

The Shoulder Series 1 Volume 4



The Shoulder double DVD is a detailed, fundamental guide to examination and treatment of the neuromusculoskeletal system and the structures involved in this anatomical area. This interactive DVD follows a clear pattern initially looking at the anatomy of the area, followed by detailed sections on observations, the most commonly used examination techniques, screening other structures, treatment progressions and exercise therapy. The emphasis of this DVD is on developing the viewer's manual skills and to provide a reference of all the commonly used examination and treatment techniques.

The DVD also includes detailed case studies to assist the development of clinical reasoning skills, expert 'Top Tips' study notes and detailed radiology of the Shoulder. The content has been developed using an international Consensus Development System© and contains input from senior lecturers from over 20 international recognized universities from Europe and North America.

This double DVD contains nearly 8 hours of material, is filmed using Multi-Angle Vision© and comes with a complete interactive workbook and online examination system to provide the reader with the complete e-learning solution for their ongoing professional development.

The DVD is designed for use by anyone requiring to identify and assess clinical problems in this area, whether student or clinician. The DVD is also designed as a resource of ongoing professional development for all suitably qualified clinicians.

Menu System

The Shoulder

1.0 Introduction

1.1 Introduction to the Shoulder Region

2.0 Examination

2.1 Observation and Surface Anatomy

2.2 Clearing Other Joints

2.3 Assessment of Movement

2.3.1 Active Movements of the Shoulder Complex

2.3.2 Overpressure

2.3.3 Active Movements of the Shoulder Girdle

2.3.4 Passive Movement of the Shoulder Complex

2.3.5 Passive Movement of the Shoulder Girdle

2.4 Muscle Strength Testing

2.4.1 Glenohumeral Isometric Strength Tests

2.4.2 Isometric Strength Tests of the Shoulder Girdle

2.5 Rotator Cuff Tests

2.6 Scapular Stability

2.7 Muscle Length Tests

2.8 Special Tests

2.8.1 Impingement Tests

2.8.2 Instability Tests

2.8.3 Thoracic Outlet Tests

2.8.4 Tendon Tests

2.8.5 Proprioception

2.9 Accessory Movements

2.9.1 Introduction

2.9.2 Sternoclavicular Joint

2.9.3 Acromioclavicular Joint

2.9.4 Glenohumeral Joint

2.10 Palpation

3.0 Treatment

3.1 Introduction

3.2 Passive Accessory Movement Mobilisation

3.3 Passive Physiological Movement Mobilisation

3.4 Combined Accessory and Physiological Movement Mobilisation

3.5 Muscular Stability of the Shoulder

3.5.1 Introduction Scapular Region

3.5.2 Glenohumeral Region

3.5.3 Rotator Cuff Strengthening



3.6 Exercise Therapy

- 3.6.1 Introduction
- 3.6.2 Shoulder Flexion
- 3.6.3 Shoulder Abduction
- 3.6.4 Shoulder Lateral Rotation
- 3.6.5 Shoulder Medial Rotation
- 3.6.6 Shoulder Horizontal Flexion

4.0 Case Study: Anterolateral Shoulder Pain

- 4.1 Introduction and Subject Findings
- 4.2 Selected Physical Examination Findings
- 4.3 Analysis of Findings – Clinical Impression
- 4.4 Treatment

5.0 Top Tips

- 5.1 Detect Anterior Tilt of Scapula
- 5.2 Assess Humeral Head Position
- 5.3 Define Piano Key Sign
- 5.4 Explain Scapulohumeral Rhythm
- 5.5 Painful Arc – Flexion
- 5.6 Using Overpressure
- 5.7 Assess Passive Scapular Rotation
- 5.8 Supraspinatus 'Empty Can' Test
- 5.9 Rotator Cuff 'Drop Arm' Test
- 5.10 Differentiate AC Joint and Bicipital Tendon: 'Scarf Test'
- 5.11 Explain Thoracic Outlet Syndrome
- 5.12 Palpate the Tendon of Supraspinatus
- 5.13 Demonstrate Glenohumeral AP Glide Assessment
- 5.14 Demonstrate AC Joint AP Glide Treatment
- 5.15 Demonstrate Correction of Scapular Anterior Tilt
- 5.16 Assess Painful Arc with Manual Repositioning

6.0 Extras

- 6.1 Radiology of the Shoulder

7.0 Website Link

DVD Features

- Multi-Angle Vision ©
- Broadcast Quality
- Fully Interactive
- Double DVD
- Running time :
7 hours and 50 mins



Content Features

- Examinations
- Treatments
- Case Studies
- Top Tips
- Extras



Additional Online Features

- Online workbook
- Online testing
- Resource centre



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