Title: Non-Operative & Post-Operative Management of Shoulder Instability: Integrating a Manual Therapy Approach
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Course Description: Glenohumeral instability is a common pathology encountered in orthopedic and sports physical therapy settings. Non-operative rehabilitation focuses on dynamic stabilization, neuromuscular control and proprioception activities. The clinician needs to be familiar with targeted exercise interventions when devising a comprehensive treatment plan for a patient with glenohumeral instability. Current evidence associated with shoulder complex therapeutic exercise will be discussed. Surgical management including both soft tissue and bony procedures will be discussed along with post-operative rehabilitation implications. The concept of regional interdependence illustrates the impact of the cervical and thoracic spine on shoulder function. Select manual therapy techniques targeting cervicothoracic spine, scapulothoracic and glenohumeral regions will be reviewed and demonstrated.

Course Learning Objectives

1. Explain the principles of non-operative rehabilitation for patients with glenohumeral instability
2. Describe rehabilitation implications following surgical procedures associated with glenohumeral instability
3. Discuss current evidence as it relates selection of shoulder complex therapeutic exercise
4. Design an effective rehabilitation program integrating manual therapy techniques for the cervicothoracic, glenohumeral and scapulothoracic regions.

Tentative Outline of time and content:

Non-operative management of glenohumeral instability 45 minutes
Surgical considerations for shoulder instability: soft tissue & bony repair 60 minutes
Break 15 minutes
Post-operative rehabilitation considerations 45 minutes
Question & Answer 15 minutes
Evidence-based shoulder complex rehabilitation 45 minutes
Break 15 minutes
Manual therapy considerations for non-operative & post-operative management of glenohumeral instability: Glenohumeral 30 minutes
Scapulothoracic 30 minutes
Cervicothoracic 45 minutes
Questions & Answer 15 minutes

Approved by the APTA of MA Board of Directors: Feb 2011
Key References: Minimum of 5 current references (less than 5 years old):


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