ICSET 2026 FINAL PROGRAM -
Vancouver 23-25 September

DATE			
Wednesday Sept. 23rd	**Plenary session at EAST MR 11/12**	**East MR 13**	**East MR 14**
8.00-8.30 am	**Welcome to ICSET 2026 & Special Award Ceremony - 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 Tunnicliffe** Patients Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study **10.05am Helen Tunnicliffe** Health Care Professionals Perspectives on Early Sling Removal Following Conservatively Managed Proximal Humerus Fractures: A Qualitative Study **10.30am Helen Tunnicliffe** 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 Multidimensional 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 - Dr Tania Pizarri: ICSSSET Board member** **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 **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) **4.35pm Yasuyuki Ueda** Reduced StO2 and Delayed Recovery During Shoulder Flexion Stretching Are Associated with Decreased Passive Stiffness	**Workshop - Prof Karen Ginn et al** "Rotation exercises to rehabilitate the rotator cuff: rotator cuff or axioscapular muscle exercises?"

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**
8.00-9.30am	**Early Career Researcher Forum - Chair: Dr Karen McCreesh** Panel members: Dr Muraki, Prof Macdermid, Prof Littlewwod, 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: ICSSSET Treasurer** **11.30am Dr Amee 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** Elevation of the First Rib in the Throwing Side in Baseball Players with Thoracic Outlet Syndrome **2.05pm Kaylee Stahler**	**Workshop - Prof Karen Ginn et al** "Clinical reasoning to infrom the choice of exercises for patients with shoulder dysfunction"

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

Friday Sept. 25th	**Plenary session at EAST MR 11/12**	**East MR 13**	**East MR 14**
8.15-9.45am	**Focused Symposium - Dr Helen Tunnicliffe et al** "Non-surgical management of proximal humerus fractures"	**Instability 2 - Prof Karen Ginn Scientific Chair ICSET 2026** **8.15am Solenn Gain** Reverse Scapular Kinematics: A Distinct Clinical Pattern Associated With Functional Posterior Shoulder Instability **8.25am David O'Brian** Beyond Apprehension: A Qualitative Study of Modern Perspectives on Rehabilitation After Arthroscopic Bankart Repair **8.35am Sarah Betteridge** Sensorimotor Function in Neurodivergent Adults: a narrative review with implications for atraumatic shoulder instability **9.00am Ingrid Hultenheim Klintberg** ROTOFUNC - a Randomized and Controlled Study to Evaluate the Effect of a Novel Assessment and Treatment Strategy for Patients with Non-traumatic Shoulder Instability **9.10am Sarah Warby**	

		Scapula-focused Motor-control Rehabilitation Provides Sustained 1-year Outcomes in Multidirectional Shoulder Instability: a randomised controlled trial **9.20am Sarah Warby** Altered Brain Function During Shoulder Movements in Patients with Multidirectional Instability of the Glenohumeral Joint: A case-control fMRI study	
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 shoulderR 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 - Ms Tracy Elliott: member ICSET 2026 Scientific Committee** **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 Giorgio Zeppieri Jr** Functional and Psychosocial Profiles of Overhead Athletes with Upper Extremity Injury: Comparison Between Surgical and Non-Surgical Management **02.05pm Shinya Misumi** Postoperative Deltoid Muscle Stiffness in Inlay-Type RSA with a 135° Neck-Shaft Angle **02.15pm Tanya Beiswenger**	**Workshop - Prof Chris Littlewood et al** "Embracing uncertainty - using research evidence to support shared decision-making"

		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 Uchida** 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 Uchida** 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**	