THIS EVENT IS FREE TO ALL PROFESSIONALS IN ATHLETIC TRAINING, PHYSICAL THERAPY, AND RELATED FIELDS.



Common Athletic Shoulder Injuries: Diagnosis and Treatment and Return to Throwing Criteria via Dynamic Stabilization Testing

1 CEU Pending BOC

February 12, 2025
6:00 p.m.

Endicott College
Cummings Nursing School
376 Hale St, Beverly, MA 01915

Register online: shoulderinjuries.eventbrite.com

PROGRAM SCHEDULE

5:30 - 6 pm: Registration
6:00 - 6:05 pm: Opening remarks
6:05 - 6:30 pm: Common Athletic Shoulder Injuries: Diagnosis and Treatment: David J. Fehnel, MD
6:30 - 7:05 pm: Return to Throwing Criteria via Dynamic Stabilization Testing: Patrick Sweeney, DPT

BOC Approved Provider P8808

COURSE DESCRIPTION

This course will take you through an evidence-based evaluation of shoulder injuries, understanding the imperative patient history elements of a shoulder examination, identifying special tests to rule in or rule out the most prevalent pathologies of the shoulder, as well as surgical interventions for the labrum, rotator cuff and A/C joint.

This course will also discuss return to throwing criteria-based decision making via dynamic stabilization testing to avoid using time as the only determination on return to play.

MEET OUR SPEAKERS



David J. Fehnel, MD
Sports Medicine

Dr. Fehnel is a board-certified and fellowship-trained orthopedic surgeon with expertise in sports medicine and shoulder reconstruction. He has a special interest in arthroscopic rotator cuff and labral reconstruction as well as total and reverse total shoulder replacement. He has been a team physician for Duke University and is currently one for Endicott College, Gordon College, and several high schools. He was also the team doctor for the professional tennis team the Boston Lobsters.



Patrick Sweeney, DPT
Physical Therapist

Patrick Sweeney, DPT, earned his bachelor's in biomedical sciences from Marist College and a Doctor of Physical Therapy degree from NYU, where he also became a certified strength and conditioning coach (CSCS). He gained experience in inpatient and outpatient rehabilitation, specializing in orthopedics, sports medicine, and pediatric neurorehabilitation. Patrick has worked in major Manhattan hospitals and treated runners as a medical volunteer at the NYC Marathon. He integrates manual therapy and strength training expertise to create personalized rehabilitation plans, helping patients return to their prior level of function.

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KEEPING YOU ACTIVE

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LEARNING OBJECTIVES

At the conclusion of this course, it is expected that the attendees will be able to:

- Discuss the imperative patient history of a shoulder examination
- Identify the most diagnostic special tests of the shoulder
- Administer evaluative techniques to determine the underlying pathology or structure involved in an athlete presenting with shoulder pain
- Identify evidence based red flags in a shoulder exam to properly identify appropriate progression of an athlete to an overhead throwing program
- Select appropriate tests in order to further determine return to play criteria based on identifying motor control changes that occur after injury
- Apply the information learned during the lecture to their clinical practice in order to more efficiently evaluate and treat this patient population

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If a participant has a grievance for any reason, they should contact Laurie Paskavitz at Sports Medicine North and the issue will be addressed. Physical Therapy North makes every effort to accommodate participants and will try to meet all acceptable needs. Laurie can be reached at 978-618-0202 or lpaskavitz@orthsurg.com.

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