I. Introduction (5 minutes)

II. Shoulder anatomy and biomechanics  
   A. The shoulder complex (20 minutes)  
      1. Sternoclavicular joint  
      2. Acromioclavicular joint  
      3. Glenohumeral joint  
      4. Scapulothoracic joint  
   B. Shoulder movement (30 minutes)  
      1. Osteokinematic motion  
      2. Arthrokinematics  
      3. Planes of motion  
      4. Functional motions  
      5. Spinal contributions  
      6. Force couples  
      7. The physiology of  
         a. Abduction  
         b. Flexion  
         c. Rotation  

III. Skeletal injuries  
   A. The AC joint (15 minutes)  
      1. Pathology  
      2. The AC joint compression test  
   B. Proximal humerus fractures (35 minutes)  
   C. Other injuries (20 minutes)  
      1. Hill-Sachs lesions  
      2. Osteoarthritis and arthritis  
      3. Mid-shaft humeral fractures  
      4. Glenoid fractures  

IV. Soft tissue injuries  
   A. Physical examination of the shoulder (60 minutes)  
      1. Subjective examination  
      2. Cervical spine screening  
      3. Objective examination  
         a. Structural observation  
         b. Mobility testing  
         c. Strength testing  
         d. Special tests  
   B. Impingement syndrome  
      1. Shoulder (75 minutes)  
         a. Anatomical considerations
b. Factors increasing impingement
   c. Strengthening programs
   d. Bursitis
2. Biceps and labral (25 minutes)
   a. Biceps tendonitis
      i. Examination
      ii. Friction massage
   b. Labral tears
      i. Assessment
      ii. Treatment
3. Adhesive capsulitis (20 minutes)
   a. Pathophysiology
   b. 3 phases
   c. Anatomical structures
   d. Clinical presentation
   e. Treatment approaches
   f. Outcomes
   g. Exercises
C. RTC and instability (30 minutes)
   1. Rotator cuff tendinosis and tears
      a. Clinical presentation
      b. Conservative treatment
      c. Muscle rebalancing
   2. Instability and subluxation
      a. Assessment
      b. Treatment
D. Neurogenic pain (15 minutes)
   1. The thoracic outlet
   2. Assessment
V. Conclusion (5 minutes)