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# Objectives and Program Schedule

MedBridge

*Shoulder Instability: Anterior, Posterior, and Multidirectional*

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## Chapter 1: Glenohumeral Joint Instability

- Recognize the pathomechanics of various shoulder injuries
- Apply principles critical to glenohumeral stability including static stability

## Chapter 2: Shoulder Instability

- Recognize the pathomechanics of various shoulder injuries, including key components of non-operative instability
- Recognize and identify different types of instability

## Chapter 3: Types of Instability and Treatment

- Apply specific treatments and interventions for instability injuries
- Design an effective and appropriate rehabilitation program based on current clinical and scientific research

## Chapter 4: Case Studies

- Apply knowledge of pathomechanics of shoulder instability to case studies
- Design effective and appropriate rehabilitation programs