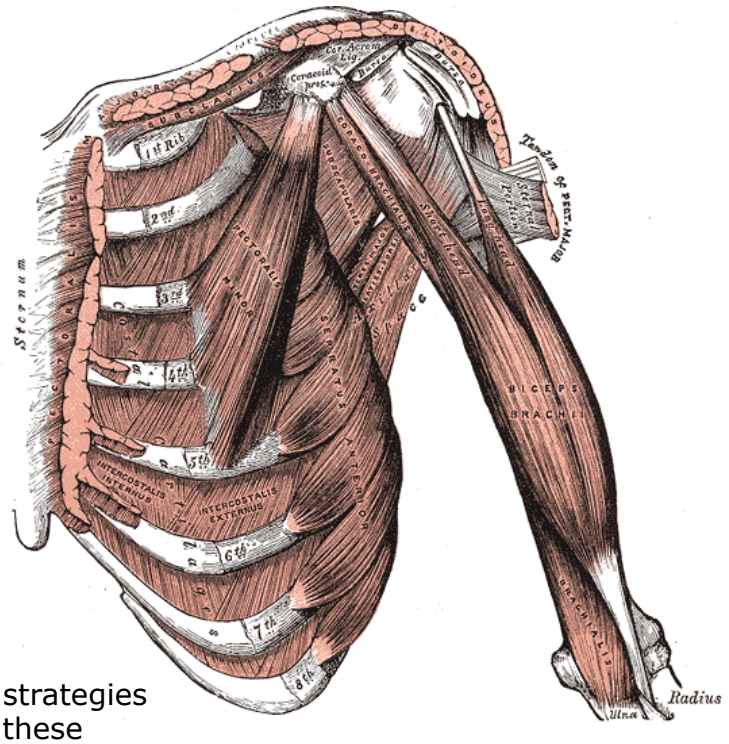
Assessment and Treatment of Shoulder Pain

with Dr. James Mally

September 18, 2026

Friday 9 am - 6 pm (8 hours)

$200 + $10 materials



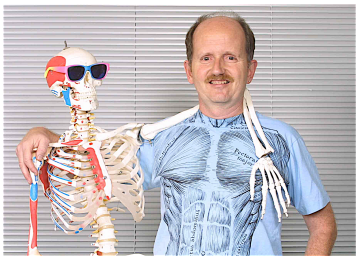
When a client presents with shoulder pain, you need to know how to properly assess the cause of the pain and to formulate effective treatment strategies.

This workshop covers evaluation and treatment of some of the most common causes of shoulder pain, including:

- Adhesive capsulitis
- Impingement and bursitis
- Rotator cuff tears
- Slipped bicipital tendon
- Thoracic outlet syndrome

Expand your toolbox of assessment and treatment strategies through a series of demonstrations and practice of these techniques:

- Joint capsule release
- Soft tissue release
- Multidirectional friction and eccentric contraction
- Trigger point therapy
- Strain-counterstrain
- Reciprocal inhibition



Dr. James Mally
(the one on the right)

Dr. James Mally is an orthopedic massage therapist, teacher, and educational content producer with five decades of experience. He teaches workshops around the world and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

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