

## A picture containing indoor Description automatically generatedModule 2: The **Unstable Shoulder**

**In this module you will how to classify, diagnose and manage traumatic and atraumatic shoulder instability.**

### Module Aim

To produce practitioners who:

1. understand and can describe the classification and pathoaetiology of traumatic, atraumatic and recurrent shoulder instability.
2. can make an accurate diagnosis of shoulder laxity and instability using clinical examination and diagnostic investigations.
3. can appropriately refer for, and interpret diagnostic imaging for glenohumeral joint pathologies that may be associated with shoulder instability.
4. can appropriately manage glenohumeral instability including appropriate referral for orthopaedic evaluation.
5. can apply appropriate and effective physiotherapy treatment and rehabilitation for glenohumeral joint instability (traumatic and atraumatic).

### Course Content

#### There are three lessons in this module:

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#### Learning Outcomes

By the end of the module, the participant will be able to:

1. Describe the classification of glenohumeral joint instability
2. Describe the pathoaetiology of traumatic, atraumatic and recurrent GHJ instability including muscle patterning instability.
3. Describe the clinical features, including patient history and physical examination features of traumtic and atraumatic GHJ instability.
4. Perform a detailed patient history and physical examination to identify GHJ hyperlaxity and instability.
5. Understand and list the criteria for referral for diagnostic imaging investigations for the unstable shoulder.
6. Read and interpret the findings from plain-film x-rays and diagnostic ultrasound scans of the shoulder and understand the clinical relevance of findings from other imaging investigations e.g MRI.
7. Describe the evidence-based management of GHJ instability.
8. List the criteria and priority for referral for orthopaedic assessment for GHJ instability.
9. Describe evidence-based physiotherapy management for shoulder instability.

### Learning Activities

Each lesson in this module consists of a range of learning activities including:

* Pre-reading articles
* Audiovisual presentation
* Additional clinical resources
* Quiz

A manual is provided for each lesson that includes copies of slide presentations, references and additional learning resources.

### Study Time

Study time for this module is approx. 16 hours. (Approx 3-4 hours per lesson)

### Workshop

An optional, 1-day workshop will be held for this module. This is available to any student who completes all lessons in this module. The workshop is entirely practical and will include:

* Physical examination test demonstration and practice
* Differential diagnosis and clinical reasoning exercises
* Real-time patient assessment
* Physiotherapy treatment and rehabilitation case studies

### Social Learning

#### The following are available to anyone who completes all lessons in the Unstable Shoulder module:

#### ***Online Forum***

One online forum per year will be held for this module. The forum is run by the module teacher (Dr Angela Cadogan) through Skype or Zoom. The purpose is to provide an informal learning forum where students can ask questions from any of the lessons in this module, share patient cases and other clinical questions. You can continue to join these forums each year, even after you have completed the online module.

A link to the forum will be sent to all those enrolled the full module closer to the time. See the SMS website for online forum dates.

#### ***Facebook Group***

Those who complete all modules in this course will be invited to join the “Unstable Shoulder” Facebook Group upon completion of the course. Membership to this Group is indefinite. The purpose of the Group is to keep you up to date with latest research and clinical developments in this area and to interact with other students regarding patient cases.

This Group contains social learning units where latest research and updates are organised by topics that align with the modules in this course. You can check off the items you complete and use this for CPD purposes.

In this Group you can:

* post questions about the online learning material
* share relevant clinical information/cases and research updates with other students
* receive notifications of any upcoming events relevant to the topic (e.g online chats, seminars etc)
* Keep track of your CPD by completing the learning units for each topic.

### Continuing Education Certificates

After completion of the Module, you will receive a *Certificate of Completion*. If you score more than 75% in the quizzes, you will receive a *Certificate of Achievement*. CPD certificates are sent after the course evaluation has been completed online (found in the “Module Completion” section).

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### For More Information

If you want more information about the Shoulder Course Series please visit [www.musculoskeletal.courses/](http://www.musculoskeletal.courses/)