neuroproeducation.com
info@neuroproeducation.com

NeuroPro Skills™ for

Shoulder Function

Ideal for: PTs, PTAs, OTs, & COTAs of all experience levels & clinical settings

Course Description

The shoulder complex is crucial to obtaining and manipulating objects that we reach for, hold, and use throughout the day. The shoulder makes it possible for the hand to get through space and make contact with thousands of meaningful objects we use every day. Since this interdependence exists between the hand and the shoulder, we believe the shoulder should be addressed at the outset of treatment.

The difficulty arises after stroke when the limb cannot be raised in space for typical usage. Shoulder muscles also work on surfaces as support and the concept of "weight-bearing" has been used historically. Topics that have not been explored for recovery of arm function are active support, the connection between the arm and leg, and the use of salient tools instead of therapy tools. Additionally, a long held belief that the arm recovers last, has influenced therapy expectations, actions, and outcomes.

In this course, we will teach *"arm first"* strategies or Initial Practice Opportunities (IPOs) to activate the shoulder and engage the arm in meaningful activities. We will capitalize on the connection of the arm and the leg for producing action in the shoulder. We will teach you the power of salience and salient tools in traditional and non-traditional uses. As NeuroPro trained therapists, you will know how to start the recovery of the arm…*first.*

Upon Completion

You will know how to:

- Learn more detailed kinesiology of the shoulder complex to address impairments of the shoulder complex and use it to make better clinical decisions for arm function
- Develop shoulder action in active support and progress to movement in space
- Incorporate standing and leg actions to enhance shoulder muscle responses
- Understand directions of reach, when to use two hands, or when to constrain the one hand for activating the shoulder
- Evaluate intentions of typical clinical tools, their meaning (or lack of meaning) to patients, and which atypical tools might be better employed
- Determine the usefulness of slings, braces, splints, and other devices

Active Learning Classroom

NeuroPro Education classes are actively taught and engage all students to actively participate. The learning modality is highly experiential and dependent on interaction with peers and the instructors. The class is not a slide presentation of research data. We take the research already learned in academic programs, add to it, and help you with the translation of that knowledge in making research-informed, critically reasoned choices for the patients depending on you to help restore their life.