

How to integrate a kinetic chain approach into our clinical reasoning for patients with upper quadrant disorders?

A series of case studies as food for thoughts.

2-3 h: interactive clinical talk shop

What are the aims of the talk shop?

- To introduce the current concepts of viewing the shoulder girdle as part of the 'UQ chain'
- To become familiar with the terminology used within this concept
- To transfer the knowledge on the 'UQ chain' approach in the differential diagnosis and the planning and delivery of rehabilitation of specific UQ disorders (including assessment of the upper body closed chain ability, scapular dyskinesia, Shoulder Symptom Modification Procedure - SSMP)

Some extra information:

'UQ chain' - multiple systems

- What are your beliefs?
- Morphology versus pathology
- Factors influencing pain and dysfunction in athletes
- Neck and shoulder and vice versa
- Where do we come from?
- Case 1 - 21 yo female dance 10/12 shoulder pain and weakness
 - Scapula and RC – isolate or integrate
 - Introducing: Sporting Shoulder with Jo Gibson (podcast)
- How to clinical Ax of upper body closed chain ability?
- Scapular dyskinesia: what is normal and does it matter?
 - Shoulder Symptom Modification Procedure (SSMP)
- 4 ways to improve overhead shoulder mobility
- More cases
 - goal keeper
 - scapular dyskinesia in presentations where there is a defined abnormality of *neuromuscular* system- where does it hurt?
- Can axial dysfunction present as shoulder pain?
- Can a shoulder problem cause LBP?

About the presenter:

Wim Dankaerts is an Associate Professor in Musculoskeletal Physiotherapy at the University of Leuven, Belgium. He also works part-time in private practice in Tienen (Belgium) as a Musculoskeletal Physiotherapist at PVMT where he is the owner of a clinic specialized in musculoskeletal rehabilitation (<http://www.pvmtdankaerts.be/>)

Wim graduated as a physiotherapist from the University of Leuven (1990) and received his Post Graduate Diploma in Manipulative Physiotherapy, from Curtin University, Perth, WA (1995). He completed his PhD at Curtin University (2005).

His main interest of research is into musculoskeletal rehabilitation. He has published more than 50 papers (<https://www.ncbi.nlm.nih.gov/pubmed/?term=wim+dankaerts>) and presented his research findings at many international conferences.