

# Neuromuscular Rehabilitation of the Shoulder

*with Dr Angela Cadogan and Dr Jacqui Clark*

**BLENDED LEARNING COURSE**

*Online + 2-day Practical Course*



# Neuromuscular Rehabilitation of the Shoulder

Join two of New Zealand's Specialist Physiotherapists Dr Angela Cadogan and Dr Jacqui Clark in this 2-day blended learning course and learn how to assess and rehabilitate sensorimotor and neuromuscular deficits of the shoulder that can contribute to persistent pain and instability.

**Date: 13th and 14th August 2022 | Location: Burwood Hospital | Christchurch New Zealand**

## Online Learning

This is a 2 hour (approx.) self-paced online learning course. The course gives you the background knowledge and understanding of normal shoulder neuromuscular function and factors that influence it.

Completion is required for attendance at the practical course. You will be notified when the online learning is available (approx 2 months before the course).

### Online learning modules include:

- The complex shoulder
- Shoulder anatomy
- Glenohumeral and scapula function
- Nociplastic pain
- Sensorimotor control of the shoulder

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## Practical Course

### In this 2-day practical course you will cover:

- Sensorimotor assessment and rehabilitation
  - sensory perception
  - tactility and 2-point discrimination
  - proprioception
  - mirror testing
- Assessment and rehabilitation of factors that influence sensorimotor processing:
  - nociplastic pain
  - psychosocial factors
  - neurodevelopmental factors and retained primitive reflexes
- Cortical activation and progressive rehabilitation
- Prioritising management in complex shoulder presentations.
- Rehabilitation case studies

To register or more info, go to: <https://bit.ly/3DH6Thg>

**IMPORTANT:** Ensure you read our cancellation policy when registering for this course.

We recommend you consider travel insurance for flights and accommodation in case of course disruptions or cancellations.

\*Pay \$250 deposit now, and balance due 2 weeks before the course to secure your place.

Places are limited. Register early. Contact us for partial payment option,

email: [learning@physioacademy.co.nz](mailto:learning@physioacademy.co.nz)

Can't attend this course in person? Please let us know where in New Zealand you would like to attend this course if it was run again [here](#).



**Dr Angela Cadogan**  
PhD, NZRPS



**Dr Jacqui Clark**  
PhD, NZRPS

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