SYNOPSIS
Shoulder pain is the third most common musculoskeletal problem after back and neck pain:
- incidence amongst persons above 42 years old is peaking up to 25 per 1000 (Gomoll et al 2004)
- prevalence amongst 50-70 year olds at 6.7% and above 70 years old at 21% (Hambly et al 2007)
Shoulder and neck pains have also been a dominant work-related musculoskeletal complaint that accounts for a high incidence of medical leave and a less productive workforce. This number is set to increase with the rapidly aging population who are working longer in their lives - requiring more activities and functional mobility.
Various shoulder complaints are therefore commonly seen affecting a large group of the aging population, especially due to its high recurrence rate and development into a chronic fluctuating problem.
This lecture will focus on understanding the anatomy of the shoulder and its relation to the cervical and thoracic spine, followed by its biomechanics and the pathophysiological changes that come about with aging. A greater emphasis will be placed on the application of clinical reasoning. Clinical diagnosis and related management approach will be briefly discussed.

TARGET PARTICIPANTS
This lecture is suitable for physiotherapists who have just graduated or graduating, as well as physiotherapists who are keen to have a refresher on the topic.

TRAINER
SHARIKA UDIPI  Senior Physiotherapist : B Hlth Sc (Phty) (Aust), Dip Phty (S’pore)
Sharika obtained her graduate degree in Physiotherapy from the University of Sydney, Australia in 2008. She has more than 6 years of clinical experience in both the public and private sectors. She is currently a senior physiotherapist with TTSH, managing patients with musculoskeletal problems at the TTSH Physiotherapy Outpatient Clinic and TTSH Sports Clinic. Sharika has a special interest in the management of various musculoskeletal and spinal conditions.

WORKSHOP DETAILS
Date : 3rd November 2012 (Saturday)  Fees : $ 25 (normal)
Time : 1pm – 3pm  $ 15 (SPA members/early-bird*)
Venue : Physiotherapy Outpatient Clinic  Closing Date : 20th October 2012
TTSH Basement 1  For Enquiry : AHINet@ttsh.com.sg

* early-bird rate is applicable to payment made before 30th Sep 2012