
Learning Objectives

MedBridge
The Overhead Athlete's Shoulder
Robert Donatelli, PhD, PT

Course Objectives

- Describe the force couples of the shoulder and their importance in the overhead throwing athlete
- List the phases of throwing and muscle activity during each phase
- Identify treatment techniques to reduce pain and increase mobility of soft tissue structures
- Design a strengthening program to improve performance and restore mechanics
- List Special Tests to determine soft tissue dysfunction

Chapter 1: Biomechanics of the Shoulder

- Identify the complex mechanics of shoulder movement
- Assess the key principals involved in overhead throwing
- Defining and analyzing force couples

Chapter 2: Phases of Throwing

- List the phases of throwing and muscle activity during each phase
- Identify treatment techniques to reduce pain and increase mobility of soft tissue structures

Chapter 3: Pathophysiology of the Overhead Athlete's Shoulder

- Design a strengthening program to improve performance and restore mechanics
- List Special Tests to determine soft tissue dysfunction