



Course Title: **Human Movement Matrix: Shoulder**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and Training) 0.4 (4 Hours) Approved and Accepted by several additional organizations.

Author:

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Chris received his Bachelor's Degree in Marketing from SUNY Plattsburgh, his Master's Degree(MPT) in Physical Therapy from Nova Southeastern University and he received his advanced Master's Degree in Musculoskeletal & Sportsphysiotherapy from the University of South Australia(equivalent to a U.S. Residency). Uniquely, Chris has been a personal trainer since 1996, changed careers in 1997 from Marketing to Physical Therapy.

His passion for learning is evident and contagious. He loves to present at conferences, private seminars and fitness venues. He became a Periodization Planning Specialist(PPS) and Strength Conditioning Expert(SCE) through Tudor Bompa, Phd in 2001 and 2002 respectively. He also earned the prestigious C.S.C.S. credential through the National Strength and Conditioning Association in 2002. He has been a practicing physical therapist for 16 years with a strong clinical background in orthopedics, sports injuries and spinal dysfunctions. He has been a personal trainer for 20 years and has been an international fitness presenter for 11 years. He has created four dynamic live seminar courses for personal trainers, physical therapists and massage therapists, ten home study and Elearning courses on human movement targeted to educating personal trainers on human movement. He is presently working as a physical therapist, presents at fitness conferences, teaches live seminars for PTCS and other continuing education companies, while consulting on various fitness and health related projects.

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Course Summary:

The shoulder is one of the most vulnerable joints in the body due to its vast range of motion and complexity. This course is developed to assist the health-fitness professional with a deeper understanding of the functional anatomy, mechanics, and assessment of the shoulder. The goal is to provide a helpful understanding of the applied science, common dysfunctions encountered, typical medical management, and evidenced based research to help you directly apply this information for your clients. Improve your knowledge and skills gaining a competitive edge by successfully working with clients with shoulder dysfunction within a safe and effective scope of practice.

## Objectives:

After completing this course you will be able to:

1. Describe 5 aspects of anatomy of the human body including 4 types of connective tissue, properties of skeletal muscle, properties of cartilage, properties of joints, and types and properties of bone.
2. Discuss anatomy of the shoulder including 4 joints and 12 muscles.
3. Explain shoulder biomechanics including scapulohumeral rhythm and 6 movements of the shoulder.
4. Identify 7 shoulder daily activity movements.
5. Explain 4 functional assessments for the shoulder.
6. Discuss shoulder weak links in 4 sports.
7. Identify 5 common causes of shoulder dysfunction.
8. Describe 12 common shoulder conditions.

## Outline:

<b>Learning Outcome 1</b> Describe 5 aspects of anatomy of the human body including 4 types of connective tissue, properties of skeletal muscle, properties of cartilage, properties of joints, and types and properties of bone.	
Pages: 27	Videos: 0
Audio: 0	Interactive Material: Pictures and Tables
Subtopics: 1.1 The Shoulder 1.2 Anatomy Review Connective Tissue Properties of Skeletal Muscle Properties of Cartilage Properties of Joints Types of Joints Properties of Bone Types of Bone	
Assessment Questions: 8	
<b>Learning Outcome 2</b> Discuss anatomy of the shoulder including 4 joints and 12 muscles.	
Pages: 36	Videos: 7
Audio: With Video	Interactive Material: Pictures and Tables
Subtopics: 2.1 Anatomy of the Shoulder	

Primary Shoulder Joints Glenohumeral Joint Muscles of the Shoulder <ul style="list-style-type: none"> <li>Rotator Cuff Musculature             <ul style="list-style-type: none"> <li>Supraspinatus</li> <li>Infraspinatus</li> <li>Teres Minor</li> <li>Subscapularis</li> </ul> </li> <li>Shoulder Stabilizers             <ul style="list-style-type: none"> <li>Serratus Anterior</li> <li>Rhomboid Minor</li> <li>Rhomboid Major</li> <li>Middle Trapezius</li> <li>Lower Trapezius</li> </ul> </li> <li>Additional Shoulder Muscles             <ul style="list-style-type: none"> <li>Anterior and Posterior Deltoid</li> <li>Shoulder Abductors and Adductors</li> <li>Shoulder Rotators</li> </ul> </li> </ul>	
Assessment Questions: 7	
Learning Outcome 3 Explain shoulder biomechanics including scapulohumeral rhythm and 6 movements of the shoulder.	
Pages: 8	Videos: 3
Audio: With Video	Interactive Material: Pictures and Tables
Subtopics: 3.1 Shoulder Biomechanics <ul style="list-style-type: none"> <li>Scapulohumeral Rhythm</li> <li>Movement at the Shoulder             <ul style="list-style-type: none"> <li>Flexion and Extension</li> <li>Abduction and Adduction</li> <li>External and internal Rotation</li> </ul> </li> </ul>	
Assessment Questions: 2	
Learning Outcome 4 Identify 7 shoulder daily activity movements.	
Pages: 8	Videos: 0
Audio: 0	Interactive Material: 0
Subtopics:	

<p>1.1 Shoulder Daily Movement Activities</p> <ul style="list-style-type: none"> <li>Getting Dressed</li> <li>Reaching</li> <li>Grasping a Seatbelt</li> <li>Styling Your Hair</li> <li>Lifting</li> <li>Carrying</li> <li>Pushing</li> </ul>	
Assessment Questions: 2	
<p>Learning Outcome 5</p> <p>Explain 4 functional assessments for the shoulder</p>	
Pages: 5	Videos: 0
Audio: 0	Interactive Material: Pictures
<p>Subtopics:</p> <p>5.1 Functional Assessments of the Shoulder</p> <ul style="list-style-type: none"> <li>Wall Push Up Test</li> <li>Reach Behind Back Test</li> <li>Four Point Plank Test</li> <li>Side Plank Test</li> </ul>	
Assessment Questions: 3	
<p>Learning Outcome 6</p> <p>Discuss shoulder weak links in 4 sports.</p>	
Pages: 8	Videos: 0
Audio: 0	Interactive Material: 0
<p>Subtopics:</p> <p>6.1 Shoulder Weak Links</p>	
Assessment Questions: 2	
<p>Learning Outcome 7</p> <p>Identify 5 common causes of shoulder dysfunction.</p>	
Pages: 7	Videos: 0
Audio: 0	Interactive Material: 0

Subtopics:

7.1 Common Shoulder Dysfunctions

Common Causes of Dysfunction

Degeneration Due to Overuse

Injury or Trauma

Sedentary Lifestyle

Systemic Pain

Repetitive Stress Injury (RSI)

Assessment Questions: 2

Learning Outcome 8

Describe 12 common shoulder conditions.

Pages: 32

Videos: 7

Audio: With Video

Interactive Material: Pictures and Flipping Pictures

Subtopics:

Common Shoulder Dysfunctions continued...

Common Shoulder Conditions

Rotator Cuff Tears

Bankhart Lesions

Slap Injury

Hills Sachs Lesion

Glenohumeral Instability

Multi-direction Instability

Glenohumeral Separations/Dislocations

Acromioclavicular Separations/Disorders

Supraspinatus Tendonitis/Impingement Syndrome

Bicipital Tendonitis

Bursitis

Adhesive Capsulitis

**Video Library with 21 Video Exercises.**

Assessment Questions: 14

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