



Dr Lyn Watson is a clinical Manipulative and Sports Physiotherapist who has been working exclusively in the diagnosis, assessment and rehabilitation of shoulder injuries for the past 25 years. She lives in Melbourne, Australia where she is the Clinical Shoulder Physiotherapy Specialist at LifeCare, Prahran Sports Medicine Centre and Melbourne Orthopaedic Group.

Lyn graduated in 1986 with a Bachelor of Applied Science in Physiotherapy (Hons) from Latrobe University. She completed her post-graduate training in Manipulative Physiotherapy in 1990 and was granted her Sports Physiotherapy title in 2000. Lyn was granted her Professional Doctorate in Physiotherapy from Latrobe University in 2016.

She has been conducting clinically relevant, published research since 1996. She is an Adjunct Professor of Research at Western University, Ontario Canada. She has published her research on Rehabilitation of Multidirectional Instability, Frozen Shoulder & Hydrodilatation, Thoracic Outlet Syndrome, Glenohumeral Joint Instability, Scapula Biomechanics and Clinical Outcome Measures in the Journal of Shoulder and Elbow Surgery, Manual Therapy and British Journal of Sports Medicine (see below). Her most recent research, a rehabilitation Program for MDI, has been validated in a RCT by Sarah Warby.

She is the specialist shoulder physiotherapy consultant to a variety of national and international teams and individual athletes. She has been consulting to the Australian Cricket Team since 1994, and working with Australian Olympic Level Swimmers, Water Polo, Beach Volleyball, Sprint and Slalom Paddlers, Rowers and professional Tennis Players for over 20 years. Her clinical practice has a balance of elite athletes, weekend warriors, office workers and manual workers of all age groups. As such, she treats and specialises in the everyday typical shoulder conditions such as rotator cuff pathologies, instability, impingement and the stiff shoulder.

Lyn is an internationally renowned lecturer, course presenter and clinician. Over the last 25 years she has developed a logical and progressive approach to the assessment, diagnosis, rehabilitation and management of the shoulder and shoulder girdle. She has been teaching this approach in her Shoulder Physiotherapy courses throughout Australia, Canada, United Kingdom, France, Italy, USA, South Africa and Asia since 1992. She also lectures on the Masters of Manipulative Therapy and Sports Physiotherapy programmes for both Melbourne and Latrobe Universities.

Course Content

Anatomy & Biomechanics

The Course includes a detailed discussion regarding the relevant anatomy and biomechanics of the GH, AC & SC Joints and Shoulder Girdle associated with the clinical presentation of patients. Lyn's use of real patient examples and the relationship between their symptoms, physical presentations and underlying pathomechanics provide the foundation to understanding the shoulder.

Clinical Decisions Making

Using her unique, logical and structured assessment of the Shoulder and Shoulder Girdle, Lyn guides physiotherapists through the clinical decision - making process:

- Which assessment tools to use to understand the patients' problem
- The primary problem and the secondary symptoms
- Diagnosis; Initial, Differentials and sometimes an Evolving Diagnosis
- The stage of the pathology and whether it is amenable to physiotherapy
- When physiotherapy, investigation, intervention or referral is indicated / appropriate
- Rehabilitation programme development, progression and evolution
- Re - assessment process for each patient

Shoulder Hypermobility

- Its presentation within the wider population and within a shoulder clinic
- Its impact on presenting symptoms, injuries and findings
- A discussion on how it impacts patients that are young, middle aged and older,
- A discussion on assessing for it and adjusting intervention accordingly

The Scapula

- 3D assessment of the scapula at rest, through motion and during other shoulder assessment tests (like muscle/R.Cuff strength testing)
- A detailed discussion on when the scapula is relevant to the patients presentation or an adaptation to their problem
- Techniques for manually correcting aberrant scapula position and dyskinesia through ROM
- Tailoring the correction of the scapula position at rest, through motion and during other assessment testing
- A discussion of this clinical decision - making process for patients with Instability, Stiffness, Impingement, Rotator Cuff tears and SLAP lesions

The Humeral Head

- Techniques to assess the position, translation and dynamic control of the humeral head on the glenoid in normal and specific shoulder pathologies
- A detailed discussion of the impact the scapula, the capsuloligamentous structures, the labrum and rotator cuff have on maintaining the centralisation and control of the humeral head
- Techniques for correcting aberrant humeral head translation and the clinical decision making process used to determine its impact on the patients presentation and other assessment findings (SLAP tests, Impingement tests, ULTTests, Scapula dyskinesia, R.Cuff tests, etc)
- A demonstration and discussion of special orthopaedic tests for assessment of shoulder rotator cuff, instability, impingement and SLAP tears with reference to the literature, clinical use and interpretation

Instability (GHJ, ACJ & SCJ)

- The different categories: from traumatic uni-directional to traumatic and/or overuse hypermobile instability through to multidirectional instability
- Typical presentation and assessment findings
- Different management plans for each category with reference to investigations used, rehabilitation and surgery
- Outcomes published and evidence based practice
- Practice of techniques used to fully assess instability of the shoulder and determine the different contributions from the scapula, labrum, capsuloligamentous structures and rotator cuff/deltoid muscular control
- Lyn's Multi-directional Instability rehabilitation program will be supplied & discussed

GH Joint Stiffness, Rotator Cuff Pathology & Degenerative AC Joints

- The different categories: from frozen shoulders to post-operative stiffness through to stiffness secondary to R.Cuff pathology, Impingement or OA
- Typical presentation and assessment findings
- Different management plans for each category with reference to investigations used, rehabilitation and surgery
- Outcomes published and evidence based practice
- Practice of techniques used to fully assess stiffness of the shoulder and for the management and treatment of stiffness
- Mobilisation and hands-on treatments
- Management of inflammation
- A discussion on the use of Hydrodilatation injections

- A discussion on the post-operative stiff shoulders and its impact on operative outcome

Rehabilitation

Lyn's Principles of Shoulder Rehabilitation will enable therapists to develop a tailored rehabilitation programme for any shoulder pathology. This section includes a detailed discussion and demonstration of a typical structured rehabilitation programme integrating:

- Scapula stabilisation
- Rotator Cuff recruitment and strengthening
- Training the R.Cuff to achieve dynamic stabilisation of the humeral head
- Deltoid strengthening; when, how and why to start and progress through to full gym and functional programs
- Progression of strengthening: from arm by the side through abduction to overhead and into horizontal flexion; short lever to longer lever, slow controlled concentric to faster to eccentric
- How to tailor rehabilitation to different patients' ages, pathologies and processes

Post-operative rehabilitation programs are also provided for:

- Sub-acromial Decompression
- Rotator Cuff Repair (Small – Medium – Large – Massive)
- GHJ Reconstruction and SLAP Repairs
- Latarjet Reconstructions

A discussion and demonstration of two unique taping techniques for the scapula and the humeral head.

Throughout the course there is constant referral regarding what is and is not substantiated by research.



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED
香港物理治療學會有限公司

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康復治療科學系
Department of Rehabilitation Sciences

Essential Principles of Shoulder Physiotherapy

Organized by
Manipulative Therapy Specialty Group, HKPA Limited
&

Department of Rehabilitation Sciences, The Hong Kong Polytechnic University

Speakers	Dr. Lyn Watson Sports Physiotherapist B AppSci (Physio), Grad Dip of Manipulative Physio, PhD
Date / Time	14 th – 15 th September 2019 (Sat & Sun) 09:00 - 17:00 (Registration at 08:45)
Venue	GH016, The Hong Kong Polytechnic University
Course Content	Please see the attached leaflet
Course Fee	HK\$4,950 for MTSG members HK\$5,000 for HKPA (non-MTSG) members HK\$5,500 for non-HKPA members HK\$5,250 for members of Macau Physical Therapists Association (MPTA) (HK\$500 discount for Early Bird Registration before 31 July 2019) Course fee for successful registration is non-refundable
Class Size	30 (Priority will be given to MTSG members with first come first served basis.)
CPD	TBC
Registration	Send registration form with 1. Signed Legal Claim Waiver 2. A stamped self-addressed envelope, and 3. A crossed cheque, payable to “ Hong Kong Physiotherapy Association Limited ”. The name of this course, name of registrant and contact telephone number should be written at the back of the cheque and then send to: Mr. Nathan Leung Physiotherapy Department, Integrated Rehabilitation Services, 1/F Hospital Main Block, Tseung Kwan O Hospital, Hang Hau Deadline of Registration: 16 August 2019 . Successful registrants will be notified via Email and shown on Facebook page of HKPA by 23 August 2019 (Enquiry: mtsig@hongkongpa.com.hk)



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Registration Form
Essential Principles of Shoulder Physiotherapy
14th – 15th September 2019

Name: _____
(BLOCK LETTER, as appear in your HKPA registration)

Email address (for successful notification): _____

HKPA member (Yes / No*) HKPA Membership no : _____

MTSG member (Yes / No*)

Work Place & Unit: _____

Phone no.: _____ (mobile/pager) _____ (office) _____ (Home)

Cheque no: _____ Bank: _____

* Please delete as appropriate.

Deadline of Registration: **16 August 2019**. (Early Bird Registration before **31 July 2019**)

Course fee – HK\$4,950 for MTSG members, HK\$5,000 for HKPA & HK\$5,500 for non-HKPA members

Early Bird fee – HK\$4,450 for MTSG, HK\$4,500 for HKPA, HK\$5,000 for non-HKPA members & HK\$4,750 for MPTA members .

Successful registrants will be shown on Facebook page of HKPA and also notified via email by **23 August 2019**.

Please send registration with:

1. Signed Legal Claim Waiver
2. A stamped self-addressed envelope and
3. A crossed cheque, payable to “**Hong Kong Physiotherapy Association Limited**”. The name of this course, name of registrant and contact telephone number should be written at the back of each cheque and then send to:

Mr. Nathan Leung

Physiotherapy Department, Integrated Rehabilitation Services,

1/F Hospital Main Block, Tseung Kwan O Hospital, Hang Hau

Special Weather Arrangement

When Tropical Cyclone Warning Signal No. 8 (or higher) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:

For classes have not yet started:

If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.

For classes that have already started:

When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.

Fee paid are not refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.

Legal Claim Waiver Consent

In consideration of HKPA Ltd. accepting my registration to the “Essential Principles of Shoulder Physiotherapy”, I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.

Signature

Name of Registrant

Date: _____

*Please sign the above consent and submit with your application form