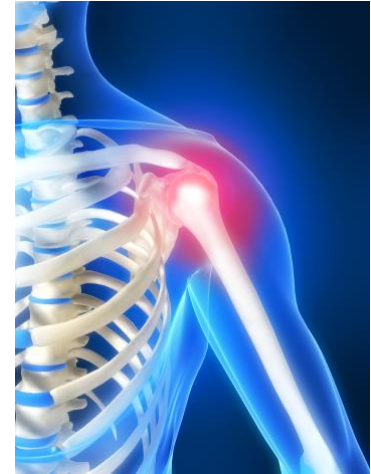# The Shoulder - Steps to Success

Tutor: Jo Gibson MSc MCSP

Jo has been teaching her shoulder course for over 22 years. During her career she has travelled all over the UK, Europe and the rest of the world to work with and observe some of the World's leading shoulder experts.

Her involvement in original research, study at Masters level and vast experience of treating patients with shoulder problems has enabled her to develop a simple, evidence-informed approach to rehabilitation of the shoulder that is immediately applicable in practice.

The course is constantly updated as a result of emerging evidence and feedback from course participants but essentially reflects the approach Jo uses everyday in clinical practice to the benefit of patients. The course is designed to be honest, fun and interactive and includes plenty of treatment tips and real-life examples

Learning Objectives

1. Review the challenges posed by the current evidence regarding assessment and management of patients with shoulder pain.
2. To demonstrate a simple structured approach to assessment to inform immediately where to start with treatment.
3. To examine the role and relevance of the kinetic chain in shoulder pain and it's potential to facilitate rehabilitation.
4. To explore simple treatment approaches based on the current evidence to successfully manage patients with common shoulder conditions within a biopsychosocial framework.
5. To examine factors impacting pain sensitivity and tissue health and how this informs management.
6. To discuss factors that influence outcome and enhance exercise adherence and explore strategies to address them
7. To consider the importance of communication and language on patient's pain experience.