

ABOUT YOUR COURSE INSTRUCTOR



Mr. Kolbeck received his Bachelor of Science in Physical Therapy from the University of Wisconsin—La Crosse in 1991 and has practiced in the orthopedic and sports medicine setting his entire career. He received Orthopedic Certified Specialist Board Certification in 2004, Sports Certified Specialist Board Certification in 2015, and is a Certified Orthopedic Manipulative Therapist (COMT) Level IV graduate of the North American Institute of Orthopedic Manual Therapy (NAIOMT), as well as graduated from their fellowship program. In addition, Karl has been trained both as a Clinical Fellowship and Faculty Instructor with NAIOMT and was faculty with NAIOMT before establishing Empiridence® Seminars. In 2005 Karl became a Fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT).

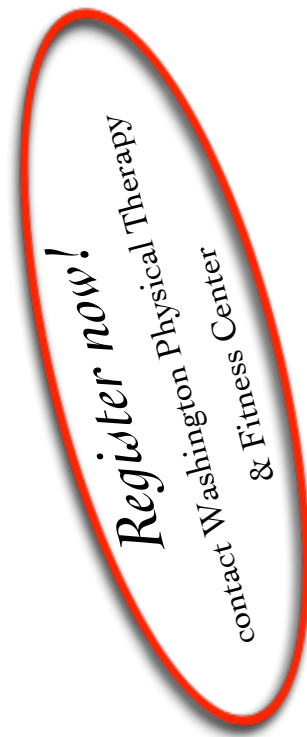
Karl's career has been spent studying and treating the orthopedic and sports injured shoulder and the relationship it has with the cervical and upper thoracic spine. He has been instructing orthopedic and sports medicine physical therapy and manual therapy courses since 2001. In 2005 he founded and was President of Empiridence® Seminars until 2015 when he ceased Empiridence Seminars operations to venture into private practice. He continues to teach by invitation. He has taught nationally and enjoys sharing his knowledge and clinical experience by providing a comprehensive integrated approach to clinical evaluation and management of the shoulder girdle based on empirical knowledge and evidence enhanced practice.

Karl is co-owner of Rose City Orthopedic & Sports Physical Therapy with specialization in the shoulder girdle. He is also conducting research on glenohumeral geometry and its application to isolated glenohumeral motion assessment and correlations to shoulder girdle pathology.

Course content is not intended for use by participants outside scope of their license, regulation or practice act



3807 W Court St
Pasco, WA 99301



presents

Post-operative Shoulder: Contemporary Perspectives for Evidence Based Rehabilitation

Course developed and presented by

Karl Kolbeck PT
OCS, SCS, COMT, FAAOMPT

and guest speaker

Dr David Gibbons, MD
Northwest Orthopedics & Sports Medicine
Richland, WA

hosted by and located at

**Washington Physical Therapy
and Fitness Center**
3807 W Court St
Pasco, WA 99301

Pasco, WA
December 12 & 13, 2015

COURSE DESCRIPTION

Post-operative Shoulder: Contemporary Perspectives for Evidence Based Rehabilitation is a 2-day lecture and AV demo based course that provides current evidence supporting post-operative shoulder rehabilitation. Normal anatomy and pathoanatomy as well as normal age spectrum changes characteristic of joints and soft tissue will be discussed. A review of tissue integrity at the time of surgery and its relationship to the surgeons' choice for immobilization periods and rehabilitation progression are presented. Functional and objective outcomes relative to specific procedures as available in the literature and the importance of recognizing these will be reviewed.

Chronology and soft tissue healing rate post-operative rehabilitation guidelines for procedures at the AC and GH joint and subacromial space are presented. Current evidence supporting post-operative management to promote optimal rehabilitation guidelines for common and not-so-common surgical procedures will be shared.

Lesions specific to the overhead athlete and the throwing shoulder as well as post-operative management of this population will be presented. A comprehensive list of evidence based progressive resistive exercises is also discussed to allow optimal isolation for force progression strengthening. Lastly, video and real-time demonstrations will be performed for mobilizations, manual rhythmic stabilization techniques and therapeutic exercise.

14 continuing education hours (1.4 CEUs) will be awarded for attending this course

Course is for the PT, PTA

<<< CANCELLATIONS & REFUNDS >>>

Cancellations must be received in writing 14-calendar days prior to the start of the course for a full refund, less a \$75 administrative fee. No refunds will be made after this 14-day date.

The instructor and/or host site reserve the right to cancel the seminar up to 14 days before the start date for a full refund for circumstances beyond control or if insufficient numbers of participants have registered. In the event of cancellation, the instructor and/or host site is not responsible for expenses incurred by registrants, including but not limited to airline tickets or other travel, hotel, car reservations or food.

COURSE OBJECTIVES

- Understand the importance of soft tissue integrity at surgical repair sites and implications on immobilization periods and rehab CKC and OKC progression of forces
- Scapula Dyskinesia, Total Arc of Motion, GIRD...explain the importance of each and correlations to pathology and rehab
- Understand rehab considerations unique to the overhead and throwing athlete and the 50+ year old patient
- Appreciate current evidence supporting post-operative functional and objective outcomes where available
- Describe post-operative rehab guidelines for AC jt coracoclavicular ligament auto-, allo-, and synthetic graft stabilization and AC jt decompression/distal clavicle resection techniques (Mumford procedure and variants of)
- Describe post-operative rehab considerations for subacromial decompression procedures for primary (outlet) impingement and debridement for posterior internal impingement
- Apply current evidence supporting GH joint pathology post-operative management for:
 - SLAP lesion Types I – IV and variants...open vs arthroscopic, and implications of the bicep long head based on preservation, tenodesis or tenotomy
 - Anterior instability (Bankart lesion and variants) and stabilization procedures, including Remplissage for the Hill-Sachs lesion and Latarjet for chronic anterior instability
 - Partial, Full-thickness, PASTA lesions and Massive rotator cuff repairs ...open vs arthroscopic, single vs double row stitching and Graftjacket augmentation – how does rehab differ
 - Total and Reverse Total Shoulder arthroplasties
- Define peripheral nerve cysts at the shoulder and incidence with labral lesions, and sequelae useful in clinical detection
- Describe optimal shoulder girdle therapeutic strengthening exercises based on EMG evidence
- Apply exercises about the rotator cuff to foster reduced subacromial compressive forces and protect the supraspinatus during early stages of rehab

Course schedule

Saturday, December 12, 2015

Registration 8:00am–8:30am
Course 8:30am–5:00pm (1 hour lunch)

Sunday, December 13, 2015

Course 8:00am–4:30pm (1 hour lunch)

Lunch will be on your own each day

REGISTRATION & TUITION

	Early* [by Nov 20th]	Regular [after Nov 20th]
Tuition	\$450	\$500

*Early registration called in or faxed by, or if snail mailed postmarked by, November 20, 2015

REGISTER by mail, phone (509.547.3725), or fax (509.547.9852)

Day of course contact: Carl Loera at 509.528.6604

POSR / Pasco / December 2015

Name _____
[Include professional designation(s) for your course certificate]

Address _____

City _____ State _____

Zip _____ Phone (H/C) _____

Phone (W) _____

Email: [required] _____

State Licensed in [required] _____ Professional Lic No. [required] _____

Mail check, payable to "Washington Physical Therapy" to:
Washington Physical Therapy & Fitness Center
3807 W Court St, Pasco, WA 99301

or call (509.547.3725), mail or fax (509.547.9852) CC payment...

Credit Card Type: VISA MC

Name of card: _____

CC #: _____

CSC 3 digit # (on back): _____ Expiration date: _____

Amount authorized: \$ _____ Signature: _____

CC Billing address: _____

City: _____ State: _____ Zip: _____

NOTE: Your email address is used as the primary mode of communication, including course registration confirmation and to provide additional course information as necessary. AT NO TIME WILL THIS INFORMATION BE SOLD OR SHARED WITH ANY PERSON OR PARTY.