



Presents

LynWatson

shoulder physiotherapy specialist

Level 2
Shoulder Course

Location: London, ON

Dates: Saturday March 17,
Sunday March 18, 2018

Lyn Watson

B.App.Sci. Phty., Grad.Dip.Manip.,M.P.A.A. Sports Physiotherapist

Graduated from Latrobe University in 1986, B.App.Sci. Physio.

Post Grad Manipulative Therapy - Latrobe University 1990.

Member Australian Physiotherapy Association since 1986.

Member Manipulative Physiotherapy Association since 1990.

Titled Sports Physiotherapist since 2000.

Grade 1 Physiotherapist 1986 - 1988 St Vincent's Hospital, Melbourne, Australia.

Private Practice Prahran Sports Medicine Centre since 1988.

North Melbourne Football Club Physiotherapist 1987.

Victorian Hockey Team Physiotherapist 1990.

Commonwealth Games Physiotherapist (Cook Islands) - Auckland 1990.

Lyn Watson is the Chief Physiotherapist, consultant at Melbourne Orthopaedic Group and Head of Department of LifeCare Prahran Sports Medicine Centre, Melbourne Australia. She is both a manipulative physiotherapist and a specialist sports physiotherapist. For the past twenty years she has specialized purely in shoulders and maintains a full time clinical practice specializing in the diagnosis, treatment and rehabilitation of a wide range of shoulder conditions. Lyn is the specialist shoulder physiotherapy consultant to the Melbourne Orthopaedic Group and consults to many national and international sporting teams and individuals including the Australian Cricket Team (since 1994), Olympic Swimmers (since 1994), Beach Volley ball players, Rowers, Professional Tennis Players and several professional football clubs.

Lyn Watson is an internationally renowned lecturer and clinician. Since 1992 she has lectured extensively throughout USA, Canada, Asia, UK, Europe and Australia. Lyn has lectured regularly for the Kaiser Institute in USA and Canadian Physiotherapy Association. Lyn has also conducted extensive clinical research into the Frozen Shoulder, Glenohumeral Joint Instability, Thoracic Outlet Syndrome, Scapula Mechanics and Assessment and clinical outcome measures. Her research team has developed new, specific assessment techniques for scapular motion and is investigating the effectiveness of new specific exercise regimes for both thoracic outlet syndrome and glenohumeral joint instability, including specialized taping techniques. They are also examining the long-term clinical outcome of many surgical and conservative management strategies that are commonly employed.

She commenced teaching for the Australian Physiotherapy Association in 2000 and teaches approximately 6 courses (Level 1 and Level 2) per year. Courses fully accredited by the Australian Physiotherapy Association. Commenced teaching the Masters Program for Manipulative and Sports Physiotherapy at Melbourne University 6 years ago. Also teaches Masters Manipulative and Sports Physiotherapy at Latrobe University where she is currently enrolled doing her Doctorate degree on multi-directional instability of the shoulder and thoracic outlet syndrome.

Level 2 Course

The Level 2 course is a unique 2-day practical course that offers the opportunity for the more experienced therapist to observe Lyn assess four "actual" patients followed by an interactive discussion about diagnosis and clinical management strategies.

This course encourages therapists to openly discuss the "problem" areas of patient management and look at difficulties encountered in clinical practice with;

- Progression of rehabilitation,
- Realistic clinical outcomes and time frames, and
- Problem pathologies (partial rotator cuff tears, thoracic outlet syndrome, hypermobile patients and complex impingement syndromes).

Substantial time is also committed to scapula mechanics assessment and rehabilitation strategies.

Publications

- ❖ Watson L, Dalziel R, Story I (2000) "Frozen Shoulder: A 12-month clinical outcome trial" **Journal of Shoulder and Elbow Surgery** (pp16-22)
- ❖ Watson L, Dalziel R (1996 - Edited Allan Skirving) "Conservative Treatment of Thoracic Outlet Syndrome by Scapula Strengthening Techniques" **Shoulder Surgery The Asian Perspective Vol 2. Asian Shoulder Association** (pp 219-222)
- ❖ Watson L, Balster S, Finch C (2005) *Measurement of Scapula Upward Rotation: A Reliable Clinical Device*. British Journal of Sports Medicine. (39:599-603)
- ❖ Watson L, I Story, D Wood, R Dalziel, G Hoy, A Shimmin (in press) 'A New clinical Outcome Measure of Glenohumeral Joint Instability - The "MISS" Questionnaire'. Journal of Shoulder and Elbow Surgery.
- ❖ Green SG, Buchbinder R, Forbes A, Bellamy N, Bengler D, Bills C, Bosworth C, Nitschke, Watson L, Wilson A. 'A standardized protocol for measurement of range of movement of the shoulder using the Plurimeter-V inclinometer and assessment of its intrarater and interrater reliability'. Arthritis Care and Research, 1998. 11:p.43-52..
- ❖ Watson, L "Frozen Shoulder" Medical Observer Weekly, 17th Oct, 2003 p.36
- ❖ Watson L, Bialocerkowski A, Dalziel R, Balster S. "Hydrodilatation (Distension Arthrography; A Long Term Clinical Outcome Series)" (2007) British Journal of Sports Medicine. (41:167-173)
- ❖ Watson L, Bialocerkowski A, Pollington H, Dalziel R, Hoy G. "Validity of the MISS Questionnaire - a 2-year outcome study" (in press) Journal of Shoulder and Elbow Surgery.

Lyn Watson Course Registration Form – London, ON 2018

Name: _____

Address: _____

Home Phone: _____

Work Phone: _____

Email: _____

<input type="checkbox"/> Level 2 Course London, ON (\$575+HST= \$649.75)	\$649.75
Total Enclosed	\$649.75

Please make cheque payable to **Whitmore Physiotherapy Consulting Inc.**

Mail to: Whitmore Physiotherapy Consulting Inc.

Attn: Scott Whitmore

80 Hawkins Dr.

Guelph, ON

N1L 0M7

Email contact: snapcrackpop@rogers.com

Please note: Cheques will be cashed March 1st 2018. A 50% cancellation fee applies to cancellations after that date, unless the space is filled.