SO-PMS-19-01

ADAM MEAKINS (UK): The Shoulder – complex doesn’t have to be complicated | 16 FP



Adam Meakins aka. **THE SPORTS PHYSIO**, Schulter-Experte, erbitterter Verfechter von evidenzbasierter Praxis und hervorragender Entertainer kommt 2019 für feinstes Edutainment erneut nach Deutschland und in die Schweiz!

Sei dabei, wenn es heißt **YOU CAN’T GO WRONG, GETTING STRONG!**

Jeder, der seinen Therapieansatz im Umgang mit Schultern professionalisieren und vor allem ein spannendes, herausforderndes und lustiges Wochenende verbringen will, sollte sich diesen Kurs auf keinen Fall entgehen lassen! Adam Meakins muss man einfach erlebt haben!

Background
As a physio with an interest in the shoulder, I’ve been fortunate enough to work with some of the world’s leading experts over the years and I have learned much from them. However, I found that there is an overwhelming amount of confusing and conflicting opinions, methods, and research on how to assess, treat and manage shoulder problems and this never sat well with me.

I find that a simple straightforward approach works well with most things in physio and shoulder issues are no different. However, doing things simply can be challenging for physios due to worrying they will appear stupid or incompetent to their patients or peers or get inferior results.

This left me wondering that there must be a way to demonstrate how keeping it simple is both effective and evidenced-based for shoulder conditions, and give physios the confidence to focus on doing the simple things really well.

So I designed my own course that attempts to highlight that although **“shoulders are complex, they don’t have to be complicated”.**

Course Outline
This fast-paced, information-packed course is firmly based on the latest research as well as my own experience and is constantly updated. It demonstrates how our assessments and treatments are surrounded by uncertainty, and how they are not as specific or sensitive as many would like us to think. As distressing as this may sound I show it can be an advantage and allows you to focus on what matters the most, the patient.

This course has been developed over a decade of experience and has taken two years of painstaking work to write, and even lead to three small clinical trials of my own. It won’t promise you quick fixes, miracle treatments, or fancy interventions, but it will give you the confidence that doing the simple things well is both effective and evidence-based. It will also provide you with plenty of practical tips that you can use in the clinic immediately.

Now in its fourth year, these widely acclaimed courses aim to be informative, informal, and fun. Presented in my own unique and occasionally controversial style we explore the myths and misconceptions that surround a lot of physiotherapy and look for a simpler way forward.

For an idea of my course see this short video below…

Course Objectives

- Simplify your assessment and management of the most commonly encountered shoulder problems
- Expose some myths around shoulder anatomy, biomechanics and pathology
- Explore the evidence on our assessments and diagnosis of shoulder issues
- Examine how best to assess shoulder movement, muscle function, proprioception, and the kinetic chain
- Practice basic and higher-level shoulder exercises with ideas on how to program and structure an evidenced-based rehab plan

Course Timetable

Day 1:

Time	
8.45 – 9.00	Registration
9.00 – 9.30	Introductions and managing expectations
9.30 – 11.00	Key principles of assessment and treatment
11.00 – 11.15	Coffee
11.15 – 11.30	Simplifying the shoulder
11.30 – 13.00	Shoulder anatomy and biomechanics
13.00 – 13.30	Lunch
13.30 – 14.00	Shoulder red flags and masqueraders
14.00 – 15.30	The stiff shoulder: theory
15.30 – 15.45	Coffee
15.45 – 16.45	The Stiff Shoulder: Practical
16.45 – 17.00	Summary / Q & A

Day 2:

Time	
9.00 – 9.15	Review Day 1
9.15 – 11.00	The Weak Shoulder: Theory
11.00 -11.15	Coffee
11.15 – 13.00	The Weak Shoulder: Practical
13.00 – 13.30	Lunch
13.30 – 14.30	The Loose Shoulder: Practical
14.30 – 15.45	The Loose Shoulder: Theory
15.45 – 16.00	Course Summary / Q & A

Kurssprache: Englisch

Leitung	Adam Meakins

Kursgebühr	0,00 €
Beginn	23.02.2019
Ende	24.02.2019
Kurszeiten	Sa. 23.02., 08:45 - 17:00 Uhr So. 24.02., 09:00 - 16:00 Uhr
Kursort	Dycker Feld 53c, 42653 Solingen
Zielgruppe	Physiotherapeuten, Masseure, Ärzte, Sport- und Gymnastiklehrer, Sportwissenschaftler
Fortbildungspunkte	16