Learning Objectives

MedBridge Education
Glenohumeral Joint Biomechanics and Rehabilitation Implementation
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Upon completion of this course, the online learner will be able to:

Chapter 1: Anatomy and Biomechanics

1. Identify key anatomical concepts of structures including the glenoid, glenoid labrum, glenohumeral capsule, and the ligaments of the GH joint.
2. Describe concepts of glenohumeral stability and the functions of the main ligaments in the GH joint.
3. Explain the biomechanics of the shoulder joint, including arthrokinematics and osteokinematics.

Chapter 2: Rehabilitation Implementation

1. Design and implement an effective and appropriate rehabilitation program based on clinical and scientific research.
2. Perform and interpret specific clinical examination tests & maneuvers for the shoulder.
3. Prescribe exercises for the glenohumeral joint that are appropriate for the patient’s pathology.
4. Describe the various force vectors affecting the glenohumeral joint.
5. Safely initiate PROM and AAROM activities in post-op patients.

Chapter 3: Rehabilitation and Common Exercise Demonstrations

1. Teach patients common exercises for the rotator cuff and scapula stabilizers, including: external rotation/internal rotation tubing with manual resistance, full can, sidelying external rotation, W’s, standing extension, prone row, prone extension, prone 90/90, prone full can, prone horizontal abduction, supine serratus punch, push up with a plus, dynamic hug, forearm wall slides with T-band, rhythmic stabilization (RS), and 45° abduction.