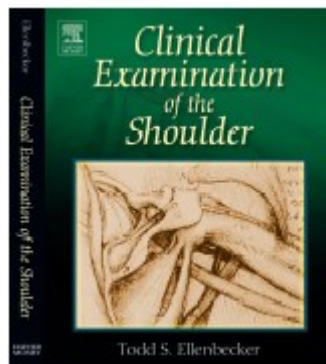
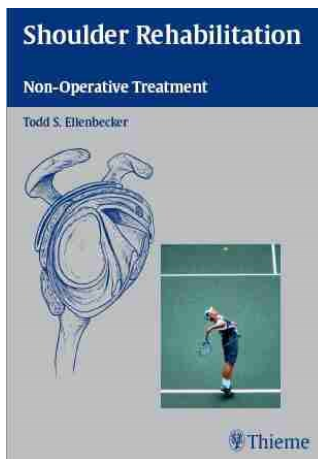
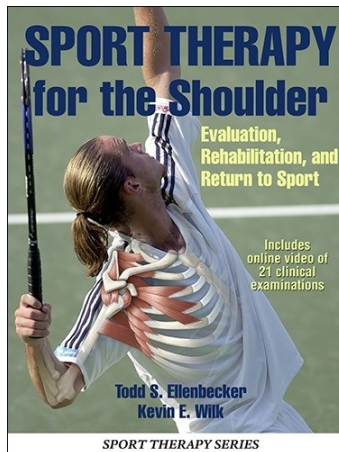


About the Speaker

Todd Ellenbecker is a physical therapist and clinic director of Physiotherapy Associates Scottsdale Sports Clinic in Scottsdale, Arizona and is the Director of Sports Medicine for the ATP Tour. He received his degree in physical therapy from the University of Wisconsin-LaCrosse in 1985 and a master's degree in exercise physiology from Arizona State University in 1989. He completed a doctor of physical therapy degree from MGH –Institute of Health Professions in 2006. In addition, he is a certified sports clinical specialist, and orthopaedic clinical specialist by the American Physical Therapy Association. He is a certified strength and conditioning specialist and was awarded the Sports Medicine Professional of the Year in 2003 by the National Strength and Conditioning Association. He is a certified USPTA tennis teaching professional, and is Chairman of the USTA National Sport Science Committee. Todd is also the National Director of Clinical Research for Physiotherapy Associates. In 2008 he received the Educational Merit Award from the International Tennis Hall of Fame, and 2011 the Turner A. Blackburn Lifetime Achievement Award from the Sports Physical Therapy Section of the APTA.

Ellenbecker served as the Chairman of the APTA's Shoulder Special Interest Group from 1996 to 2002 and is a manuscript reviewer for the American Journal of Sports Medicine and serves on the editorial board of the International Journal of Sports Physical Therapy and Sports Health. He has conducted and published research primarily on upper extremity athletes, as well as shoulder and elbow rehabilitation. He has conducted research and lectured internationally on shoulder and elbow rehabilitation, as well as isokinetic exercise application and musculoskeletal adaptations in elite level tennis players. He is the author of several books, "The Elbow in Sport", "Complete Conditioning for Tennis", "Closed Kinetic Chain Exercise", "Strength Band Training" and "Clinical Examination of the Shoulder". He is the editor of the second edition of "Knee Ligament Rehabilitation" and "Shoulder Rehabilitation: Non-Operative Treatment" and is co-editor of the book "The Scientific and Clinical Application of Elastic Resistance", and most recently, "Effective Functional Progressions in Sport Rehabilitation". Ellenbecker lives in Scottsdale Arizona with his wife Gail.



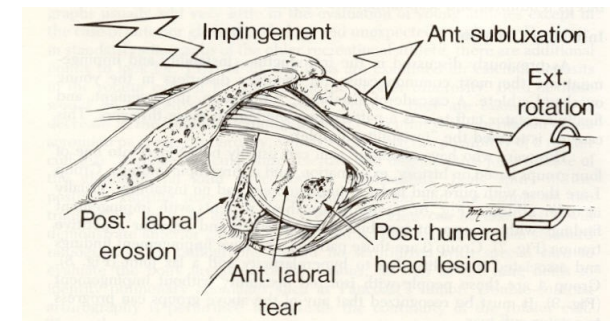
New Book!
Ellenbecker and Kevin Wilk are the authors of "Sport Therapy for the Shoulder" by Human Kinetics, 2017

Ellenbecker is the editor of "Shoulder Rehabilitation: Non-Operative Treatment" by Thieme Publishing 2006

Ellenbecker is the author of "Clinical Examination of the Shoulder" by Elsevier Science, 2004

A.T. STILL UNIVERSITY | ATSU

Exercise and Return to Sport for Athletes following Shoulder Injury



February 25, 2017

TODD S. ELLENBECKER,
PT, DPT, MS, SCS, OCS, CSCS
CLINIC DIRECTOR,
PHYSIOTHERAPY ASSOCIATES
SCOTTSDALE SPORTS CLINIC

COURSE LOCATION:
A.T. Still University
5850 E. Still Circle
Mesa, AZ 85206

Sponsored by the ATSU Orthopedic Physical Therapy Residency Program

Course Agenda

SATURDAY FEBRUARY 25, 2017

8:00am-5:00pm

- ANATOMY AND BIOMECHANICS OF THE SHOULDER REGION
- IMPAIRMENT AND ACTIVITY LIMITATION MEASURES FOR THE SHOULDER REGION
- SHOULDER EXAMINATION (LAB & DEMO)
- LUNCH
- EVIDENCE BASED EXERCISE PROGRESSIONS FOR THE SHOULDER REGION
- EXERCISE PROGRESSIONS FOR THE SHOULDER REGION (LAB & DEMO)
- CURRENT EVIDENCE FOR RETURN TO SPORT FOLLOWING SHOULDER INJURY

CONTINUING EDUCATION CREDIT

8 CONTACT HOURS

0.8 CONTINUING EDUCATION UNITS

COURSE DESCRIPTION:

This 1 day lecture and lab course is designed to provide the clinician with an advanced understanding of the anatomy and biomechanics of the shoulder complex, to provide the framework for the development of rehabilitation programs for shoulder conditions. Detailed descriptions of clinical examination methods and hands-on lab time are included. Return to sport following shoulder injury will be discussed. The focus of the course will be on exercise progressions for return to sport.

COURSE OBJECTIVES:

Following completion of the course the participant will be able to:

- Describe key concepts related to the anatomy of the shoulder
- Describe key concepts related to the biomechanics of the shoulder
- Understand the force couples of the glenohumeral and scapulo-thoracic joints and apply these concepts in rehabilitation of patients with shoulder conditions
- Perform specific impairment and activity limitation measures for patients with shoulder conditions
- Utilize open and closed kinetic chain exercises to improve rotator cuff strength and scapular stabilization.
- Integrate resistive exercise sequences based on EMG research for strengthening the rotator cuff and scapular musculature.
- Describe current evidence for determination of return to sport following shoulder injury

COURSE REGISTRATION:

Name: _____

PT License #: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone number: _____

Email Address: _____

Registration Fees

(Please check one):

_____ \$195

_____ \$160 for ATSU Alumni and Clinical Instructors with ATSU

Please make check payable to ATSU or register online at

orthoptresidency.atsu.edu

Please mail payment and registration form to:

Cheri Hodges
c/o A.T. Still University
Physical Therapy Program
5850 East Still Circle
Mesa, AZ 85206

For additional information contact Cheri Hodges at chodges@atsu.edu or