

Doctors programme

Basic Course in Orthopaedic Medicine

Part 1a

(General concept and the shoulder)

Day 1

0900-0930	Introduction + 3 cases shoulder	t
0930-1015	Referred pain	t
1015-1030	Coffee	
1030-1115	General principles - Clinical examination	t
1115-1200	Palpatory anatomy - shoulder	t
1200-1300	Lunch	
1300-1345	General principles – soft tissue lesions - Injectiontherapy	t
1345-1430	Shoulder : Clinical examination	t
1430-1445	Coffee	
1445-1515	Shoulder : Clinical examination	p
1515-1630	Shoulder : Interpretation of the passive movements: The capsular pattern	t,p
1630-1700	Summery - closure	

Day 2

0900-0930	Recapitulation of the first day	t
0930-1000	Shoulder : Practical exercise: Examination + Capsular pattern	p
1000-1045	Shoulder: Non capsular pattern (AC-joint, bursitis and neuritis)	t
1045-1100	Coffee	
1100-1130	Shoulder: Non capsular pattern (AC-joint, bursitis and neuritis)	p
1130-1230	Shoulder: Interpretation of the resisted movements (Supra/ Infra)	t,p
1230-1330	Lunch	
1330-1430	Shoulder : Interpretation of the resisted movements (subscap/biceps)	t,p
1430-1500	Shoulder : Painful arc	t
1500-1515	Tea	
1515-1600	Shoulder : Strategy – difficult pictures	t
1600—1630	Discussion and finish	