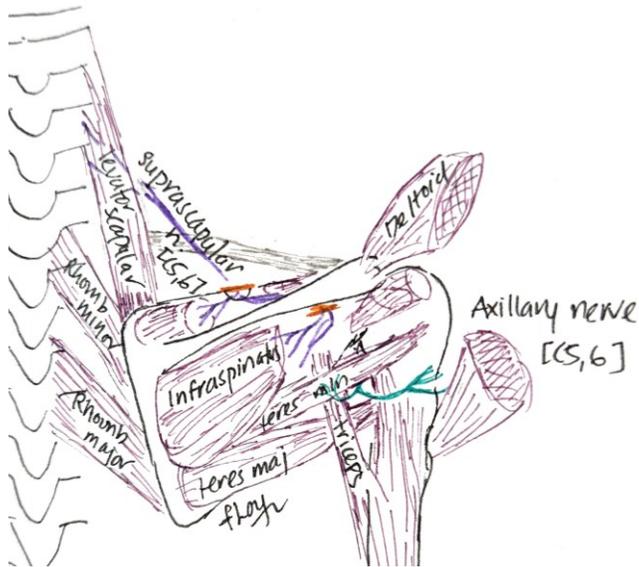


SHOULDER PAIN

INSERVICE

SERIES



neural perspectives to impingement...

Intent

Shoulder pain can result from different issues; impingement-like problems can be persistent and resistant to exercises. The shoulder remains painful and weak in spite of appropriate strengthening work.

This inservice aims to look at common neurogenic tightness and possible entrapments in the shoulder girdle area. It will include ways to mobilise the suprascapular and axillary nerves, and the cords of the brachial plexus; specifically, the anatomy, key palpation points, and important muscles to include in the management.

Approach

This is presented in a tutorial format, with the intent to be clinically applicable. Participants should expect >70% practical, with recommended pre-reading.

Inservice series – emphasis is on hands-on skills and developing the feel to subtleties

Facilitate

Ms Loy, Fong Ling

Bio:

<https://www.linkedin.com/in/fong-ling-loy-a8566b170/>

Dues¹

SGD 200 (3hr)

Meet²

Date: 28th March 2026

Time: 2 – 5pm

@ The Practice Matters

114 Lavender Street, CT Hub 2

Lobby 4, #11-04, Singapore 338729

Connect

FL@practice-matters.com

Timeline: by 6st March '26

CPE Cat1a points apply

¹ fees are non-refundable, except in situations with valid MC

² the organizer reserves the right to cancel/reschedule the course. A full refund will be made, as appropriate