Objectives and Program Schedule

MedBridge
Shoulder Instability: Anterior, Posterior, and Multidirectional
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Chapter 1: Glenohumoral Joint Instability
- Recognize the pathomechanics of various shoulder injuries
- Apply principles critical to glenohumoral stability including static stability

Chapter 2: Shoulder Instability
- Recognize the pathomechanics of various shoulder injuries, including key components of non-operative instability
- Recognize and identify different types of instability

Chapter 3: Types of Instability and Treatment
- Apply specific treatments and interventions for instability injuries
- Design an effective and appropriate rehabilitation program based on current clinical and scientific research

Chapter 4: Case Studies
- Apply knowledge of pathomechanics of shoulder instability to case studies
- Design effective and appropriate rehabilitation programs