



Summary of Course and Qualifications of Instructor(s)

(Retain this form for your records together with your verification of hours.)

Colorado Chiropractic Association ■ 8751 East Hampden Avenue #B-7, Denver, CO 80231
(303) 755-9011 ■ (800) 829-0339 ■ Fax: (303) 755-1010
www.coloradochiropractic.org ■ cca@coloradochiropractic.org

Course Title: Mastering The Rotator Cuff and Lumbar Spine: A sports-based workshop for practical “best practice” management.

Date(s) of Course: Sunday, October 29, 2017 | 8:00 am - 5:00 pm

Location: DoubleTree 7801 E. Orchard, Greenwood Village, CO 80111

CE Hours Applicable: Up to 8 CE hours

Instructor: Tim Bertelsman DC, CCSP, DACO

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Course Synopsis:

The changing healthcare market is re-defining success into one word: Outcomes. Chiropractors will need to be equipped with current “best practices” in order to achieve the best clinical outcomes. In the past 5 years, the presenter has led a small team that has synthesized more than 5000 journals and texts into evidence-based synopses for the most common sports-based musculoskeletal conditions. This class teaches real world “best practices” to use on Monday morning- thereby improving clinical outcomes as well as the health of our profession.

Part 1: Shoulder

Rotator cuff injuries account for 4.5 million physician office visits per year. Management of this problem can range from frustrating to rewarding depending on the depth of your training. This practical workshop will outline everything you need to know about successfully treating rotator cuff pathology. This hands-on workshop will review the current “best practices” for evaluation, treatment and home rehab. You’ll leave this class with greater understanding and confidence about how to manage the most common problems to affect the shoulder.

Part 2: Lumbar Spine

This practical presentation will review the current standard of care, including the most clinically relevant assessments and treatments for the conditions responsible for LBP. The presenters will show you how to choose treatment based upon a specific diagnosis and classification to improve your outcomes dramatically. You will leave this class with practical, evidence-based skills for managing the “Continuum of Low Back Pain”.

Qualifications of Instructor(s):



Dr. Bertelsman graduated from Logan College of Chiropractic with honors in 1991 and has been running a large successful multi disciplinary practice in Belleville, IL for over 20 years. He is an expert on establishing relationships within the medical community.

He has lectured nationally for many years on clinical and business topics and has been published extensively. He has served in various leadership positions within the Illinois Chiropractic Society and currently serves as Vice-President of the executive board. Dr. Bertelsman is a Co-founder of ChiroUp.

NOTICE: To fulfill the CE requirements of the Colorado Board of Chiropractic Examiners, pursuant to rules effective 11/30/95, you must:

1. Obtain 15 CE hours per year (November 1 - October 31) for a total of 30 every two-year license renewal period. These hours must meet the educational requirements as outlined by the board. Subjects of a clinical nature are generally approved, while subjects such as practice management, managed care, financial management, or personal motivation do NOT qualify.
2. Maintain records of seminar attendance in your files including:
 - .The title, date and hours of the course
 - .Verification of CE hours attended
 - .A synopsis of the course
 - .The qualifications of the instructor
3. The board will perform audits to insure CE compliance.

Please contact the CCA for additional information.



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Outline

Hour 1

Review of normal shoulder anatomy and biomechanics

Understanding the shoulder pathology continuum

Hands on assessment plus video & live demonstrations of treatment including; myofascial release, IASTM, manipulation/ mobilization, patient education, low-tech stretching & rehab exercises for:

Scapular Dyskinesis

Upper Crossed Syndrome

Hour 2-4

Hands on assessment plus video & live demonstrations of treatment including; myofascial release, IASTM, manipulation/ mobilization, patient education, low-tech stretching & rehab exercises for:

Shoulder Anterior Impingement Syndrome

Rotator Cuff Tears

Biceps Tendinopathy

Hour 5-6

Review of normal lumbar anatomy and biomechanics

Understanding the LBP continuum

Practical management of structural lumbar pathology, including: exam/assessment, modalities, traction, myofascial release, IASTM, manipulation/ mobilization, patient education, stretching & low-tech rehab exercises for:

Lumbar Sprain/ Strain

Segmental Dysfunction

Lumbar Disc Lesions

Lumbar Degeneration/ Stenosis

Hour 7-8

Identification and management of underlying postural and functional deficits that perpetuate LBP including:

Lower Crossed Syndrome

Hip Abductor Weakness

Dysfunctional Breathing

Spinal Instability

Foot Hyperpronation

Choosing the most appropriate LBP treatment (manipulation, directional therapy, traction, & stabilization)

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