



A Coffs Harbour Clinical Society **WEBINAR**

# Shoulder Pain & Stiffness

## THE CHANGING LANDSCAPE OF ASSESSMENT AND MANAGEMENT

*Are you managing shoulder pain and stiffness according to the latest guidelines?  
Are you ordering more imaging than is worthwhile? Do you want to save your  
patients from unnecessary investigations?*

Join Natalie Bond (Physiotherapist), Dr Adrienne Newman (GP) and Dr Alex Jovanovic (Orthopaedic Surgeon) to explore factors that compound shoulder pain/stiffness and to upskill in evidence-based and patient-centred approaches to management.

### What to expect

- Case studies, quizzes and question time
- A view into the impact of shoulder injury (not only on the individual but on society as a whole)
- An explanation of how to examine the injured shoulder and put in place management strategies to help return function
- An evidenced-based approach outlining when and how to image the injured shoulder
- Information on when to use injections, when to refer and who to refer to

### Learning outcomes

By attending this workshop, you will increase confidence, knowledge and skills to:

- Document history and assess the injured shoulder
- Use evidenced-based guidelines to develop a management plan for your patient
- Decide when and how to provide intra articular steroid injections

### Who should attend?

All primary care professionals supporting the management of shoulder pain in the Coffs Harbour region.

**Wednesday 28 October 2020**

**7.00–8.30pm**

#### FACILITATED BY

**Dr Andy Williams**, General Practitioner

#### SPEAKERS

**Natalie Bond**, Physiotherapist

**Dr Adrienne Newman**, General Practitioner

**Dr Alex Jovanovic**, Orthopaedic Surgeon

**Register Now**

[www.bit.ly/shoulder-pain](http://www.bit.ly/shoulder-pain)

#### CPD POINTS

Certificates of attendance will be provided, and we encourage you to self-submit for CPD/PDP.

#### VENUE

This webinar will be delivered via LiveWebinar. A link to join the event will be emailed upon registration.

#### ENQUIRIES

02 6618 5445  
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