THE FUNCTIONAL SHOULDER: RESTORING THE SHOULDER COMPLEX AFTER INJURY AND BREAST CANCER
Suzanne Martin

Suzanne Martin DPT
Suzanne is a Doctor of Physical Therapy and a gold-certified Pilates expert. Listed in Who's Who for Professionals, she has 25 years of experience in the health and movement fields, blending art and science into her instruction. She is a Master ACE and ACSM trainer, and maintains a private Pilates/physical therapy practice, Total Body Development in Alameda, California. As a performing arts specialist, she conducts nutrition seminars for the School of the San Francisco Ballet, and is the lead physical therapist for Smuin Ballet in San Francisco. Through Pilates Therapeutics®, she provides instructional DVD's and courses in the Pilates Method and nutrition. She has published extensively in Dance Magazine, Pilates Style, Penguin Books, the Journal of Dance Medicine and Science as well as others.

COURSE DESCRIPTION: The Shoulder Complex is composed of 4 joints (the AC, the GH, the ST, and the SC) that articulate on the ribcage. This 3 hour Lecture/Lab workshop presents both the anatomy and principles for optimal biomechanical functioning of the shoulder complex. It also offers concrete rehab suggestions, along with contraindications and precautions, for common shoulder complaints, such as repetitive stress arm and hand pain, impingement, frozen shoulder, rotator cuff problems, as well restoration after treatment for breast cancer. Learn how you can use Pilates to enhance scapulothoracic rhythm, increase stabilization and correct these areas. Mat, Reformer and Trapeze table work will be addressed.

Equipment needed:
• Reformer
• Baby Arc
• Mats
• Trapeze table

Lesson Plan: 1.5 hour lecture/ 1.5 hour lab with lecture/demonstrations/group activity: with no breaks

COURSE OBJECTIVES
At the end of the 3-hour class, participants will be able to:
• Describe the functional anatomy/biomechanics of the shoulder complex (lecture)
• Compare and contrast the biomechanical and clinical implications of upper extremity repetitive stress injury, shoulder impingement, frozen shoulder, and rotator cuff injuries (lecture)
• Describe the prevailing theories on breast cancer acquisition (lecture)
• Describe the incidence/prevalence of breast cancer in the US (lecture)
• Describe common physical implications of cancer treatment and operative restoration on breast cancer survivors (lecture)
• Describe the overlap of common shoulder injuries and breast cancer physical restoration (lecture)
• Identify contraindications for kinetic activity for breast cancer survivors
• Demonstrate Pilates therapeutic applications for treatment, combining manual concepts and techniques with kinetic activities (group activity)
• Progress kinetic activities appropriately to ensure success for breast cancer survivors
• Demonstrate home exercise applications for common shoulder complex problems

COURSE OUTLINE
• Salient anatomy/biomechanics of shoulder complex (lecture)
• Mechanisms of injury: upper extremity repetitive stress injury, shoulder impingement, frozen shoulder, and rotator cuff injuries (lecture)
• Incidence and etiology of breast cancer (lecture)
• Treatment of and restoration procedures associated with breast cancer (lecture)
• Rehabilitation implications and exercise progression for breast cancer survivors (lecture)
• Concepts and strategies for treatment and management by both practitioner and client (lecture/demonstration)
• Contraindications for kinetic activities for breast cancer survivors (lecture)
• Participatory Pilates therapeutic mat applications for treatment (group activity)
• Demonstration and selected participant Pilates therapeutic apparatus applications (group activity)
• Home exercise Pilates therapeutic demonstration with participant group activity (group activity)

BIBLIOGRAPHY
• American Cancer Society. Breast Cancer: Treatment Guidelines for Patients; version VIII; September, 2006.
• Harris SR, Campbell KL, McNeely ML. Upper extremity rehabilitation for women who have been treated for breast cancer. Physiotherapy Canada, 56: 202-214; 2004.