

# Course Agenda & Timed Outline

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**Course:** Current Concepts in Rotator Cuff Rehabilitation

**Date:** October 12, 2025

Time	Topic / Activity	Instructional Hours
8:00 AM - 8:30 AM	Registration & Introduction (Non-credit)	0.0
8:30 AM - 10:30 AM	Anatomy & Biomechanics of the Shoulder Complex	2.0
10:30 AM - 10:45 AM	<i>Morning Break</i>	0.0
10:45 AM - 12:45 PM	Surgical vs. Non-Surgical Pathways (Lecture)	2.0
12:45 PM - 1:45 PM	<i>Lunch on your own</i>	0.0
1:45 PM - 3:15 PM	Lab: Manual Mobilization Techniques	1.5
3:15 PM - 4:45 PM	Lab: Therapeutic Exercise Progression	1.5
4:45 PM - 5:00 PM	Q&A and Post-Test	0.0

**Total Contact Hours: 7.0**