

R E H A B
C O D E



Los Gatos Orthopedic
Sports Therapy

Present a Two-Day Advanced Course **The Shneck: Understanding the Cervico-Shoulder Complex**

Understanding the dynamic interplay between the cervical spine and shoulder complex presents unique clinical challenges. This course simplifies those challenges through pragmatic frameworks and sound principles. Built for the realities of patient care, it sharpens clinical decision-making through improved heuristics and offers actionable strategies to enhance interventional efficiency.



Dates:

April 25–26, 2026

18 CEUs

Location:

Los Gatos Orthopedic Sports Therapy

16615 Lark Ave #101, Los Gatos, CA 95032

Dr. Jess Elis, PT, DPT, PhD, FAAOMPT, OCS, SCS, CSCS

Learning Objectives

- Refine diagnostic accuracy and treatment efficiency through advanced assessment of cervico-brachial patterns and functional movement testing.
- Apply pragmatic, cost-effective methods for evaluating shoulder force and integrating findings into treatment progression.
- Enhance manual skill proficiency through neurodynamic assessment, blind palpation, and manipulative techniques of the cervical, thoracic, and rib regions.
- Develop comprehensive return-to-play strategies for overhead athletes, integrating PNF and targeted exercise design with measurable KPIs.



Join us

REHAB CODE

The Shneck: Understanding the Cervico-Shoulder Complex

Course Schedule

Course Pre-Work via Online Lecture:

Total minutes: 240 minutes (4 hours) of lecture divided as follows

- Reasoning- 64 min
- Structure- 62 min
- Function- 45 min
- Sport: 69 min

*** Course Pre-work is a required component of this course, and our Teachable learning platform produces reports on the successful timed completion of each course participant.**

DAY 1

DAY 1

8:00-8:20

- Introduction of instructor and participants
- General questions on pre-course material and course expectations

8:20- 9:00

- Understanding shoulder biomechanics and common pathologies
 - Discussion of common shoulder pathologies and implications (20 min)
 - Review of the labrum: Clinical perspective on static vs dynamic stability (10 min)
 - Review of mechanical advantage and torque curve profiling (10 min)

9:00-9:20

- Clinical examination nuances and PEARLS
 - Stability testing of the shoulder (10 min)
 - Quadrant testing of the shoulder (10 min)

9:30-11:00

- Postural Rant: What is significance vs rhetorics (15 min)
- Clinical Tinkering-> Seamless Integration into Manual Therapy (20 min)
- Shoulder- Specific Manual Therapy:
 - Soft tissue Techniques (40 min)
 - Joint Mobilizations (30 min)

11:00-11:10

- Bathroom Break (10 min)

11:10-12:00

- Force Assessment/Testing Setup of the shoulder complex (50 min)

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The Shneck: Understanding the Cervico-Shoulder Complex

Course Schedule

DAY 1- 2nd HALF

1:00-2:00

- Reviewing the influence of the cervical spine on the shoulder (20 min)
- Cervical spine movement assessment and continuum (40 min)

2:00-3:00

- Costo-clavicular Space: Palpation, Examination, Treatment (30 min)
- 1st rib TIC (10 min)
- 1st rib HVLAT, CT Junction HVLAT (20)

3:00-4:00

- Manual Resisted Exercise: Cervico-Shoulder Continuum (60 min)

4:00- 4:10

- Bathroom Break (10 min)

4:15- 5:00

- Review of different isometrics options (Yielding, Overcoming, Quasi) (45 min)

5:00-6:00

- End-Range: Dynamic Stability Training (60 min)

DAY 2

8:00-9:20

- Advanced manual therapy and neurodynamics (60 min)

9:20- 9:30

- Bathroom Break (10 min)

9:30-10:00

- Training Review: Work Capacity, Peak, Rate, Sport (30 min)

10:00-10:30

- Building Work Capacity: Use of Myo-reps Training (30 min)

10:30-11:00

- Building Strength
 - Review of Autoregulation (30 min)

11:00-11:30

- Re-discovering Rate
 - Intensives/Ballistic isometric variations (15 min)
 - Upper body Plyo variations (15 min)

11:00: 11:30

- Tendon Talks (30 min)

12:00-1:00

- Lunch (60 min)

1:00-2:00

- The Hot Disc: Management and Treatment of a Highly Irritable Neck (60 min)

2:00- 3:00

- Return to Play: Decisions and Management



DR. JESS ELIS

YOUR INSTRUCTOR

FOUNDER

CONFIRMED. REHAB
CODE

DEPTH OF KNOWLEDGE

- Enhanced Clinical Reasoning and Examination Techniques
- Mastery of Advanced Manual Therapy Approaches
- Integrating the Latest Evidence into Practice
- Decoding Function Through the Lens of Pathology
- Leveraging Technology for Effective Return-to-Play Strategies

Jess is a seasoned leader with over 16 years of experience, including a decade focused on the health management of professional athletes. His expertise spans both the elite sports private sector (EXOS) and professional team sports (New York Knicks, Portland Trail Blazers), providing him with a unique perspective on human performance. From an educational perspective, he has successfully founded and operated two continuing education companies, demonstrating his expertise in professional development. Additionally, he served as a mentor and consultant for Arizona's largest private physical therapy practice, offering strategic guidance and fostering growth within the organization.

LEADERSHIP ROLES

exos



Director of Physical Therapy

Director of Player Health
and Performance

Vice President of Health

HEALTH AND HUMAN PERFORMANCE LEADERSHIP (PHD)
FELLOW OF THE AMERICAN ACADEMY OF ORTHOPEDIC MANUAL PHYSICAL THERAPISTS (FAAOMPT)
BOARD CERTIFIED IN ORTHOPEDIC AND SPORTS PHYSICAL THERAPY (OCS) (SCS)
CERTIFIED IN ORTHOPEDIC MANUAL THERAPY (COMT)
CERTIFIED STRENGTH AND CONDITIONING SPECIALIST (CSCS)