

# ICSET 2026 FINAL PROGRAM - Vancouver 23-25 September

| DATE                 |                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                      |
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| Wednesday Sept. 23rd |                                                                                                                                                  | Plenary session at EAST MR 11/12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | East MR 13                                                                                                                           |
| 8.00-8.30 am         | Welcome to ICSET 2026 & Special Award Ceremony - ICSSSET<br>President: Dr Marco Conti                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                      |
| 8.30 -9.30am         | Keynote Address - Prof Chris Littlewood<br>"Rehabilitation after rotator cuff repair"                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                      |
| 9.45-11.15am         | <b>Focused Symposium - Dr Francois Desmeules et al</b><br><br>"Rotator cuff tendinopathy: diagnosis, non-surgical medical care & rehabilitation" | <b>Shoulder rehabilitation 1 - Ms Anju Jaggi: ICSSSET Board member</b><br><br><b>9.45am Beate Dejaco</b><br>Virtual Reality Intervention in Patients with Persistent Shoulder Pain: A Mixed Methods Feasibility Study Protocol<br><br><b>9.55am Helen Tunncliffe</b><br>Patients Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study<br><br><b>10.05am Helen Tunncliffe</b><br>Health Care Professionals Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study<br><br><b>10.30am Helen Tunncliffe</b><br>Nonoperative Mobilisation Strategies (early versus delayed) Versus Surgery for Proximal Humerus Fractures: A Network Meta-Analysis<br><br><b>10.40am Irem Duzgum</b><br>Effects of Taping on Pain & Function in Individuals with Acromioclavicular Joint Degeneration<br><br><b>10.50am Yota Saito</b><br>Effects of Figure-of-Eight Stabilizing Shoulder Taping Intended to Restrain Anterior Humeral Head Translation on Shoulder Function | <b>Workshop - Dr Margie Olds et al</b><br><br>" Back in the Game: A Multidimensional Return to Sport Approach After Shoulder Injury" |
| 11.30am-1.00pm       | <b>Focused Symposium - Dr Mikkel Clausen et al</b><br><br>"Enhancing adherence to exercise-based care in shoulder pain management"               | <b>Instability 1 - Ms Rebecca Dickinson: ICSSSET Vice President</b><br><br><b>11.30am Dr Takayuki Muraki</b><br>Minor Posterior Shoulder Instability as a Potential Cause of Glenohumeral Internal Rotation Deficit in Baseball Players: Evaluation Using the Novel "Posterior Relocation Test"<br><br><b>11.40am Edel Fanning</b><br>Do Psychological Factors Play a Role in Return to Sport Following Glenohumeral Joint Stabilisation Surgery?<br><br><b>11.50am Masayuki Saka</b><br>Translation, cross-cultural adaptation, and validation of the Japanese version of the shoulder instability-return to sport after injury (SI-RSI) scale<br><br><b>12.15pm Karl Fry</b>                                                                                                                                                                                                                                                                                                                                                                                                        | <b>Workshop - Ms Anju Jaggi et al</b><br><br>"A British perspective on managing atraumatic shoulder instability"                     |

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|                    |                                                                                                                                                                        | <p>Post-Operative Shoulder Instability Rehabilitation: Upper Extremity Interval Performance Testing and Return-to-Sport Decision-Making</p> <p><b>12.25pm Pradnya Gadkari</b><br/>Strength, Physical Performance and Psychological Outcomes Following Anterior Stabilisation Surgery at the Glenohumeral Joint.</p> <p><b>12.35pm Tomoya Uchida</b><br/>Opposite-Leg Tackling Produces Kinematic Patterns Linked to Shoulder Dislocation Risk in Rugby Players</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                             |
| <b>1.00-1.45pm</b> | <b>LUNCH</b>                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                             |
| <b>1.45-3.15pm</b> | <p><b>Focused Symposium - Dr Sarah Warby et al</b></p> <p>"Advances in the assessment, diagnosis &amp; management of multidirectional instability of the shoulder"</p> | <p><b>Rotator Cuff 1 - Dr Jean-Sebastien Roy: member ICSET 2026 Scientific Committee</b></p> <p><b>1.45pm Gisela Sole</b><br/>Stepped Care for Rotator Cuff-Related Shoulder Pain: a randomised clinical trial</p> <p><b>1.55pm Rodrigo Rabello</b><br/>Best-practice Guide for the Management of Rotator Cuff Tendinopathy Informed by Evidence Synthesis, Patient Values and Expert Clinical Reasoning</p> <p><b>2.05pm Brian Leggin</b><br/>Physical Therapy Management of Patients with Rotator Cuff Related Pain: A Case Series</p> <p><b>2.30pm Larissa Pechincha Ribeiro</b><br/>Clinical Factors Associated With Patient Satisfaction After Rotator Cuff Repair: A Cross-Sectional Study</p> <p><b>2.40pm Roisin Cahill</b><br/>Predicting Outcomes in Patients with Rotator Cuff Related Shoulder pain: A systematic review of prognostic factor studies.</p> <p><b>2.50pm Germanna Barbosa</b><br/>Pain During Effort Explains More Variance in Shoulder Function Than Strength Capacity</p> | <p><b>Workshop: Mr Simon Balster et al</b></p> <p>"Shoulder strength testing: from the clinic to elite sport"</p>                                           |
| <b>3.30-5.00pm</b> | <p><b>Focused Symposium - Dr Natalie Myers et al</b></p> <p>"The evolution of glenohumeral rotational motion in the management of baseball athletes"</p>               | <p><b>Frozen shoulder &amp; more - Dr Tania Pizarri: ICSSET Board member</b></p> <p><b>3.30pm Pablo Oscar Policastro</b><br/>“My shoulder looked like Robocop's”: Experiences, beliefs, and perceptions of primary frozen shoulder after a physical therapy treatment program. A qualitative study</p> <p><b>3.40pm Masaki Karasuyama</b><br/>How Is Frozen Shoulder Defined in Randomized Trials? A Scoping Review</p> <p><b>3.50pm Stacey Lewis</b><br/>The Effect of Geron Hydrotherapy on Pain, Range of Movement and Function in Patients with Frozen Shoulder</p> <p><b>4.15pm Ummu Ozturk</b><br/>Comparison of Two Different Exercise Types in the Treatment of Frozen Shoulder: Stretching or Strengthening?</p> <p><b>4.25pm Pablo Oscar Policastro</b><br/>Does Adding Eccentric Exercise to a Standardized Programme Improve Outcomes for People with Primary Frozen Shoulder? A randomized controlled clinical trial (DescongelAR trial)</p>                                              | <p><b>Workshop - Prof Karen Ginn et al</b></p> <p>"Rotation exercises to rehabilitate the rotator cuff: rotator cuff or axioscapular muscle exercises?"</p> |

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|             |                   | <b>4.35pm Yasuyuki Ueda</b><br>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 at EAST MR 11/12                                                                                                                                                     | East MR 13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | East MR 14                                                                                                                                            |
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| 8.00-9.30am         | <b>Early Career Researcher Forum - Chair: Dr Karen McCreesh</b><br><br>Panel members: Dr Muraki, Prof Macdermid, Prof Littlewwod, Prof Ginn                                          | <b>Workshop: Dr Lyn Watson</b><br><br>"Assessment, diagnosis & exercise-based management of posterior shoulder instability"                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Workshop: Dr Leanne Bisset</b><br><br>"Getting to grips with lateral elbow tendinopathy"                                                           |
| 9.45-11.15am        | <b>ICSET / ICSES conjoint session</b><br><br>"Traumatic instability case study" - Co-chairs Ms Anju Jaggi & Prof Steve Gwilym"<br><br>Panel members: Drs Seitz, Olds, Itoi & Delaney |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                       |
| 11.30am-1.00pm      | <b>Focused Symposium - Dr Behnam Liaghat et al</b><br><br>"Shoulder hpermobility & mechanical symptoms in the assessment & treament of shoulder pain"                                | <b>Rotator cuff 2 - Mr Bruno Santullo Krumenacker: ICSSSET Treasurer</b><br><br><b>11.30am Dr Amee Seitz</b><br>Shoulder Pain and Pathology in Manual Wheelchair Users: A Cross-Sectional Comparison Across the Lifespan<br><br><b>11.40am Germanna Barbosa</b><br>Sex Differences in Shoulder Function in Individuals with Shoulder Pain: Associations with Physical Capacity and Pain<br><br><b>11.50am Daniel Kline</b><br>Assessment of Driving Performance Pre- and Post-Operatively from Rotator Cuff Repair<br><br><b>12.15pm Anelise Silveira</b><br>Reducing Time Off Work Through an Integrated Care Pathway for Shoulder Injuries: Evidence from a Workers’ Compensation Cohort Study<br><br><b>12.25pm Emil Steen</b><br>Evaluation of Inter-rater Reliability and Responsiveness of a New Muscle Function Assessment of the Rotator Cuff<br><br><b>12.25pm Daniel Clay McPherson</b><br>Changes in Pain-Related Fear and Coping During Rehabilitation Are Associated With Recovery in Rotator Cuff Tendinopathy | <b>Workshop - Dr Sarah Warby</b><br><br>"Assessment, diagnosis & exercise-based management of the unstable shoulder in multidirectional instability": |
| 1.00-1.45pm         | LUNCH                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                       |
| 1.45-3.15pm         | <b>Focused Symposium - Dr Margie Olds et al</b><br><br>"When shoulders shake: managing fear after dislocation"                                                                       | <b>Shoulder rehabilitation 2 - Dr Natalie Myers: ASSET Secretay/Treasurer</b><br><br><b>1.45pm Timothy Uhl</b><br>Direct Access to Care Reduces Days Lost and Costs in Firefighters with Shoulder Injuries<br><br><b>1.55pm Takayuki Muraki</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>Workshop - Prof Karen Ginn et al</b><br><br>"Clinical reasoning to infrom the choice of exercises for patients with shoulder dysfunction"          |

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

| Friday Sept. 25th | Plenary session at EAST MR 11/12                                                                                             | East MR 13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | East MR 14 |
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| 8.15-9.45am       | <div>Focused Symposium - Dr Helen Tunnicliffe et al</div> <div>"Non-surgical management of proximal humerus fractures"</div> | <div>Instability 2 - Prof Karen Ginn Scientific Chair ICSET 2026</div> <div>8.15am Solenn Gain</div> <div>Reverse Scapular Kinematics: A Distinct Clinical Pattern Associated With Functional Posterior Shoulder Instability</div> <div>8.25am David O'Brian</div> <div>Beyond Apprehension: A Qualitative Study of Modern Perspectives on Rehabilitation After Arthroscopic Bankart Repair</div> <div>8.35am Sarah Betteridge</div> <div>Sensorimotor Function in Neurodivergent Adults: a narrative review with implications for atraumatic shoulder instability</div> <div>9.00am Ingrid Hultenheim Klintberg</div> |            |

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|                 |                                                                                                                                                                                  | <div>ROTOFUNC - a Randomized and Controlled Study to Evaluate the Effect of a Novel Assessment and Treatment Strategy for Patients with Non-traumatic Shoulder Instability</div> <div>9.10am Sarah Warby</div> <div>Scapula-focused Motor-control Rehabilitation Provides Sustained 1-year Outcomes in Multidirectional Shoulder Instability: a randomised controlled trial</div> <div>9.20am Sarah Warby</div> <div>Altered Brain Function During Shoulder Movements in Patients with Multidirectional Instability of the Glenohumeral Joint: A case-control fMRI study</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 10.00-11.00am   | <div>Keynote Address - Prof Joy Mac Dermid</div> <div>"Measuring shoulder outcomes in research and practice past, present and future"</div>                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 11.15am-12.45pm | <div>Focused Symposium - Ms Jaggi et al</div> <div>"Anatomic &amp; reverse shoulder arthroplasty - current &amp; future rehabilitation considerations"</div>                     | <div>Rotator cuff 3 - Dr Karen McCreesh: member ICSET 2026 Scientific Committee</div> <div>11.15am Lori Michener</div> <div>Dual Dysfunction: Central and Peripheral Factors of Recovery in Rotator Cuff Tendinopathy</div> <div>11.25am Solenn Gain</div> <div>Early Range of Motion After Rotator Cuff Repair: Implications for Rehabilitation and Tendon Healing</div> <div>11.35am Tania Pizzari</div> <div>Exercise and Menopausal hormone therapy for postmenopausal Women with shoulder pain (EMPOWER): Protocol for a Pilot Randomised Clinical Trial</div> <div>12.00 Shogo Soma</div> <div>Association Between Bennett Lesion and Humeral Head Cyst Location in Throwing Athletes: Influence of Rotator Cuff Muscle Balance</div> <div>12.10pm Kubra Caylan Gurses</div> <div>Effect of Latissimus Dorsi–Focused Strengthening Versus Rotator Cuff–Focused Exercises on Pain and Function in Rotator Cuff Tendinopathy: A Pilot Randomized Controlled Trial</div> <div>12.20pm Itsuki Shimada</div> <div>Temporal Changes in Elbow Flexion Strength Following Long Head of Biceps Surgeries Tenodesis vs Tenotomy</div> | <div>Elbow - Ms Tracy Elliott: member ICSET 2026 Scientific Committee</div> <div>11.15am Jonathan Sum</div> <div>Intertester and Intratester Reliability of Measuring Medial Elbow Stiffness Using Myotonometry</div> <div>11.25am Amanda Arnold</div> <div>Clinical Factors Associated with Failure of Nonoperative Management Following UCL Injury in Baseball Players</div> <div>11.35am Faiza Sharif</div> <div>Best practice guide for Lateral Elbow Tendinopathy based on the synthesis of a systematic review, patient perspectives and expert clinical reasoning</div> <div>12.00 Leanne Bisset</div> <div>Efficacy of Corticosteroid, Blood-product, Prolotherapy and Other Injections on Pain for Tendinopathy: A systematic review and meta-analysis of placebo-controlled trials</div> <div>12.10pm Sean Kennedy</div> <div>First Dynamic In Vivo Confirmation of Valgus Extension Overload During Modified Baseball Throwing</div> <div>12.20pm Matthew Gauthier</div> <div>Structural Changes in the Throwing Elbow of Collegiate Baseball Pitchers: An Ultrasound Study</div> |
| 12.45-1.30pm    | LUNCH                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 1.30-3.00pm     | <div>Focused Symposium - Dr David Christiansen et al</div> <div>"Leveraging real-world &amp; observational data to inform treatment &amp; prognosis in shoulder disorders"</div> | <div>Arthroplasty &amp; more: Dr Marco Conti: ICSSSET President</div> <div>01.45pm Ayako Ogura</div> <div>Longitudinal Changes in Deltoid Muscle Cross-Sectional Area After Reverse Shoulder Arthroplasty According to Sports Participation</div> <div>01.55pm Georgio Zeppieri Jr</div> <div>Functional and Psychosocial Profiles of Overhead Athletes with Upper Extremity Injury: Comparison Between Surgical and Non-Surgical Management</div> <div>02.05pm Shinya Misumi</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>Workshop - Prof Chris Littlewood et al</div> <div>"Embracing uncertainty - using research evidence to support shared decision-making"</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

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|             |                                                                                                                                                | <div>Postoperative Deltoid Muscle Stiffness in Inlay-Type RSA with a 135° Neck-Shaft Angle</div> <div>02.15pm Tanya Beiswenger</div> <div>Early Post-Operative Internal Rotation After Reverse Shoulder Arthroplasty can be Done Safely Without Compromising Outcome: A Randomized Control Trial</div> <div>02.25pm June Kennedy</div> <div>The SHORT Trial: Multicenter, Randomized, Controlled Trial of Surgeon-directed Home Therapy vs. Outpatient Rehabilitation by Physical Therapists for Reverse Total Shoulder Arthroplasty</div> <div>02.35pm Brian Leggin</div> <div>Physical Therapy Management of Glenohumeral Joint Arthritis: A Case Series</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| 3.00-4.30pm | <div>Focused Symposium - Dr Margie Olds</div> <div>"Non-operative management of shoulder instability - new tricks from three continents"</div> | <div>Baseball &amp; more - Dr Takayuki Muraki: ICSSET Board member</div> <div>3.00pm Tomoya Ichida</div> <div>Scapulothoracic Joint Function and Its Association with Throwing-Related Injuries in Collegiate Baseball Pitchers: a prospective cohort study</div> <div>3.10pm Sean Kennedy</div> <div>Evaluation of the Quality of Muscle Performance in Collegiate Baseball Athletes Using Sample Entropy: A Pilot Study</div> <div>3.20pm Hiroaki Ishikawa</div> <div>Factors Associated with Humeral Retroversion of the Throwing Arm in High School Baseball Players: A Multivariate Analysis</div> <div>3.45pm Tomoya Ichida</div> <div>Validity of a Markerless Motion Capture System for Shoulder Joint Kinematics in Baseball Pitching Analysis</div> <div>3.55pm Takashi Higuchi</div> <div>Shoulder External Rotation Rate of Force Development in High School Baseball Players: Differences Between Pitchers and Position Players and Association With Pectoralis Minor Length</div> <div>4.05pm Ryoto Chida</div> <div>Seasonal Changes in Physical Function from the Off-Season to the In-Season in High School Baseball Pitchers</div> |  |
| 4.45-5.00pm | <div>AWARD &amp; Closing Ceremony - ICSSET President: Dr Marco Conti</div>                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |