

## **Wilk WPTI Subscription Courses**

### **Rehabilitation Techniques Using Dry Needling**

1 hour

Dry needling is a skilled intervention that uses a thin needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular, and connective tissues for the management of neuromusculoskeletal pain and movement impairments. This presentation will discuss what dry needling is, its benefits, and how it is administered.

### **Evaluation & Treatment of the Scapula in Athletes**

1 hour

This course will discuss the scapula in three phases: evaluation, pathophysiology of abnormalities related to the scapula, and treatment options.

### **Rehabilitation following UCL Reconstruction in the Overhead Throwing Athlete**

1 hour

The number of ulnar collateral ligament (UCL) injuries has increased in recent years. This is likely due to the repetitive high stress forces in overhead athletes such as pitchers, but these injuries are also found in other sports such as javelin throwers and ballistic sports such as gymnastics or football. This presentation will cover UCL injuries and effective rehab protocols for both non-operative and post-operative cases.

### **Rehab Following Specific Articular Cartilage Procedures**

1 hour

Articular cartilage injuries can be very challenging. The challenge is to get an active patient back to sports or activities. This presentation will not address arthritic knees, but will instead focus on patients with a localized articular cartilage defect and how to develop an effective rehabilitation program.

### **Techniques to Promote Tissue Regeneration: Platelet-Rich Plasma, Stem Cell, Laser Therapy, Shock Wave Therapy, Continuous Ultrasound**

1 hour

There are a variety of treatment interventions and modalities that promote tissue healing and regeneration following injuries. This class will describe the basic principles and techniques for some of the most popular ones available to rehabilitation professionals.

## **Recognition & Treatment of UCL Injuries in Athletes**

1 hour

Dr. Dugas joins Kevin Wilk this month to discuss UCL injuries in athletes. Dr. Dugas is an orthopedic surgeon at the Andrews Sports Medicine & Orthopedic Center in Birmingham, AL. He will discuss the biomechanics of the elbow, strategies for examining injured elbows, and surgical interventions. Kevin Wilk will outline appropriate exercises for rehabilitating patients after UCL surgery.

## **Clinical Examination of the Thrower's Shoulder**

1 hour

The clinical examination of the shoulder is critical in diagnosing and treating injuries in overhead throwers. In this month's webcast, Dr. Cain will walk you through a complete shoulder examination.

## **Therapeutic Exercise for the Foot & Ankle Complex**

1 hour

Foot and ankle pathology is common in physical therapy practice. Overuse injuries are often a result of abnormal foot mechanics or due to imbalances higher in the kinetic chain. This class will describe techniques for improving muscle balance in the lower kinetic chain and specific exercises for the foot and ankle.

## **Strength and Conditioning Considerations for the Athletic Hip**

1 hour

This class is an overview of a strengthening program for the hip presented by Kevin Wilk and Pete Draovitch. It will include activation considerations and correlations between weight room and real life applications.

## **The Maligned Knee: ACL Rehab & Knee Motion Complications**

1 hour

This is not just another surgical talk on the ACL. Physical therapists are an essential part of the team that also includes the surgeon and the patient. Each member has their own expectations that will only be realized when everyone on the team is working together. In this class, Dr. Paulos discusses reasons for arthrofibrosis after ACL surgery and how physical therapists can minimize the involved risks.

## **Treatment of Post-Operative Knee Motion Complications**

1 hour

Joint stiffness remains the single most common complication following surgical intervention at the knee joint. We will discuss the post-operative treatment of knee patients, specifically how to avoid knee stiffness and how to treat it when it presents. Knee stiffness is a significant problem in orthopedics and sports medicine that physical therapists routinely see. In this presentation, we will analyze several patient case studies, review the existing literature as it pertains to knee motion restriction, and discuss treatment techniques.

## **Rotator Cuff Tear**

1 hour

Dr. Robert Burks, Professor, specializes in the field of sports medicine and shoulder surgery. His practice focuses on injuries to and degenerative conditions of the shoulder and knee. Dr. Burks practices at the University of Utah Orthopedic Center. This presentation will cover the surgical management of cuff repairs, including specific techniques of repair and physicians' expectations from physical therapy.

## **Scapular Assessment and Treatment**

1 hour

This presentation will focus on assessing and treating problems with the scapula. It will cover exercises for both healthy individuals and for individuals with disorders of the shoulder girdle. It will discuss several specific scapular pathologies and pay special attention to scapular dyskinesis as defined by Dr. Kibler.

## **Rehabilitation Following Rotator Cuff Repair**

1 hour

This presentation will discuss rehabilitation following rotator cuff repair with special emphasis on why one rehab program doesn't fill all patients. There are many variables regarding rotator cuff repairs that need to be considered, including the size of the tear, the tissue quality, the type of surgery performed, and patient variables. As a result, physical therapists need multiple rehab programs that adjust to their patients' needs based on these variables.

## **Biceps Pain**

1 hour

Biceps pain is becoming more common. Reasons can include posture, lifestyle, activity levels, and increased pain awareness. Biceps pain includes three major groups of pathological processes:

- Inflammatory
- Instability
- Traumatic

This program will look at several common types of problems that affect biceps pain and effective treatment and therapeutic approaches.

## **Rehabilitation of the Female's Throwing Shoulder**

1 hour

Injury rates among windmill-style female pitchers are increasing and almost half will experience pain during year. This telecast will include lecture providing the scientific & clinical evidence for treatment of the female shoulder, specifically female athletes in softball and fast-pitch softball.

## **Evaluation & Rehab Strategies for the Shoulder and Hip**

1 hour

### 1. Rehabilitation of Shoulder in the Overhead Thrower: Improving Internal Rotation

Loss of internal rotation in overhead throwers is currently a hot a topic. Many individuals exhibiting a loss of internal rotation have posterior tightness which physical therapists and athletic trainers often address with a series of stretches. This topic will cover the reasons for internal loss of rotation along with evaluation techniques and rehabilitation strategies.

### 2. Loss of Motion of the Shoulder Joint: Recognition & Treatment of Posterior Capsular Tightness

This segment will focus on the recognition and treatment of posterior capsular tightness by reviewing the arthrokinematics of the glenohumeral joint, evaluation considerations, and rehabilitation strategies.

### 3. Functional Kinematic Evaluation of the Hip Joint Complex

Join world-renowned physical therapist Pete Draovitch as he discusses the functional kinematic evaluation of the hip, including:

- differential diagnosis of motion limiting structures
- bony structure vs soft tissue
- capsular vs extra-articular tissue
- range of motion: prone vs supine

- capsular and articular patterns
- numerous validated hip tests

### **UCL Injuries in Athletes - Treatment Options & Rehabilitation**

1 hour

Injury rates among windmill-style female pitchers are increasing and almost half will experience pain during year. This telecast will include lecture providing the scientific & clinical evidence for treatment of the female shoulder, specifically female athletes in softball and fast-pitch softball.

### **UCL Injuries in Athletes - Treatment Options & Rehabilitation (Part 2)**

1 hour

Elbow injuries in athletes are common. For example, they account for 22% of all injuries in baseball players. Ulnar collateral ligament injuries can be either traumatic or result from repetitive overhead stresses. This presentation is part two of a two-part series and will cover the following:

- Differences between surgical repair and surgical reconstruction of the UCL
- Cutting-edge UCL repair techniques
- Rehabilitation guidelines for patients following UCL repair

### **Pathoanatomy and Compensatory Soft Tissue Differential Diagnosis**

1 hour

This program will look to identify mechanisms of injury and determining whether the primary pain generator is either intra-articular, extra-articular or referred pain from somewhere along the kinetic chain. Proper diagnosis depends on answering the following questions:

- Is the hip the SOURCE of the problem?
- Is the hip the SITE of the problem?
- Is the hip the SOLUTION of the problem?

### **Shoulder Examination: Which Tests are Best?**

1 hour

Shoulder lesions are common in the general population and in athletes. There are numerous tests, maneuvers, and special assessments that you can utilize to make an accurate diagnosis. This presentation will compare/contrast various shoulder tests useful in diagnosing shoulder pathologies.

## **Rehabilitation of the Patient with Congenital Unstable Shoulder**

1 hour

This course includes lecture providing the scientific & clinical evidence for the Treatment of multi-directional Shoulder Instability/Laxity. It also includes lecture, video and live patient demonstration in the treatment of this challenging clinical diagnosis. You will learn hands-on techniques, new exercise program & strategies to effectively manage the patient with this pathology.

## **Joint Mobilization Techniques & Stretching for the Glenohumeral Joint: New Techniques**

1 hour

This course includes lecture providing the scientific & clinical evidence for the treatment for glenohumeral joint loss of motion. It also includes lecture, video and live patient demonstration of new treatment of this challenging clinical diagnosis. You will see hands-on techniques, new approaches & strategies to effectively manage the patient with this pathology.

## **New Rehabilitation Strategies & Techniques for Patients with Patellofemoral Pain**

1 hour

This course includes lecture providing the scientific & clinical evidence for the treatment for patients with patellofemoral pain. This program consists of lecture, video and patient demonstration of new treatment of this challenging clinical diagnosis. It also includes hands-on techniques, new approaches & strategies to effectively manage the patient with this pathology. Modalities such as laser therapy, electrical muscle stimulation, bracing, taping, exercise and other treatment interventions will be demonstrated.

## **Evaluation & Developing a Treatment Program for the Overhead Athlete**

1 hour

This course includes lecture providing the scientific & clinical evidence for the evaluation of the shoulder joint in the overhead athlete. This program includes lecture, video and live patient demonstration of new evaluation to establish a diagnosis for this challenging patient. The course also includes hands-on techniques, new approaches & strategies to effectively manage the patient with this pathology. This telecast will include various treatment modalities and results, and interactive Questions and Answers.

## **Rehabilitation of the Overhead Throwing Athlete**

1 hour

This course includes lecture providing the scientific & clinical evidence for the treatment for the overhead athlete. This program will include lecture, video and live patient demonstration of new treatment of this challenging clinical diagnosis. Addressing pain or injury in the elbow joint before and after ACL surgery in the overhead athlete. The course includes history and evaluation of the throwers elbow with hands-on techniques, new approaches & strategies to effective management of the patient with this pathology.

## **Hip & Core Strengthening Exercises**

1 hour

This presentation discusses both the hip and the core. Kevin Wilk discusses the hip, in particular hip strengthening exercises and flexibility. He covers some of the basic science, specific exercises, and clinical applications. Luke Wakefield, a performance coach in Birmingham, demonstrates a variety of core stabilization and activation exercises.

## **Prevention of Shoulder Injuries in Youth Baseball Players**

1 hour

Risk factors, prevention & treatment of shoulder & elbow injuries in youth baseball players are discussed.

## **New Techniques & Joint Mobilization to Increase Glenohumeral Joint Motion**

1 hour

This webcast will include lecture providing the scientific & clinical evidence for the treatment for glenohumeral joint motion. This program will include lecture, video and live patient demonstration of new treatment of this challenging clinical diagnosis. The telecast will include hands-on techniques, new approaches & strategies to effectively manage the patient with this pathology. This course includes various treatment modalities and results.

## **Proprioception & Neuromuscular Control Drills for the ACL Patient**

1 hour

There are over 200,00 ACL injuries each year, of which about 62-66% are sports related. ACL injuries are usually non-contact injuries and occur in males more than females. Unilateral ACL injuries tend to affect both lower extremities. This class will discuss proprioception and neuromuscular control drills for the ACL patient.

## **Rehabilitation Following Rotator Cuff Repair Immediate Post-Op Phase (Weeks 1-8)**

1 hour

There is not one specific rehabilitation protocol for all rotator cuff patients. The key is to have different rehabilitation programs for specific patients and types of repairs. Protocol should be based on the size of the tear, the tissue quality, the type of repair, and additional patient variables.

## **The Overhead Athlete (Part 2): Rehabilitation Following Shoulder Surgery**

1 hour

The overhead throwing athlete often experiences shoulder pain and shoulder lesions. Most lesions can be treated successfully non-operatively, but sometimes surgery is necessary. Rehabilitation following surgery plays a key role in the ultimate outcome for the athlete - getting back to playing their sport.

## **Current Concepts in the Treatment of ACL Injuries Part 3: The Advanced Phases - Weeks 8 to 26**

1 hour

This course includes lecture, video & live patient demonstration in the rehabilitation of patient following ACL reconstruction. The instructor will provide the evidence for the most effective treatment of ACL Injuries and concomitant pathologies. This course discusses and demonstrates rehabilitation techniques from week 9 to week 26 following surgery. The instructor discusses how to design a rehab program and a functional progression following ACL surgery.

Modalities such as electrical muscle stimulation, exercise principles, plyometrics, running & agility programs & proprioception training will be discussed.

## **Current Concepts in the Treatment of ACL Injuries - Part I: Immediate Post-Operative Phase - Days 1 to 7**

1 hour

This course includes lecture, video & live patient demonstration in the treatment of patient who have torn their ACL. The instructors provide the evidence for the effective Treatment of ACL Injuries and concomitant pathologies. This course discusses and demonstrates rehabilitation techniques immediately following injury, video of the surgery procedure and immediate post-operative rehabilitation. The instructors will discuss how to treat concomitant lesions with the ACL injury.

## **Treating Patellar Tendinopathies: Tendinitis & Tendinosis**

1 hour

This course includes lecture citing the latest research in the Treatment of Patellar Tendinopathies. Dr. Wilk discusses & illustrates the treatment of patellar tendinitis & patellar tendinosis. Through lecture and demonstration Dr. Wilk will explain the treatment plans utilizing eccentric exercise, laser therapy, soft tissue mobilization, iontophoresis, stretching and various other physical therapy treatments.

## **Immediate Rehab Techniques Following Rotator Cuff Repair Surgery**

1 hour

This course includes lecture & patient demonstration discussing the latest basic science, clinical research & patient outcome studies in the most effective rehabilitation techniques in the rehabilitation following Rotator Cuff Repair Surgery. This presentation will include lecture, video and patient demonstration of specific rehabilitation techniques and approaches. Following the presentation there will be a discussion and questions/answers time. Modalities such as cryotherapy, exercise, joint mobilization, laser therapy, electrical muscle stimulation and pain modalities will be discussed. This live web telecast will also be available to students who were unable to view the live webcast. Participants who view the on-demand webcast will be required to demonstrate mastery of the presented materials through completion of an online assessment or test.

## **The Overhead Athlete (Part 1): Assessment and Treatment**

1 hour

The overhead throwing athlete often experiences shoulder pain and shoulder lesions. Most lesions can be treated successfully non-operatively, but sometimes surgery is necessary. Rehabilitation following surgery plays a key role in the ultimate outcome for the athlete - getting back to playing their sport.