

■ **Intitulé de la formation** : « L'Épaule et vous ! De la science au cabinet »

■ **Ojectifs de la formation** :

- Intégrer dans sa pratique les données actuelles de la science concernant la rééducation de l'épaule.
- Intégrer les notions de bases d'anatomie, physiopathologie et biomécanique.
- Intégrer dans sa pratique la gestion de la quantification de la charge.
- Réaliser un bilan de l'épaule.
- Intégrer le diagnostic différentiel de l'épaule « douloureuse ».
- Réaliser un programme de rééducation adapté à la problématique du patient.
- Amener le patient dans l'automatisation et la réalisation d'exercices adaptés.
- Gérer les échecs thérapeutiques.

■ **Public** : Masseurs-kinésithérapeutes D.E. **Pre requis**: Aucun

■ **Moyens techniques et pédagogiques**

- 3 formateurs en activité qui pratiquent quotidiennement la rééducation des pathologies d'épaules.
- Mise à disposition de matériels de rééducation dans un cabinet.
- Salle de cours équipée de projecteurs.
- Support de cours.

■ **Durée** : 3 jours

■ **Coût de la formation 740€** hors frais de repas de 50 euros

A travers ce document, le formateur s'engage à appliquer la pédagogie de l'organisme de formation. Le déroulé pédagogique apporte toutes les informations nécessaires au formateur et lui facilite l'animation.

JOUR 1					
Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	<ul style="list-style-type: none"> Accueil des stagiaires 			<i>Boissier</i>	
9h00-9h45 (45')	<ul style="list-style-type: none"> Présentation du déroulé de la formation (objectifs, programme) Présentation du contexte de la formation Questionnaire connaissance 	<ul style="list-style-type: none"> Prise de contact, brise-glace Objectifs de la formation Objectifs spécifiques du module de formation Planning Règles en formation Contexte de la formation 	<ul style="list-style-type: none"> Tour de table : 3 questions obligatoires <ul style="list-style-type: none"> - Présentation personnelle (Qui ? Je suis...) - Attentes (les attentes de chacun par rapport à la formation) - Etat des lieux de la pratique 	<ul style="list-style-type: none"> Test pré-formation <i>Boissier</i>	<ul style="list-style-type: none"> Présentation Power Point Paper board
9h45-10h30 (45')	<ul style="list-style-type: none"> 3 sprint learning (45') : <ul style="list-style-type: none"> - Anatomie - Biomécanique - Classification des pathologies d'épaule 	<ul style="list-style-type: none"> Revoir les notions de bases en anatomie et biomécanique, et présenter les éléments clefs pour différencier les grandes catégories de pathologies d'épaule. 	<ul style="list-style-type: none"> Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème 	<ul style="list-style-type: none"> Test post sprint learning <i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> Présentation Power Point Paper Board Support papier Table ronde
PAUSE (15')					
10h30-12h30 (2h)	<ul style="list-style-type: none"> Reprise des sprint learning 			<i>Boissier/Lebeau/Descamps</i>	
PAUSE DEJEUNER (1h)					
13h30-15h00 (1h30')	<ul style="list-style-type: none"> Bilan de l'épaule 1/3 	<ul style="list-style-type: none"> Apprendre les différents éléments du bilan de l'épaule douloureuse Appréhender les tests cliniques 	<ul style="list-style-type: none"> Les formateurs exposent les données du bilan et apprennent les différents tests cliniques du bilan de l'épaule et son diagnostic différentiel 	<ul style="list-style-type: none"> Evaluation des pratiques par ses pairs <i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> Présentation Power Point Vidéos Pratique par le formateur Pratique entre stagiaires
15h00-16h00 (1h)	<ul style="list-style-type: none"> La tendinopathie 	<ul style="list-style-type: none"> Actualité sur la tendinopathie selon revue de littérature. 		<ul style="list-style-type: none"> Test post diapos <i>Lebeau</i>	<ul style="list-style-type: none"> Présentation Power Point
PAUSE 15'					

Déroulé pédagogique

16h15-17h30 (1h15')	• Bilan de l'épaule 2/3	• Appréhender les tests de modification de symptômes	• Les stagiaires réalisent entre eux les différents éléments du bilan	• Evaluation par les formateurs	• Présentation Power Point • Paper board
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JOUR 2

Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation / Formateur(s)	Support(s) / outil(s) pédagogique(s)
8h45	• Accueil des stagiaires				
9h00-10h30 (1h30')	• Bilan de l'épaule 3/3	• Maitriser les différents éléments du bilan	• Les stagiaires réalisent entre eux les différents éléments du bilan	• Evaluation par les formateurs <i>Boissier/Lebeau /Descamps</i>	• Pratique

PAUSE (15')

10h45-11h30 (45')	• La quantification de la charge	• Comprendre les enjeux de la quantification du stress mécanique dans le cadre de la rééducation.	• Atelier par groupe de 3 : - Que savez-vous du QSM ? - Comment quantifiez-vous les exercices au cabinet ? - Retour sur paper board et Power Point	• Test post diapos Boissier	• Présentation Power Point • Paper Board
11h30-12h30 (1h)	• Mise en situation clinique	• Réaliser un bilan	• Jeu de rôle avec un formateur qui joue le rôle d'un patient • Les stagiaires doivent réaliser ensemble un bilan et réaliser un diagnostic individuel • Comparer les résultats	• Evaluation de la pratique par les formateurs <i>Boissier/Lebeau /Descamps</i>	• Prise de note • Photos • Vidéos

PAUSE DEJEUNER(1h)

13h30-15h45 (2h15')	• 3 sprint learning (45') : • Epaule gelée • Epaule instable • L'acromio-claviculaire non traumatique	• Exposés rapides sur 3 présentations cliniques courantes de pathologies d'épaules rencontrées en cabinet.	• Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème	• Test post sprint learning <i>Boissier/Lebeau /Descamps</i>	• Présentation Power Point • Paper Board • Support papier • Table ronde
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PAUSE (15')

16h00-17h30 (1h30')	<ul style="list-style-type: none"> • 3 sprint learning (30') : <ul style="list-style-type: none"> • Epaule opérée • Douleur • Calcification 	<ul style="list-style-type: none"> • Exposés rapides sur 2 cas particuliers de la prise en charge d'épaule. Et présentation des connaissances de bases sur la douleur et son lien avec l'épaule. 	<ul style="list-style-type: none"> • Le groupe est scindé en 3. Un formateur par groupe qui expose les données liées au thème 	<ul style="list-style-type: none"> • Test post sprint learning • <i>Boissier/Lebeau/Descamps</i> 	<ul style="list-style-type: none"> • Présentation Power Point • Paper Board • Support papier • Table ronde
17h30-18H15 (45')	<ul style="list-style-type: none"> • Difficulté au cabinet sur la prise en charge et l'automatisation du patient 	<ul style="list-style-type: none"> • Table ronde 	Debat et échange.	<i>Descamps</i>	<ul style="list-style-type: none"> • Présentation Power point

JOUR 3

Heure et Durée	Objectif(s) pédagogique(s)	Notions abordées	Activités	Moyen d'évaluation/ <i>Formateurs</i>	Support(s) / outil(s) pédagogique(s)
8h15	<ul style="list-style-type: none"> • Accueil des stagiaires 				
8h30-10h00 (1h)	<ul style="list-style-type: none"> • Thérapie manuelle de l'épaule et du rachis cervical • Analyse de pratiques par ses pairs 	<ul style="list-style-type: none"> • Apprendre les différentes techniques ayant un niveau de preuves le plus élevée. • Mise en pratique du bilan 	Par groupe de trois evaluation par ses pairs sur l'ensemble du bilan clinique (un praticien, un patient, un évaluateur)	<ul style="list-style-type: none"> • Evaluation par les formateurs • Suivre la fiche d'évaluation des compétences <i>Descamps/Boissier</i> 	<ul style="list-style-type: none"> • Présentation Power Point • Fiche d'évaluation des competences du bilan clinique
PAUSE (15')					
10h15-11h00 (45')	<ul style="list-style-type: none"> • Communication avec le patient 	<ul style="list-style-type: none"> • Distance thérapeutique, vocabulaire, posture, reformulation, support 	<ul style="list-style-type: none"> • Les formateurs exposent les différentes outils de communication 	<i>Lebeau</i>	<ul style="list-style-type: none"> • Présentation Power Point
11h00-12h00 (1h)	<ul style="list-style-type: none"> • Intervention d'un guest 	<ul style="list-style-type: none"> • Table ronde 	Echange et débat.	<i>Bossier</i>	<ul style="list-style-type: none"> • Présentation Power point • Vidéo
PAUSE DEJEUNER (1h)					
13h00-15h00 (2h)	<ul style="list-style-type: none"> • Rééducation 	<ul style="list-style-type: none"> • Principe de rééducation • Explication de la notion de QSM • Mise en place d'un traitement adapté en fonction du bilan et du patient 	<ul style="list-style-type: none"> • Atelier pratique • Mise en situation clinique • Donner un programme de rééducation à chaque stagiaire 	<i>Boissier/Lebeau/Descamps</i>	<ul style="list-style-type: none"> • Présentation Power Point • Paper Board

Déroulé pédagogique

		• Amener à l'autonomisation du patient dans sa prise en charge.			
PAUSE (15')					
15h15-16h00 (45')	• Rééducation - suite			<i>Boissier/Lebeau/D escamps</i>	
SEQUENCE DE FIN					
16h-16h30 (30')	• Evaluer l'atteinte des objectifs de la formation		• Test de validation des acquis	Test post-formation	• Questionnaire papier
16h30-17h00 (30')	• Conclusion		• Tour de table • Renvoi vers le questionnaire de satisfaction	<i>Boissier</i>	• Paper board

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