Shoulder - Part 1</li> </ul>
3:45 - 4:00 pm	<ul style="list-style-type: none"> <li>Coffee break</li> </ul>
4:00 - 5:00 pm	<ul style="list-style-type: none"> <li>Stiff Shoulder - Part 2</li> </ul>
5:00 - 6:00 pm	<ul style="list-style-type: none"> <li>Review of Day 1</li> </ul>

	DAY 2
TIMINGS	TOPICS
8:00 - 8:30 am	<ul style="list-style-type: none"> <li>• Registration</li> </ul>
8:30 - 9:30 am	<ul style="list-style-type: none"> <li>• Review of Day 1</li> </ul>
9:30 - 10:30 am	<ul style="list-style-type: none"> <li>• The Weak Shoulder</li> </ul>
10:30 -10:45 am	<ul style="list-style-type: none"> <li>• Coffee break</li> </ul>
10:45am - 12:45 pm	<ul style="list-style-type: none"> <li>• Rehab Practical 1</li> </ul>
12:45 - 1:45 pm	<ul style="list-style-type: none"> <li>• Lunch and Prayer Break</li> </ul>
1:45 - 3:00 pm	<ul style="list-style-type: none"> <li>• The Loose Shoulder</li> </ul>
3:00 - 3:30 pm	<ul style="list-style-type: none"> <li>• Coffee break</li> </ul>
3:30 - 4:30 pm	<ul style="list-style-type: none"> <li>• Rehab Practical 2</li> </ul>
4:30 - 5:30 pm	
5:30 - 6:00 pm	<ul style="list-style-type: none"> <li>• Review and Certificate Distribution</li> </ul>

