

**Invited lecture by**

**Professor Karen Ginn**

School of Medical Sciences, Faculty of Medicine and Health, The University of Sydney

**Time:** 1. Maj 2019 kl. 15.00 – 17.00

**Place:** UCN, Selma Lagerløfs Vej 2, 9220 Aalborg

**Clinical reasoning to inform the choice of exercise for patients with shoulder pain  
– evidence & application**

Evidence to support the efficacy of specific exercises for different categories of shoulder dysfunction is limited leaving clinicians with the dilemma of how to choose effective, efficient exercises for their patients with shoulder pain. This presentation will explore a rationale, evidence-based approach to determining patient-specific therapeutic shoulder exercises. The validity and reliability of clinical evidence gained from the patient's diagnosis, radiographic and physical examination findings will be explored to evaluate their role in informing therapeutic exercise selection. Recent evidence on the function of shoulder muscles, particularly the stabiliser function of the rotator cuff and axioscapular muscles, will also be presented. The presentation will conclude with a case study of a patient with shoulder pain to illustrate this evidenced-based clinical reasoning approach to the selection and progression of a patient-specific exercise program.

**About Professor Karen Ginn**

Professor Ginn is a musculoskeletal anatomist in the Discipline of Anatomy & Histology, Faculty of Medicine & Health at the University of Sydney & is a musculoskeletal physiotherapist in part time private practice. She teaches functional, applied anatomy to various health professional groups and conducts professional development courses related to the assessment & treatment of shoulder dysfunction. She is involved in both clinical & laboratory based research related to the assessment and treatment of shoulder dysfunction & has approximately 50 publications in peer-reviewed journals. She is currently a member of the Board of the International Congress of Shoulder and Elbow Therapists.

**Participation is free but registration is required (see link)**

<https://www.ucn.dk/uddannelser/fysioterapeut/arrangementer/tilmelding-kursus-karen-ginn>

**All interested are welcome!**

Yours sincerely,

Lars Arendt-Nielsen

Professor, dr.med.sci., Ph.D.

And

Steffan Wittrup Christensen

Physiotherapist, Ph.D.