

## Workshop Syllabus •

### Introduction •

#### Anatomy, action and function of the Rotator Cuff

- Injury symptoms, causes and treatment overview
- Contraindications
- Treatment Goals
- Muscle testing
- Prevention protocols
- Stretching and strengthening exercises
- Advanced anatomy
- Advanced evaluation
- Dysfunction protocol
- Interviews with Lara Logan, LMT, PTA and Ed Haughey, PT