



Presents

# Lyn Watson

**shoulder physiotherapy specialist**

Level 1, Level 2, and Level 3  
Shoulder Courses

Location: Guelph, ON

Dates:

- Level 1 - May 4-5, 2011
- Level 2 - May 6-7, 2011
- Level 3 - May 8-9, 2011

# *Lyn Watson*

***B.App.Sci. Phty., Grad.Dip.Manip.,M.P.A.A. Sports Physiotherapist***

Graduated from Latrobe University in 1986, B.App.Sci. Physio.

Post Grad Manipulative Therapy - Latrobe University 1990.

Member Australian Physiotherapy Association since 1986.

Member Manipulative Physiotherapy Association since 1990.

Titled Sports Physiotherapist since 2000.

Grade 1 Physiotherapist 1986 - 1988 St Vincent's Hospital, Melbourne, Australia.

Private Practice Prahran Sports Medicine Centre since 1988.

North Melbourne Football Club Physiotherapist 1987.

Victorian Hockey Team Physiotherapist 1990.

Commonwealth Games Physiotherapist (Cook Islands) - Auckland 1990.

Lyn Watson is the Chief Physiotherapist, consultant at Melbourne Orthopaedic Group and Head of Department of LifeCare Prahran Sports Medicine Centre, Melbourne Australia. She is both a manipulative physiotherapist and a specialist sports physiotherapist. For the past twenty years she has specialized purely in shoulders and maintains a full time clinical practice specializing in the diagnosis, treatment and rehabilitation of a wide range of shoulder conditions. Lyn is the specialist shoulder physiotherapy consultant to the Melbourne Orthopaedic Group and consults to many national and international sporting teams and individuals including the Australian Cricket Team (since 1994), Olympic Swimmers (since 1994), Beach Volley ball players, Rowers, Professional Tennis Players and several professional football clubs.

Lyn Watson is an internationally renowned lecturer and clinician. Since 1992 she has lectured extensively throughout USA, Canada, Asia, UK, Europe and Australia. Lyn has lectured regularly for the Kaiser Institute in USA and Canadian Physiotherapy Association. Lyn has also conducted extensive clinical research into the Frozen Shoulder, Glenohumeral Joint Instability, Thoracic Outlet Syndrome, Scapula Mechanics and Assessment and clinical outcome measures. Her research team has developed new, specific assessment techniques for scapular motion and is investigating the effectiveness of new specific exercise regimes for both thoracic outlet syndrome and glenohumeral joint instability, including specialized taping techniques. They are also examining the long-term clinical outcome of many surgical and conservative management strategies that are commonly employed.

She commenced teaching for the Australian Physiotherapy Association in 2000 and teaches approximately 6 courses (Level 1 and Level 2) per year. Courses fully accredited by the Australian Physiotherapy Association. Commenced teaching the Masters Program for Manipulative and Sports Physiotherapy at Melbourne University 6 years ago. Also teaches Masters Manipulative and Sports Physiotherapy at Latrobe University where she is currently enrolled doing her Doctorate degree on multi-directional instability of the shoulder and thoracic outlet syndrome.



## Lyn Watson Level 1 & 2 Courses

### **Level 1 Course**

The Level 1 course offers the opportunity to gain extensive clinical insight into the assessment, diagnosis, treatment and progression of shoulder rehabilitation from Lyn Watson. It is based on current research and provides “cutting edge” information as to new treatment techniques that are available as well as evidence based best practices that therapists can integrate. The course will provide the therapist with many mobilisation techniques and taping, that have immediate clinical application. It will also teach a logical assessment strategy for glenohumeral joint and scapulothoracic mechanics that will form a framework around which the therapist can diagnose specific muscle dysfunction and select appropriate rehabilitation strategies. The course provides the structure to allow for development of clinical reasoning skills applicable to many common shoulder pathologies. There will also be a discussion regarding what is and is not substantiated by research in common clinical practice.

### **Level 2 Course**

The Level 2 course is a unique 2-day practical course that offers the opportunity for the more experienced therapist to observe Lyn assess four “actual” patients followed by an interactive discussion about diagnosis and clinical management strategies.

This course encourages therapists to openly discuss the “problem” areas of patient management and look at difficulties encountered in clinical practice with;

- progression of rehabilitation,
- realistic clinical outcomes and time frames, and
- problem pathologies (partial rotator cuff tears, thoracic outlet syndrome, hypermobile patients and complex impingement syndromes).

Substantial time is also committed to scapula mechanics assessment and rehabilitation strategies.

**ACCREDITED COURSES**



**AUSTRALIAN PHYSIOTHERAPY ASSOCIATION**

## Level 3 Shoulder Course Description

Lyn's Level 3 Shoulder Course integrates all the elements (below) of shoulder girdle physiotherapy and an up to date review of the literature.

- Typical patient presentations
- Subjective and physical assessment of the shoulder
- Differentiation of conditions
- Clinical reasoning
- Development of a treatment direction
- Treatment, pre-op rehabilitation, intervention, surgery and post-op rehabilitation

You will be involved in a patient problem solving tutorial which integrates all these elements in a clinically relevant way with an emphasis on the development of your clinical reasoning skills for a variety of shoulder pathologies.

You will observe Lyn at work. She will assess, develop a diagnosis and a treatment strategy for 4 new patients with a variety of conditions. After the assessment there will be an open discussion about the assessment, differential diagnoses, treatment and progressions.

Lyn is currently completing her PhD at LaTrobe University, hence this course introduces:

1. Her latest findings of:
  - the difference between normal and MDI patients,
  - her conservative rehabilitation programme for MDI patients,
2. The difference between MDI and other instability pathologies,
3. A systematic approach to the progression of movement control & strengthening rehabilitation,
4. The integration of co-existing, cervical and shoulder pathologies,
5. A detailed discussion of the differential diagnosis of anterior shoulder pain,
6. A detailed discussion of the shoulder clinical outcome questionnaires used, with up to date research on this area,
7. Her latest post-operative rehabilitation programs for typical shoulder surgeries.

This is a high level shoulder orthopaedic course that will equip you with the clinical reasoning skills to develop an assessment and treatment strategy for any shoulder patient that presents to your clinic.

## Publications

- ❖ Watson L, Dalziel R, Story I (2000) "Frozen Shoulder: A 12-month clinical outcome trial" **Journal of Shoulder and Elbow Surgery** (pp16-22)
- ❖ Watson L, Dalziel R (1996 - Edited Allan Skirving) "Conservative Treatment of Thoracic Outlet Syndrome by Scapula Strengthening Techniques" **Shoulder Surgery The Asian Perspective Vol 2. Asian Shoulder Association** (pp 219-222)
- ❖ Watson L, Balster S, Finch C (2005) *Measurement of Scapula Upward Rotation: A Reliable Clinical Device*. British Journal of Sports Medicine. (39:599-603)
- ❖ Watson L, I Story, D Wood, R Dalziel, G Hoy, A Shimmin (in press) 'A New clinical Outcome Measure of Glenohumeral Joint Instability - The "MISS" Questionnaire'. *Journal of Shoulder and Elbow Surgery*.
- ❖ Green SG, Buchbinder R, Forbes A, Bellamy N, Benger D, Bills C, Bosworth C, Nitschke, Watson L, Wilson A. 'A standardized protocol for measurement of range of movement of the shoulder using the Plurimeter-V inclinometer and assessment of its intrarater and interrater reliability'. *Arthritis Care and Research*, 1998. 11:p.43-52..
- ❖ Watson, L "Frozen Shoulder" *Medical Observer Weekly*, 17<sup>th</sup> Oct, 2003 p.36
- ❖ Watson L, Bialocerkowski A, Dalziel R, Balster S. "Hydrodilatation (Distension Arthrography; A Long Term Clinical Outcome Series)" (2007) *British Journal of Sports Medicine*. (41:167-173)
- ❖ Watson L, Bialocerkowski A, Pollington H, Dalziel R, Hoy G. "Validity of the MISS Questionnaire - a 2-year outcome study" (in press) *Journal of Shoulder and Elbow Surgery*.

## ORDER FORM

### CD 01 General Assessment of the Shoulder

A comprehensive resource for all musculoskeletal clinicians detailing a structured assessment of the shoulder as taught in the Lyn Watson lecture series

#### CD comprises:

- Brief description of each technique
- Clinical variations
- Photo or Videos of each technique
- Clinical problem solving techniques
- Relevant research
- Treatment techniques & rehabilitation exercises
- Subjective Examination
- Objective Examination
- Over 116 pages of detailed text explanation

CD price: \$170CAD (plus shipping/ handling/taxes)  
\$25.50 (taxes)  
\$10.00 (shipping/ handling)  
= \$205.50CAD

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The image shows three photographs of a physiotherapist performing shoulder assessments on a male patient. The top photo shows the patient's arm being moved. The middle photo shows the patient's shoulder being palpated. The bottom photo shows the patient's shoulder being palpated from a different angle.

Lyn Watson Course Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

<input type="checkbox"/> Level 1 Course (\$575+HST= \$649.75)	
<input type="checkbox"/> Level 2 Course (\$575+HST= \$649.75)	
<input type="checkbox"/> Level 3 Course (\$575+HST= \$649.75)	
<input type="checkbox"/> Lyn Watson Shoulder Assessment CD-ROM (\$150+HST= \$169.50)	
Total Enclosed	

Please make cheque payable to **Whitmore Physiotherapy Consulting Inc.**

**Mail to: Whitmore Physiotherapy Consulting Inc.**

**Attn: Scott Whitmore**

**31 Yorkshire St. S.**

**Guelph, ON**

**N1H 4Z9**

Email contact: [snapcrackpop@rogers.com](mailto:snapcrackpop@rogers.com)

Please note: Cheques will be cashed April 15. A 50% cancellation fee applies to cancellations after that date, unless the space is filled.