Performance Tests for Return to Activity for Patients With Shoulder Conditions

Presenters:

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Description:
This session presents various physical performance tests that can be used to assess the functional status of the upper extremity. Various psychometric properties of the tests are described so the clinician can evaluate the evidence interpreting the tests. Test examples are demonstrated and their relevance in clinical reasoning and decision making are presented.

Learning Objectives: Upon completion of this course, you will be able to:
1. Select specific physical performance functional tests to use for initial examination, serial reassessment, and discharge criteria for return to physical activity.
2. Interpret the psychometric properties to select the tests with the best evidence and specificity for utilization.
3. Describe criteria to be used as outcomes for clinical reasoning for return to physical activity.
4. Interpret the effects of fatigue on physical performance tests, relevance for test order and implications to clinical decision making for return to exercise.

I. Introduction and overview
II. Concept and rationale of a Functional Testing Algorithm
III. Objective documentation of muscle performance testing
IV. Objective documentation of functional performance testing – closed kinetic chain testing - CKCUEST
V. Objective documentation of functional performance testing – open kinetic chain testing – SASSP Test
VI. Functional Testing
VII. Discussion and summary
VIII. Questions & Answers
I. Introduction and an overview of the course objectives
II. Present research on outcomes with return to play
III. Why is it important to have a criterion-based RTP guidelines?
IV. Example of a Functional Testing Algorithm (FTA):
   a. MD Approval
   b. Time (soft tissue healing)
   c. Basic Measurements, VAS, PROs, Kinesiophobia
   d. Sensorimotor System Testing: Kinesthetic/Proprioceptive Testing
   e. MMT/HHD/OKC Isokinetic Testing
   f. Closed Kinetic Chain – Upper Extremity Stability Test
   g. Single-Arm Seated Shot Put – Medicine Ball Power Test
   h. Boston Biomotion – Proteus
   i. Functional Throwing Performance Index
   j. Underkoeffler Overhand Softball Throw for Distance
   k. Sport Specific Testing
V. Basic Measurements
VI. Sensorimotor System Testing: Kinesthetic/Proprioceptive Testing

(Bryan Riemann)
VII. MMT/HHD/OKC Isokinetic Testing

(Marisa Pontillo)
VIII. Closed Kinetic Chain – Upper Extremity Stability Test

(Bryan Riemann)
IX. Single-Arm Seated Shot Put – Medicine Ball Power Test

(GJD)
X. Boston Biomotion – Proteus
XI. Functional testing
XII. Sport Specific testing
XIII. Summary, Q & A

Bibliographic references:
1. Riemann, BL, Davies, GJ. Underlying mechanics support the seated single arm shot put functional performance test for bilateral upper extremity assessments. J Athl Train, 2018


