The UW-Madison Physical Therapy Alumni Coalition is proud to sponsor a Continuing Education Course

“Current Concepts in Evaluation and Treatment of the Shoulder in the Overhead Athlete”

by Todd Ellenbecker DPT, MS

COURSE DESCRIPTION: This 7.5-hour course will contain lecture and live – demonstration of evidence based evaluation techniques and specific interventions to address characteristic deficits in ROM and strength in the overhead athlete. Scapular evaluation and stabilization techniques will be discussed in addition to presentation of specific exercise progressions to improve rotator cuff strength based on EMG research. Recent advances in arthroscopic rotator cuff repair rehabilitation will be covered including specific basic science research providing guidance on ROM and strength progression following repair.

COURSE OBJECTIVES: Upon completion of this educational session the participants will be able:
1) Apply specific evaluation techniques to identify hyper and hypomobility of the shoulder joint
2) Identify key markers of subtle scapular dysfunction and identify specific exercises to improve scapular muscle activation
3) Identify glenohumeral internal rotation deficiency (GIRD) and devise treatment techniques to address it
4) Apply specific rotator cuff exercise progressions for patients with shoulder dysfunction
5) Integrate plyometrics and function exercise progressions in end stage rotator cuff rehabilitation

LOCATION: Health Sciences Learning Center, Rooms 3110 B & D, 750 Highland Avenue Madison WI

DATES & SCHEDULE

<table>
<thead>
<tr>
<th>Friday 9/14/18 (4.0 hours CEU)</th>
<th>Saturday 9/15/18 (3.5 hours CEU)</th>
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<tbody>
<tr>
<td>4:00 – 5:00pm Evaluation Techniques</td>
<td>8:00 – 9:00 am Day 1 Q&amp;A, Start Rotator Cuff</td>
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<tr>
<td>5:00 – 6:00pm Scapular Dysfunction</td>
<td>9:00 – 10:00am Rotator Cuff Exercise Progression</td>
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<tr>
<td>6:15 – 7:00pm DINNER BREAK</td>
<td>10:00 – 10:15am BREAK</td>
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<td>7:00 – 8:00pm GIRD</td>
<td>10:15 – 11:15am Plyometrics &amp; Functional Rehab</td>
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<td>8:00 – 9:00pm Treatment Concepts</td>
<td>11:15 – 11:45am Take-home Messages and Q&amp;A</td>
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Todd Ellenbecker is clinic director of Physiotherapy Associates Scottsdale Sports Clinic in Scottsdale, AZ. He is Vice President of Medical Services for the Association of Tennis Professionals World Tour. He received his PT degree UW-La Crosse (1985) and a MS (exercise physiology) from Arizona State University (1989). He completed his DPT from MGH – Institute of Health Professions in 2006. Dr. Ellenbecker is certified as an ABPTS sports clinical specialist (SCS) and orthopaedic clinical specialist (OCS) and certified strength and conditioning specialist (CSCS). Dr. Ellenbecker is a USPTA tennis teaching professional and Chairman of the USTA National Sport Science Committee. He is also the National Director of Clinical Research for Physiotherapy Associates. In 2007 he received the Ron Peyton award by the Sports Physical Therapy Section and in 2008 was the recipient of Samuel Hardy Educational Merit Award from the International Tennis Hall of Fame. He received the Turner A. Blackburn Hall of Fame/Lifetime Achievement Award from the Sports Physical Therapy Association in 2011.

Dr. Ellenbecker served as the Chairman of the APTA’s Shoulder Special Interest Group from 1996 to 2002. He is a manuscript reviewer for the Am J Sports Medicine and serves on the editorial board of the International Journal of Sports Physical Therapy and Sports Health. He has conducted and published research primarily on upper extremity athletes. He has conducted research and lectured internationally on shoulder and elbow rehabilitation, as well as isokinetic exercise application and musculoskeletal adaptations in elite level tennis players and overhead athletes. He has authored several books: *The Elbow in Sport*, *Complete Conditioning for Tennis*, *Closed Kinetic Chain Exercise*, *Strength Band Training* and *Clinical Examination of the Shoulder*. He was editor for *Knee Ligament Rehabilitation* (2nd ed), *Shoulder Rehabilitation: Non-Operative Treatment* and co-editor of *The Scientific and Clinical Application of Elastic Resistance* and *Functional Progressions in Sport Rehabilitation*. Dr. Ellenbecker and Kevin Wilk most recently published *Sport Therapy for the Shoulder with Online Video* (2017).

Dr. Ellenbecker is a Wisconsin native (Stevens Point) and lives in Scottsdale Arizona with his wife Gail.

Please complete and mail to:
Lisa Levy, Program Assistant
UW-Madison Physical Therapy Program
5173 Medical Sciences Center
1300 University Avenue
Madison WI 53706-1532
CEU EVENT REGISTRATION

Please PRINT clearly as ALL communications will be done by E-mail

Name: ____________________________________________________________

E-mail: __________________________________________________________

Address: _______________________________________________________________________

___________________________________________________________________________

Phone: ________________________________

COURSE FEES : Check one and enclose CHECK for correct amount:

□ PT or PTA $175 □ PT Resident $100 □ SPT $50 (IF space available after 9/5/18)

CEU Event Checks Payable to : UW-Madison PT ALUMNI Coalition

COURSE REGISTRATION DEADLINE : Monday, September 10, 2018

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UWPT ALUMNI EVENT --- FOOTBALL REGISTRATION

vs. Wisconsin vs. Brigham Young University @ Camp Randall Stadium

Saturday, September 15, 2018  2:30 PM

A block of 50 football tickets has been reserved for UW-Madison PT Alumni. You must attend CEU event to qualify for tickets. Limit 2 tickets per order. Cost $65 each.

Football tickets will be awarded on a first come-first serve basis, so register EARLY.

Number of tickets_____   Amount of check _________

Football Checks Payable to : UW-Madison DPT Program
LODGING

A block of rooms for the UW-Madison PT Alumni Coalition Event available at:

Best Western Inn Towner
2424 University Avenue
Madison, WI 53726
Reservations: 1-800-258-8321
Phone 608-233-8778
Rate = $159.99 each

*Cut-off date for hotel reservations 8/20/2018 (Rooms fill fast!)*

FUTURE COMMUNICATION

- You will receive an e-mail confirmation of your course registration along with campus parking information.
- CEU Course Handouts will be sent to participants electronically week of Sept 10-14.
- **Football tickets will be awarded on a first come-first serve basis.**
  - Your football ticket purchase or denial will be included in your course confirmation e-mail.
  - Checks for football tickets will be voided if all tickets have been reserved.
  - Football tickets will be dispensed ON-SITE at CEU Registration Table (9/14).

**Mail your completed registration form and check(s) to:**
Lisa Levy, Program Assistant
UW-Madison Doctor of Physical Therapy Program
5173 MSC
1300 University Avenue
Madison, WI 53706-1532

**Last Reminder....**

CEU CHECKS  Payable to: *UW-Madison PT Alumni Coalition*

FOOTBALL CHECKS Payable to: *UW-Madison DPT Program*