

November 8, 2025

## EM381: FIRENZE - THE PAINFUL SHOULDER: COMPLEX ≠ COMPLICATED



ADAM MEAKINS

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Looking for a course that does not promise quick fixes or miracle cures, but offers an honest and realistic view of the causes of and solutions for painful shoulders?

Do you want a course that does not promote gadgets, complicated techniques, or extravagant treatments, but recognizes the complexity and uncertainty of pain and rehabilitation?

Do you want a no-frills course suitable for all dedicated and conscientious therapists?

THEN THIS COURSE IS FOR YOU!

This globally acclaimed course is recognized as a leading resource for shoulder assessment and treatment, and has been taught in over 20 countries to thousands of clinicians from all professions.

The course is continually evolving, based on the latest research, yet grounded in simple, honest and practical evidence-based principles that are adaptable and transferable to many other areas.



30 Seats



€549.00



16 Hours



20,3 ECM

INTENDED FOR

Doctors,  
Physiotherapists,  
Students in  
Physiotherapy

PAYMENTS

Deposit €305.00 within 7  
days from the  
registration

Balance €244.00 by date  
October 17, 2025

**Total: €549.00**

CALENDAR

08-09 November 2025

LANGUAGE

English with Italian  
consecutive translation

**EARLY BOOKING** up to 08/10/2025: 499.00€ (50.00€ OFF!) -

**PRICE RESERVED FOR MEMBERS OF THE ORDER OF FLORENCE, AREZZO, LUCCA, MASSA CARRARA, PISTOIA, PRATO: €399,00 INSTEAD OF €499,00.**

**Il corso è organizzato a FIRENZE in collaborazione con HealthHub [www.healthhub.it](http://www.healthhub.it) presso:**

FisioLab 2.0 Poliambulatorio

Via Imprunetana per Tavarnuzze, 231, 50023 Tavarnuzze (FI)

## SCHEDULE

### Day 1

09:00 - 10:00 Lecture 1

Introduction and general principles

10:00 - 11:00 Lecture 2

Implementing communication and improving subjective evaluation

11:00 - 13:00 Lecture 3

Pain and exercise - When is it useful and which exercises to choose? Clinical reasoning tools

12:00 - 14:00 Lunch

14:00 - 15:00 Lecture 4

SPECIFIC or ASPECIFIC approach to exercise prescription?

15:00 - 16:00 Practical 1

Creating a movement experience

16:00 - 17:00 Practical 2

Exercise dosage, the secret to success

17:00 - 18:00 Lecture 5

PIP - Psychologically informed practice

## **Day 2**

09:00 - 10:00 Lecture 6

Understanding LBP in depth

10:00 - 11:00 Lecture 7

Differences between severe (Red Flags), specific and nonspecific LBP

11:00 - 13:00 Practical 3

Exercise on subjective and objective assessment of patients with LBP

13:00 - 14:00 Lunch

14:00 - 15:30 Practical 4

Exercise with treatment proposals with exercise and education

15:30 - 17:00 Practical 5

Planning and designing effective rehabilitation programs for LBP