

## Presenters and Learning Objectives

### Dr. VanZeeland: Tear or Tendinopathy? Understanding the Spectrum of Rotator Cuff Pathology

- Learning Objectives:
  - Gain basic understanding of rotator cuff anatomy, difference between rotator cuff tendinopathy and rotator cuff tears, early treatment algorithms when dealing with an injured worker with shoulder pain.
  - Learn clinical history and exam findings that alert you to consider subspecialty referral
  - Appreciate the role of nonoperative modalities to treat shoulder injuries and the role of surgical intervention for shoulder injuries
  - Understand postoperative rehabilitation and return to work strategies after surgery of the shoulder

### Dr. Cullen: Elbow Tendinopathies: Epicondylitis and the Distal Biceps

- Learning Objectives:
  - Understanding anatomy of a hinge joint, roles of tendons and ligaments
  - Learn history and exam finding that lead to subspecialty referral
  - Non-operative treatments and surgical intervention
  - Rehabilitation process post bicep tendon and epicondylectomy

### Ann Porretto-Loehrke: Rehab Principles Following Rotator Cuff Repair, Distal Biceps Repair, & Tennis Elbow

- Learning Objectives:
  - Describe the progression of rehabilitation following rotator cuff and distal biceps repair
  - Identify key impairments to address with tennis elbow which include musculotendinous and joint involvement

### Vivienne Neerdaels: Work Conditioning - Optimizing RTW

- Learning Objectives:
  - Develop an understanding of the reason and role of a work conditioning program
  - Identify benefits of therapeutic activity/work simulation during the acute phase of rehabilitation

### Dr. Munaretto: TFCC Injury - Unlocking the Black Box of the Wrist

- Learning Objectives:
  - Understand anatomy of wrist, role of ligaments with carpus on DRUJ and how this area can be injured on the job
  - Learn special testing for TFCC injury and when to refer to subspecialty
  - Appreciate the role of nonoperative concepts to treat TFCC injuries and the role of surgical intervention
  - Understand postoperative rehabilitation and return to work strategies after surgical repair of wrist

### Dr. Hildahl: Improving Workflow Between Work Comp Providers and Surgical Subspecialists

- Learning Objectives:
  - Understanding of surgeon's role with UE injury
  - Develop communication early with subspecialists with onsite work injuries
  - Understanding roles of imaging and when appropriate
  - Appreciate timeline of healing process and reasons behind restrictions chosen
  - Reasoning for further testing chosen with utilizing an FCE and work conditioning program