

Course Details

Course Title:	Tennis Elbow: <i>Theory and Practice</i>
Course Tutor:	Dr Jeremy Lewis PhD. MSc. FCSP. MMACP. Consultant Physiotherapist, Professor of Musculoskeletal Research, Sonographer and Independent Prescriber
Duration:	1 day program
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Course Tutor

Dr Jeremy Lewis is a Consultant Physiotherapist Independent Prescriber and Professor of Musculoskeletal Research. He was born in New Zealand and trained in Australia. 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). Jeremy has a clinical interest in tendon problems including the rotator cuff, biceps and tennis elbow. 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, Japan, The Azores, Norway, Denmark, Sweden, Switzerland, the 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).

Course Description

This evidence-based theoretical and practical course is based on extensive clinical experience in assessment, diagnosis and rehabilitation of tennis elbow, as well as extensive reference to research publications from a variety of disciplines. Innovative models of shoulder assessment and management, including methods for staging the treatment of tennis elbow will be presented and practiced. Emphasis will be placed on clinical reasoning to support management decisions. Participants completing this course will gain a greater understanding of the anatomy, biomechanics, assessment and evidence-based treatment of this interesting and complicated region of the body.

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

1. To develop a better understanding and knowledge of the clinical anatomy and biomechanics of the elbow region with specific reference to Tennis Elbow.
2. To review the research evidence relating to Tennis Elbow.
3. To develop a comprehensive evaluation strategy for Tennis Elbow 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 Tennis Elbow and a better understanding of the evidence for the use of the selected assessment techniques.
5. To review the research evidence evaluating the use of injections as part of the management of Tennis Elbow, as well as gaining an appreciation of the risks and benefits of these techniques.
6. To gain proficiency in Tennis Elbow pain reduction procedures, including taping alternatives and mobilisation procedures, and to appreciate the evidence base for using these techniques.
7. To develop a greater confidence in the use and variations of exercise therapy, as well as exercise progression, in the treatment of Tennis Elbow.
8. To gain proficiency in the use of new novel state-of-the-art rehabilitation equipment in the management of Tennis Elbow.

Participants Comments from Jeremy's Courses

- *"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".*
- *"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".*

Tennis Elbow: *Theory & Practice* Course Program

Dr Jeremy Lewis PhD FCSP

Consultant Physiotherapist | Professor of Musculoskeletal Research | Sonographer | Independent Prescriber

Please note: The order of the program, content, and timetable structure may vary
Download Program and Learning Objectives from www.LondonShoulderClinic.com

Day 1

9:00 - 9:45	Introduction, Evidence Based Practice, Epidemiology and Outcomes
9:45 -10:30	Function This session reviews aspects of clinical and functional anatomy of the elbow. Regional biomechanics together with the role of the entire body in elbow function is discussed. Methods of assessing the whole of body in relation to elbow function are presented.
10:30 - 10:45	Tea/ Coffee
10:45 - 12:30	Assessment and Management 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 the Elbow Symptom Modification Procedure (ESMP) involving a structured algorithm to enable the clinician to determine what procedures should be used in patient management. <u>The section includes an in-depth presentation and practice on new and state-of-the-art rehabilitation equipment to treat tennis elbow.</u>
12:30 - 1:15	Lunch
1:15 - 3:00	Assessment and Management (cont.)
3:00 - 3:15	Tea / Coffee
3:15 - 5:00	Patient scenarios, presentations and case studies

Selected Publications

- Navsaria R, Ryder DM, Lewis JS, Alexander CM (2015) The Elbow-EpiTrainer: a method of delivering graded resistance to the extensor carpi radialis brevis. Effectiveness of a prototype device in a healthy population. *British Journal of Sports Medicine*. doi:10.1136/bjsports-2013-092563
- Lewis, J (2015) Bloodletting for pneumonia, prolonged bed rest for low back pain, is subacromial decompression another clinical illusion? *British Journal of Sports Medicine*. (editorial)
- Lewis J (2014) Management of rotator cuff tendinopathy. *In Touch PhysioFirst Journal*. 149. 12-17.
- Ratcliffe E, Pickering S, McLean S, Lewis J (2013) Is there a relationship between subacromial impingement syndrome and scapular orientation? A systematic review. *British Journal of Sports Medicine*. Published Online First: 30 October 2013 doi:10.1136/bjsports-2013-092389
- Barrett E, McCreesh K, Lewis JS (2014). Reliability and validity of non-radiographic methods of thoracic kyphosis measurement: A systematic review. *Manual Therapy*. 19 (1): 10-17.
- McCreesh KM, Lewis JS (2013) Continuum model of tendon pathology - where are we now? *International Journal of Experimental Pathology*. 94: 242-247.
- McCreesh KM, Crotty JM, Lewis JS (2013) Acromiohumeral distance measurement in rotator cuff tendinopathy: is there a reliable, clinically applicable method? *British Journal of Sports Medicine*. Online first, doi:10.1136/bjsports-2012-092063
- Dollings, H, Sandford, F, O'Conaire E, Lewis, JS (2012) Shoulder strength testing: the intra- and inter-tester reliability of routine clinical tests, using the PowerTrack(TM) II Commander. *Shoulder & Elbow*. 4(2): 131-140.
- Lewis, JS (2011) Subacromial impingement syndrome: A musculoskeletal condition or a clinical illusion? *Physical Therapy Reviews*. 16(5): 388-398.
- Wilde BWM, Havill A, Priestley L, Lewis J, Kitchen S (2011) The efficacy of sclerosing injections in the treatment of painful tendinopathy: A systematic review. *Physical Therapy Reviews*. 16(4):244-260.
- Lewis JS (2010) Rotator cuff tendinopathy: a model for the continuum of pathology and related management. *British Journal of Sports Medicine*. 44 (13):918-923.
- Lewis JS (2009) Rotator cuff tendinopathy/ subacromial impingement syndrome: is it time for a new method of assessment? *British Journal of Sports Medicine*. 43 (4): 259-264.