



Montana Chapter
American Physical
Therapy Association
Fall Conference

Presents:

Dr. Shirley Sahrman, Part 2

MONTANA Welcomes

Dr. Sahrman

- Catherine Worthingham
Fellow of the APTA
- APTA's Lucy Blair
Service Award
- Marion Williams
Research Award
- Kendall Practice Award
- Mary MacMillan Lecture
Award
- John H.P. Maley Lecture
Award
- Distinguished Faculty
Award from Washington
University
- WU School of Medicine's
Inaugural Distinguished
Clinician Award
- Bowling-Erhard
Orthopedic Clinical
Practice Award
- Past Member of APTA
Board of Directors
- Past President Missouri
Chapter APTA
- Keynote speaker:
 - World Confederation
of Physical Therapy
(WCPT)
 - Biennial Manipulative
Physiotherapist
Conference
 - Australian National
Association
Conference
 - New Zealand
National Association
Conference



Fall Conference and ROC Wheels Fundraiser

Oct. 22-23, 2011

Holiday Inn Downtown at the Park
Missoula MT

*Also includes: Wheelin', Dealin', &
Wine-in' Dine Social at
Ten Spoon Winery, with
musical guests "Silk Stocking"*

Movement System Syndromes of the Shoulder and Neck

12 Contact Hours/ 1.2 CEUs

Course Description:

This course will provide a review and update of the concepts and principle of Movement System Syndromes (MSS) and their relationship to musculoskeletal pain syndromes. The course will use lecture and demonstrations for instruction in the underlying kinesiopathology and in the examination and treatment of the syndromes. The underlying concept is that the repeated movements of daily activities contributes to tissue and motor control adaptations that causes a joint to move readily in a specific direction. The basic premise being that the body takes the path of least resistance for movement. The repeated motions in the offending direction causes tissue microtrauma and eventually microtrauma. This course will describe the associated tissue adaptations. Based on the trauma causing movement directions, syndromes have been described along with the contributing factors. The purpose of the course is to describe the movement system syndromes of the shoulder and cervical spine, the examination used to diagnose the syndromes and the treatment. Thus the participant should be able to recognize the

signs, symptoms, contributing factors of the syndromes and describe an appropriate treatment program.

Course Objectives:

Upon completion of this course the participant will be able to:

1. Describe the tissue and motor control adaptations induced by repeated movements and sustained postures.
2. Discuss how these adaptations cause musculoskeletal pain syndromes.
3. Describe scapular movement system syndromes and the contributing factors
4. Describe humeral movement system syndromes and the contributing factors
5. Describe cervical movement system syndromes and the contributing factors
6. Discuss the examination to diagnose scapular and humeral syndromes
7. Discuss the examination to diagnose cervical movement system syndromes
8. Develop a treatment programs for cervical, scapular and humeral movement system syndromes

Dr. Shirley Sahrman

On the list:

The Seven Most Influential Persons in Orthopedic Physical Therapy Today.

“If I have seen further, it is by standing on the shoulders of Giants.”

~ Isaac Newton 1676

AGENDA

Saturday, Oct. 22

- 7am Professional Forum
- 7:15 Registration Open
- 8am CE Course
- 11:30 Membership Meeting & Lunch
- 1:30 CE Course cont.
- 6:00 PTs for ROC Wheels, Silent Auction and Fundraiser, Ten Spoon Winery

Sunday, Oct. 23

- 9am CE Course, cont.
- 12:30 Lunch
- 1:30 CE Course, cont.



Move Forward.
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www.moveforwardpt.com

Accommodations: Rooms can be reserved at the Holiday Inn Downtown at the Park, Missoula. Call 406-721-8550. Please ask for the Montana Chapter APTA special room rate of \$119.

CEUs: 12 Contact Hours/ 1.2 CEUs

Course Schedule:

Oct. 22

- 8:00 – 9:30 Application of the concepts of Movement Systems Syndromes (MSS) to the upper quarter.
- 9:30 - 9:50 Break
- 9:50 - 11:30 MSS of the scapula
- 11:30 – 1:30 Lunch and Business Meeting
- 1:30 - 2:30 Demonstration of examination: alignment and scapular movement
- 2:00 – 2:45 MSS of the humerus
- 2:45 - 3:00 Break
- 3:0 - 4:00 Demonstration of the full exam, developing the diagnosis and treatment program of a subject with shoulder pain
- 4:00 – 5:00 Demonstration 2
- 6:00pm PTs for ROC Wheels, Silent Auction and Fundraiser, Ten Spoon Winery

Oct. 23

- 9:00- 10:30 MSS of the cervical spine
- 10:30 – 10:50 Break
- 10:50 – 12:00 Demonstration of Exam for cervical spine syndromes
- 12:00 – 12:30 Demonstration of treatment program
- 12:30- 1:30 Lunch
- 1:30 - 2:30 Demonstration: examination, diagnosis and development of treatment program of subject with shoulder or neck pain.
- 2:30 – 3:30 Demonstration of exam, diagnosis, and treatment of subject with upper quarter pain.
- 3:30 – 3:45 Break
- 3:45 - 4:30 Demonstreations continued

ABOUT THE SPEAKER: SHIRLEY A. SAHRMANN, PT, PhD, FAPTA

Dr. Sahrman is Professor of Physical Therapy/ Neurology/ Cell Biology and Physiology at Washington University School of Medicine, St. Louis, Missouri. She received her bachelors degree in Physical Therapy, masters and doctorate degrees in Neurobiology from Washington University. She is a Catherine Worthingham Fellow of the American Physical Therapy Association and is a recipient of the Association's Marion Williams Research Award, the Lucy Blair Service Award, and the Kendall Practice award, the Inaugral John H.P. Maley Lecture and Mary McMillan Lecture

and at the Canadian, Australian, New Zealand and Danish national congresses. Dr. Sahrman's research interests are in development and validation of classification schemes for movement impairment syndromes as well as in exercise based interventions for these syndromes. Her book, Diagnosis and Treatment of Movement Impairment Syndromes, describes the syndromes and methods of treatment. She maintains an active clinical practice specializing in patients with musculoskeletal pain syndromes.

Dr. Sahrman has also received Washington University's Distinguished Faculty Award, the School of Medicine's Inaugral Distinguished Clinician Award and an honorary doctorate from the University of Indianapolis. She has also received the Bowling-Erhard Orthopedic Clinical Practice Award from the Orthopaedic Section of the APTA. She has served on the APTA Board of Directors and as president of the Missouri Chapter. In addition to her numerous national and international presentations, Dr. Sahrman has been a keynote speaker at the World Confederation of Physical Therapy,

and at the Canadian, Australian, New Zealand and Danish national congresses.

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MOVEMENT SYSTEM IMPAIRMENT SYNDROMES

of the Extremities,
Cervical and Thoracic Spines



Considerations for Acute and Long-Term Management

Shirley Sahrman
and Associates

**Montana Chapter
American Physical Therapy
Association
PO Box 8575
Missoula MT 59807**

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CONTACT US:

**Tel: 406-543-1823
Fax: 877-546-9331
www.mapta.com
maptaed@mapta.com**

**Please bring an item
for the silent auction to
raise money for ROC
Wheels, see below.**



**Join the Celebration
Wheelin',
Dealin' &
Wine-in' for
ROC Wheels
Conference Reception &
Fundraiser
October 22, 2011
Ten Spoon Winery, Missoula**

“Wheelin’, Dealin’, Wine-in” Reception and Fundraiser for ROC Wheels at Ten Spoon Winery

Montana Chapter of APTA will raise money for ROC Wheels, Inc (see below) at the Ten Spoon Winery in the Rattlesnake Valley in Missoula on Oct. 22, 6pm. Music by Silk Stocking, Wine by Rattlesnake Winery, hors d'oeuvres available.

ROC Wheels, Inc., (Reach Out & Care) is a 501(c)(3), faith-based, non-profit organization founded and based in Bozeman, Montana. ROC Wheels (hereby ROC) was organized to facilitate the supply of wheelchairs and other mobility devices to disabled individuals within developing countries and to further programs and education that will help reduce barriers to, and enhance mobility for these individuals. ROC Wheels specializes in manufacturing innovative, lightweight, durable, functional and aesthetically pleasing pediatric positioning and mobility systems designed to empower the individual and allow the greatest opportunity for optimal mental and physical development. The ROC Chair is the first solution to come along that not only properly meets the needs of a very broad range of disabilities, but can also be produced in large quantities at a low cost. ROC Wheels performs all these operations without regard to political affiliation, religious beliefs or ethnic identity.

Mission Statement: To provide mobility products for people with disabilities in developing countries and to foster partnerships through ministry, youth empowerment, wheelchair distributions, manufacturing opportunities, and educational development.

