

ICSET 2026 FINAL PROGRAM - Vancouver 23-25 September

DATE	PLENARY SESSION	ROOM B	ROOM C
Wednesday Sept. 23rd			
8.00-8.30 am	Welcome to ICSET 2026 - ICSSSET President: Dr Marco Conti		
8.30 -9.30am	Keynote Address - Prof Chris Littlewood "Rehabilitation after rotator cuff repair"		
9.45-11.15am	Focused Symposium - Dr Francois Desmeules et al "Rotator cuff tendinopathy: diagnosis, non-surgical medical care & rehabilitation"	Shoulder rehabilitation 1 - Ms Anju Jaggi: ICSSSET Board member 9.45am Beate Dejaco Virtual Reality Intervention in Patients with Persistent Shoulder Pain: A Mixed Methods Feasibility Study Protocol 9.55am Helen Tunncliffe Patients Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study 10.05am Helen Tunncliffe Health Care Professionals Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study 10.30am Helen Tunncliffe Nonoperative Mobilisation Strategies (early versus delayed) Versus Surgery for Proximal Humerus Fractures: A Network Meta-Analysis 10.40am Irem Duzgum Effects of Taping on Pain & Function in Individuals with Acromioclavicular Joint Degeneration 10.50am Yota Saito Effects of Figure-of-Eight Stabilizing Shoulder Taping Intended to Restrain Anterior Humeral Head Translation on Shoulder Function	Workshop - Dr Margie Olds et al " Back in the game: a multidirectional return to sport approach after shoulder injury"
11.30am-1.00pm	Focused Symposium - Dr Mikkel Clausen et al "Enhancing adherence to exercise-based care in shoulder pain management"	Instability 1 - Ms Rebecca Dickinson: ICSSSET Vice President 11.30am Dr Takayuki Muraki Minor Posterior Shoulder Instability as a Potential Cause of Glenohumeral Internal Rotation Deficit in Baseball Players: Evaluation Using the Novel "Posterior Relocation Test" 11.40am Edel Fanning Do Psychological Factors Play a Role in Return to Sport Following Glenohumeral Joint Stabilisation Surgery? 11.50am Masayuki Saka Translation, cross-cultural adaptation, and validation of the Japanese version of the shoulder instability-return to sport after injury (SI-RSI) scale 12.15pm Karl Fry	Workshop - Ms Anju Jaggi et al "A British perspective on managing atraumatic shoulder instability"

Post-Operative Shoulder Instability Rehabilitation: Upper Extremity Interval Performance Testing and Return-to-Sport Decision-Making

12.25pm Pradnya Gadkari

Strength, Physical Performance and Psychological Outcomes Following Anterior Stabilisation Surgery at the Glenohumeral Joint.

12.35pm Tomoya Uchida

Opposite-Leg Tackling Produces Kinematic Patterns Linked to Shoulder Dislocation Risk in Rugby Players

1.00-1.45pm

LUNCH

1.45-3.15pm

Focused Symposium - Dr Sarah Warby et al

"Advances in the assessment, diagnosis & management of multidirectional instability of the shoulder"

Rotator Cuff 1 - Dr Jean-Sebastien Roy: member ICSET 2026 Scientific Committee

1.45pm Gisela Sole

Stepped Care for Rotator Cuff-Related Shoulder Pain: a randomised clinical trial

1.55pm Rodrigo Rabello

Best-practice Guide for the Management of Rotator Cuff Tendinopathy Informed by Evidence Synthesis, Patient Values and Expert Clinical Reasoning

2.05pm Brian Leggin

Physical Therapy Management of Patients with Rotator Cuff Related Pain: A Case Series

2.30pm Larissa Pechincha Ribeiro

Clinical Factors Associated With Patient Satisfaction After Rotator Cuff Repair: A Cross-Sectional Study

2.40pm Roisin Cahill

Predicting Outcomes in Patients with Rotator Cuff Related Shoulder pain: A systematic review of prognostic factor studies.

2.50pm Germanna Barbosa

Pain During Effort Explains More Variance in Shoulder Function Than Strength Capacity

Workshop: Mr Simon Balster et al

"Shoulder strength testing: from the clinic to elite sport"

3.30-5.00pm

Focused Symposium - Dr Natalie Myers et al

"The evolution of glenohumeral rotational motion in the management of baseball athletes"

Frozen shoulder & more - Ms Tracy Elliott: member ICSET 2026 Scientific Committee

3.30pm Pablo Oscar Policastro

"My shoulder looked like Robocop's": Experiences, beliefs, and perceptions of primary frozen shoulder after a physical therapy treatment program. A qualitative study

3.40pm Masaki Karasuyama

How Is Frozen Shoulder Defined in Randomized Trials? A Scoping Review

3.50pm Stacey Lewis

The Effect of Geron Hydrotherapy on Pain, Range of Movement and Function in Patients with Frozen Shoulder

4.15pm Ummu Ozturk

Comparison of Two Different Exercise Types in the Treatment of Frozen Shoulder: Stretching or Strengthening?

4.25pm Pablo Oscar Policastro

Does Adding Eccentric Exercise to a Standardized Programme Improve Outcomes for People with Primary Frozen Shoulder? A randomized controlled clinical trial (DescongelAR trial)

Workshop - Prof Karen Ginn et al

"Rotation exercises to rehabilitate the rotator cuff: rotator cuff or axioscapular muscle exercises?"

4.35pm Yasuyuki Ueda
 Reduced StO2 and Delayed Recovery During Shoulder Flexion Stretching Are Associated with Decreased Passive Stiffness

5.00-7.00pm Poster session

7.00-9.00pm WELCOME RECEPTION

Thursday Sept. 24th

PLENARY SESSION

ROOM B

ROOM C

8.00-9.30am Early Career Researcher Forum - Chair: Dr Karen McCreesh
 Panel members: Dr Muraki, Prof Macdermid, Prof Littlewood, Prof Ginn

Workshop: Dr Lyn Watson
 "Assessment, diagnosis & exercise-based management of posterior shoulder instability"

Workshop: Dr Leanne Bisset
 "Getting to grips with lateral elbow tendinopathy"

9.45-11.15am ICSET / ICSES conjoint session
 "Traumatic instability case study" - Co-chairs Ms Anju Jaggi & Prof Steve Gwilym"
 Panel members: Drs Seitz, Olds, Itoi & Delaney

11.30am-1.00pm Focused Symposium - Dr Behnam Liaghat et al
 "Shoulder hpermobility & mechanical symptoms in the assessment & treament of shoulder pain"

Rotator cuff 2 - Mr Bruno Santullo Krumenacker: ICSSET Treasurer

11.30am Dr Ameer Seitz
 Shoulder Pain and Pathology in Manual Wheelchair Users: A Cross-Sectional Comparison Across the Lifespan

11.40am Germanna Barbosa
 Sex Differences in Shoulder Function in Individuals with Shoulder Pain: Associations with Physical Capacity and Pain

11.50am Daniel Kline
 Assessment of Driving Performance Pre- and Post-Operatively from Rotator Cuff Repair

12.15pm Anelise Silveira
 Reducing Time Off Work Through an Integrated Care Pathway for Shoulder Injuries: Evidence from a Workers' Compensation Cohort Study

12.25pm Emil Steen
 Evaluation of Inter-rater Reliability and Responsiveness of a New Muscle Function Assessment of the Rotator Cuff

12.25pm Daniel Clay McPherson
 Changes in Pain-Related Fear and Coping During Rehabilitation Are Associated With Recovery in Rotator Cuff Tendinopathy

Workshop - Dr Sarah Warby
 "Assessment, diagnosis & exercise-based management of the unstable shoulder in multidirectional instability":

1.00-1.45pm LUNCH

1.45-3.15pm Focused Symposium - Dr Margie Olds et al
 "When shoulders shake: managing fear after dislocation"

Shoulder rehabilitation 2 - Dr Natalie Myers: ASSET Secretay/Treasurer

1.45pm Timothy Uhl
 Direct Access to Care Reduces Days Lost and Costs in Firefighters with Shoulder Injuries

1.55pm Takayuki Muraki

Workshop - Prof Karen Ginn et al
 "Clinical reasoning to inform the choice of exercises for patients with shoulder dysfunction"

		<p>Elevation of the First Rib in the Throwing Side in Baseball Players with Thoracic Outlet Syndrome</p> <p>2.05pm Kaylee Stahler Comparing Return to Sport Testing Methods After Shoulder Arthroscopy: Functional Versus Isokinetic Approaches</p> <p>2.30pm Gaston Muhafara Metabolic and Lifestyle Risk Factors for Shoulder Musculoskeletal Disorders. A scoping review</p> <p>2.40pm Hiroki Miyamoto Strain Measurement of Brachial Plexus During Upper Limb Tension Test: A cadaveric study</p> <p>2.50pm Dilara Kara Optimizing Maximum Voluntary Isometric Contraction Normalization for the Upper Trapezius: A Biomechanical Analysis of Electromyography and Force Efficiency</p>	
3.30-5.00pm	<p>Focused Symposium - Dr Francois Desmeules et al "New models of care for shoulder pain management"</p>	<p>Shoulder assessment: Assoc Prof Jonathan Sum: member ICSET 2026 Scientific Committee</p> <p>3.30pm Angela Tate The Reliability of a Novel Test of Upper Extremity Motor Control: the visual input target test for the shoulder (YITTS)</p> <p>3.40pm Kanako Suzuki Relationship Between the Scapulothoracic Joint Angle and Finger-vertebral Distance During Right and Left Hand-behind-back Movements</p> <p>3.50pm Kubra Caylan Gurses Investigation of Latissimus Dorsi Muscle Activation During Dynamic Shoulder Extension Exercise at Different Shoulder Elevation Angles</p> <p>4.15pm Solenn Gain An Objective Clinical Classification of Scapular Dyskinesia: Implications for Assessment and Rehabilitation</p> <p>4.25pm Paula Rezende Camargo Simulating Scapular Dyskinesia Through Selective Electrical Stimulation of the Anterior and Middle Deltoids in Healthy Individuals</p> <p>4.35pm Kyosuke Hoshikawa Effects of Electrical Stimulation-Induced Overactivity of the Middle Deltoid and Upper Trapezius on Shoulder Kinematics During Scaption</p>	<p>Workshop: Ms Rebecca Dickensen et al "Evaluation & treatment of thoracic outlet syndrome"</p>
5.00-7.00pm	Poster session		

Friday Sept. 25th	PLENARY SESSION	ROOM B	ROOM C
8.15-9.45am	<p>Focused Symposium - Dr Helen Tunnicliffe et al "Non-surgical management of proximal humerus fractures"</p>	<p>Instability 2 - Prof Karen Ginn Scientific Chair ICSET 2026</p> <p>8.15am Solenn Gain Reverse Scapular Kinematics: A Distinct Clinical Pattern Associated With Functional Posterior Shoulder Instability</p> <p>8.25am David O'Brian Beyond Apprehension: A Qualitative Study of Modern Perspectives on Rehabilitation After Arthroscopic Bankart Repair</p> <p>8.35am Sarah Betteridge Sensorimotor Function in Neurodivergent Adults: a narrative review with implications for atraumatic shoulder instability</p> <p>9.00am Ingrid Hulthenheim Klintberg</p>	

		<p>ROTOFUNC - a Randomized and Controlled Study to Evaluate the Effect of a Novel Assessment and Treatment Strategy for Patients with Non-traumatic Shoulder Instability</p> <p>9.10am Sarah Warby</p> <p>Scapula-focused Motor-control Rehabilitation Provides Sustained 1-year Outcomes in Multidirectional Shoulder Instability: a randomised controlled trial</p> <p>9.20am Sarah Warby</p> <p>Altered Brain Function During Shoulder Movements in Patients with Multidirectional Instability of the Glenohumeral Joint: A case-control fMRI study</p>
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10.00-11.00am

Keynote Address - Prof Joy Mac Dermid
 "Measuring shoulder outcomes in research and practice past, present and future"

11.15am-12.45pm

Focused Symposium - Ms Jaggi et al
 "Anatomic & reverse shoulder arthroplasty - current & future rehabilitation considerations"

Rotator cuff 3 - Dr Karen McCreesh: member ICSET 2026 Scientific Committee

11.15am Lori Michener
 Dual Dysfunction: Central and Peripheral Factors of Recovery in Rotator Cuff Tendinopathy

11.25am Solenn Gain
 Early Range of Motion After Rotator Cuff Repair: Implications for Rehabilitation and Tendon Healing

11.35am Tania Pizzari
 Exercise and Menopausal hormone therapy for postmenopausal Women with shoulder pain (EMPOWER): Protocol for a Pilot Randomised Clinical Trial

12.00 Shogo Soma
 Association Between Bennett Lesion and Humeral Head Cyst Location in Throwing Athletes: Influence of Rotator Cuff Muscle Balance

12.10pm Kubra Caylan Gurses
 Effect of Latissimus Dorsi-Focused Strengthening Versus Rotator Cuff-Focused Exercises on Pain and Function in Rotator Cuff Tendinopathy: A Pilot Randomized Controlled Trial

12.20pm Itsuki Shimada
 Temporal Changes in Elbow Flexion Strength Following Long Head of Biceps Surgeries Tenodesis vs Tenotomy

Elbow - Dr Tania Pizzari: ICSSSET Board member

11.15am Jonathan Sum
 Intertester and Intratester Reliability of Measuring Medial Elbow Stiffness Using Myotonometry

11.25am Amanda Arnold
 Clinical Factors Associated with Failure of Nonoperative Management Following UCL Injury in Baseball Players

11.35am Faiza Sharif
 Best practice guide for Lateral Elbow Tendinopathy based on the synthesis of a systematic review, patient perspectives and expert clinical reasoning

12.00 Leanne Bisset
 Efficacy of Corticosteroid, Blood-product, Prolotherapy and Other Injections on Pain for Tendinopathy: A systematic review and meta-analysis of placebo-controlled trials

12.10pm Sean Kennedy
 First Dynamic In Vivo Confirmation of Valgus Extension Overload During Modified Baseball Throwing

12.20pm Matthew Gauthier
 Structural Changes in the Throwing Elbow of Collegiate Baseball Pitchers: An Ultrasound Study

12.45-1.30pm

LUNCH

1.30-3.00pm

Focused Symposium - Dr David Christiansen et al
 "Leveraging real-world & observational data to inform treatment & prognosis in shoulder disorders"

Arthroplasty & more: Dr Marco Conti: ICSSSET President

01.45pm Ayako Ogura
 Longitudinal Changes in Deltoid Muscle Cross-Sectional Area After Reverse Shoulder Arthroplasty According to Sports Participation

01.55pm Georgio Zeppieri Jr
 Functional and Psychosocial Profiles of Overhead Athletes with Upper Extremity Injury: Comparison Between Surgical and Non-Surgical Management

02.05pm Shinya Misumi

Workshop - Prof Chris Littlewood et al
 "Embracing uncertainty - using research evidence to support shared decision-making"

Postoperative Deltoid Muscle Stiffness in Inlay-Type RSA with a 135° Neck-Shaft Angle

02.15pm Tanya Beiswenger

Early Post-Operative Internal Rotation After Reverse Shoulder Arthroplasty can be Done Safely Without Compromising Outcome: A Randomized Control Trial

02.25pm June Kennedy

The SHORT Trial: Multicenter, Randomized, Controlled Trial of Surgeon-directed Home Therapy vs. Outpatient Rehabilitation by Physical Therapists for Reverse Total Shoulder Arthroplasty

02.35pm Brian Leggin

Physical Therapy Management of Glenohumeral Joint Arthritis: A Case Series

3.00-4.30pm

Focused Symposium - Dr Margie Olds

"Non-operative management of shoulder instability - new tricks from three continents"

Baseball & more - Dr Takayuki Muraki: ICSSSET Board member

3.00pm Tomoya Ichida

Scapulothoracic Joint Function and Its Association with Throwing-Related Injuries in Collegiate Baseball Pitchers: a prospective cohort study

3.10pm Sean Kennedy

Evaluation of the Quality of Muscle Performance in Collegiate Baseball Athletes Using Sample Entropy: A Pilot Study

3.20pm Hiroaki Ishikawa

Factors Associated with Humeral Retroversion of the Throwing Arm in High School Baseball Players: A Multivariate Analysis

3.45pm Tomoya Ichida

Validity of a Markerless Motion Capture System for Shoulder Joint Kinematics in Baseball Pitching Analysis

3.55pm Takashi Higuchi

Shoulder External Rotation Rate of Force Development in High School Baseball Players: Differences Between Pitchers and Position Players and Association With Pectoralis Minor Length

4.05pm Ryoto Chida

Seasonal Changes in Physical Function from the Off-Season to the In-Season in High School Baseball Pitchers

4.45-5.00pm

AWARD & Closing Ceremony - ICSSSET President: Dr Marco Conti