Course Details

Course Title: **Frozen Shoulder Masterclass**

Course Tutor: **Dr Jeremy Lewis PhD. MSc. FCSP. MACP.**
Consultant Physiotherapist | Professor of Musculoskeletal Research | Sonographer

Duration: 1 day program
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Course Tutor

Dr Jeremy Lewis is a Consultant Physiotherapist and Professor of Musculoskeletal Research. He was born in New Zealand and trained in Australian. He works in the UK National Health Service as well as working privately in central London (www.CHHP.com). He has been awarded a Fellowship of the Chartered Society of Physiotherapy, which is the highest award the Society can bestow on one of its members. He has been acknowledged as one of the 5 most eminent clinicians in his profession (UK DoH [Department of Health] National AHP Clinical Expert Database). He assesses and treats patients with complex shoulder problems. Jeremy has also trained as a sonographer and performs ultrasound guided shoulder injections, (including intra-articular hydro-distension procedures for frozen shoulder) as part of the rehabilitation process if required and appropriate. He has also completed an MSc (Musculoskeletal Physiotherapy), and Postgraduate Diplomas in Sports Physiotherapy, and in Biomechanics, as well as MSc modules in injection therapy for soft tissues and joints. He also has a Postgraduate Certificate in Diagnostic Imaging (Ultrasound) (University of Leeds, UK). Since 1992, Jeremy has taught over 350 shoulder workshops internationally in the USA, Canada, Australia, New Zealand, the Cayman Islands, Brazil, Chile, Argentina, Peru, The Azores, Norway, Denmark, Switzerland, Sweden, Middle East, Ireland, South Africa, India, extensively throughout Europe and throughout the UK. He has also been invited to present keynote lectures at many international conferences. His main areas of research interest are rotator cuff tendinopathy, frozen shoulder, shoulder pain syndromes and lateral epicondylopathy. In addition to his own research he supervises PhD and MSc students. Jeremy is an associate editor for the journals; *Shoulder & Elbow* and, *Physiotherapy*. He was a co-editor and author for *Grieve’s Modern Musculoskeletal Physiotherapy* (4th ed). Jeremy has also completed training to prescribe medications independently.

Course Description

This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis, evidence based treatment and rehabilitation of frozen shoulder, as well as extensive reference to research publications from a variety of disciplines. Surgical and non-surgical management will be presented and discussed.

This course remains a ‘work in progress’ and is continually being updated with the emergence of new research and clinical understanding. As a result, many people have participated on two and some on three occasions. This course will be fun, thought provoking, and provide opportunity to discuss ideas and share experiences.
Learning Outcomes: Frozen Shoulder Masterclass

1. To develop an in-depth understanding and knowledge of the historical background, epidemiology and patho-aetiology of the condition.
2. To be aware of uncertainties associated with the patho-aetiology and management of the condition.
3. To develop a comprehensive subjective and physical evaluation strategy for people with frozen shoulder that considers local and referred sources of pain and directs the clinician to develop an appropriate management plan.
4. To develop greater confidence with the physical assessment of the different physical examination findings that can be used to inform management of patients with frozen shoulder.
5. To gain proficiency in the ability to determine the stage the condition and suggest appropriate and evidence-based management.
6. To review recommendations for alternative treatments for frozen shoulder (such as acupuncture) and be aware of the level of evidence supporting those suggestions.
7. To be aware of the patients’ perspective of the condition through patient interviews and videos.
8. To review the research evidence evaluating the use of injections as part of the management for frozen shoulder. In addition the risks associated with these procedures will be presented.
9. To develop a greater confidence in the use of exercise therapy, hands on therapy and other techniques for the treatment of frozen shoulder and evaluation of the efficacy of the techniques, balanced against the evidence base for using these techniques.
10. To be aware of new and emerging research information regarding the assessment, patho-aetiology and management of frozen shoulder.

Participants Comments

• “Complete change to the way I think about shoulders. Best course I have ever done”.
• “Many thanks again for an inspiring course. I loved it!”
• “Great explanations, very in-depth, great synthesis of research evidence”.
• “Thank you, thank you, fantastic, great teaching style, great sense of humour”.
• “Excellent rationale for phased rehabilitation”. “One of the best courses I have ever done”.
• “100% useful. Very inspirational. Best shoulder course yet”.
• “One of the best courses I have been on, all courses should aim to be this good”.
• “What an amazing course. Have had an unbelievable result this week I also have to say that I have never been able to sit solidly at a course where there is a lot of theory and not zone out at some point. I think you talk so well and you’re so interesting that I was gripped the whole time! That’s a first for me and only been qualified 20 years!!”
• “Excellent information with references to support course content”.
• “Before I did this course the world was flat!”
• “Excellent, I have changed how I treat the upper limb and neck pain and have had excellent results”. [from participant who had re-attended]
• “Brilliant presentation, extremely useful material and very appropriate for current practice”.
• “Jeremy was relaxed and informative and gave us a lot of valuable information in a non-threatening way, the evidence base was excellent”.
• “Excellent teacher”. “Inspirational course”.
• “Probably one of the most useful and reassuring courses I have been on”.
• “By far the most informative, research based and thought provoking course I have been on”.
• “Course leader was excellent and the course was very stimulating and thought provoking”.
• “The tutor had great depth of knowledge, great sense of humour, was very relaxed and very approachable”.
• “The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation”.
• “Excellent presentation style. Enjoyed lectures and practical sessions. Very impressed with depth and breadth of knowledge and how well it relates to clinical practice”.
• “Up to date research, excellent techniques, enlightening, holistic, course should be compulsory”. 
9:00 - 9:30  Introduction, History, Epidemiology, Patho-aetiology, Uncertainties

9:30 - 10:30  Evidence Based Practice
This session reviews the current evidence for the assessment and management of Frozen Shoulder.

10:30 - 10:45  Tea / Coffee

10:45 - 12:30  Assessment and Management Practical
This clinically orientated and practical session highlights the components of the patient interview and physical examination that will assist the clinician in the clinical reasoning process. It will include a structured algorithm to enable the clinician to determine what procedures should be used in patient management, based on the stage and presentation of the condition. Patient scenarios and video are included.

12:30 - 1:15  Lunch

1:15 - 3:00  Assessment and Management (cont.)
This session is a continuation of the earlier session and practical assessment and treatment techniques will be presented and practiced. Patient scenarios and video are included.

3:00 - 3:15  Tea / Coffee

3:15 - 4:30  Emerging research evidence
The latest research evidence and emerging trends will be presented and critically analysed.

4:30 – 5:00  Discussion, Questions, Summary

Day 2
When requested and organised a second full day may be added.
The second day is a practical day with patients.
Areas covered are agreed prior to the course.
However they generally include;
Assessment
Injection therapy
   ultrasound guided glenohumeral joint injections /
   ultrasound guided glenohumeral hydrodistension procedures
Post-injection management
Non-injection non-surgical management
Post-surgical management
Selected Publications


