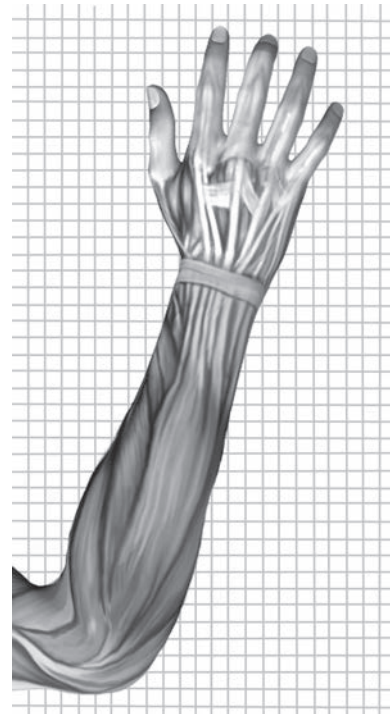


# Comprehensive Management of the Elbow, Wrist and Hand

for Successful Functional Outcomes



presented by  
**Edward Fiore, OTR/L, CHT, M.Ed**

**North American Seminars, Inc.**

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|       |       |  |
|-------|-------|--|
| 7:30  | 8:00  | <b>Registration</b>  |
| 8:00  | 9:00  | <b>Aspects of Hand Function (Lecture)</b><br>• 5 concepts that you need to know<br>• Distal upper extremity function, 3 jaw pinch, tip to tip pinch  |
| 9:00  | 10:00 | <b>Upper Extremity Anatomy Relating to Function, Clinical Concepts (Lecture)</b><br>• Biomechanics of MP, PIP, and DIP phalanx carpals, forearm and elbow<br>• Carpal Bio-mechanics<br>• Elbow Bio-mechanics   |
| 10:00 | 10:15 | Break  |
| 10:15 | 11:00 | <b>Understanding Common Injuries of the Elbow, Wrist &amp; Hand (Lecture)</b><br>• Elbow motion-injury-rehab<br>• Hand motion-injury-rehab<br>• Wrist motion-injury-rehab  |
| 11:00 | 12:00 | <b>Anatomical Landmark (Lab)</b><br>• How to assess complex and common injuries of the upper extremity<br>• Carpal bones, palpation techniques<br>• Scapho-lunate, lunate triquetrum, common ligament injury sites<br>• TFCC, location and understanding the structure and function<br>• CMC, ulnar collateral joint<br>• Medial-Lateral elbow structures, radial head |
| 12:00 | 1:00  | Lunch (on your own)  |
| 1:00  | 1:30  | <b>Provocative Testing-Applied Assessment Skills (Lab)</b><br>• Assessment skills<br>• Elbow test, TFCC test and Arthritic test  |
| 1:30  | 2:00  | <b>Fracture of the Hand, Carpals Healing of Fracture (Lecture)</b><br>• Conservative/surgical interventions rehabilitation<br>• Soft tissue injuries of the hand<br>• Ligament injuries of the MP, PIP<br>• Conservative treatment of ligament injuries of the hand and wrist  |
| 2:00  | 3:30  | <b>Surgical Procedures of the Wrist Injuries</b><br>• Scapho-lunate ligament repair rehabilitation<br>• TFCC repair rehabilitation<br>• ECU sheath repair rehabilitation   |
| 3:30  | 3:45  | Break  |

|      |      |   |
|------|------|---|
| 3:45 | 5:00 | <b>Day One (continued)</b><br><b>Common Elbow Injuries (Lect/Lab)</b><br>• Lateral epicondylitis<br>• Medial epicondylitis<br>• Provocative test for common elbow injuries radial head fractures/ surgical intervention<br>• Treatment concepts to improve outcomes<br>• Ligament Injuries of the elbow |
| 5:00 | 6:00 | <b>Surgical Procedures/Case Studies</b>   |

## Day Two

|       |       |   |
|-------|-------|---|
| 8:00  | 9:00  | <b>Edema Management Strategies (Lecture)</b><br>• Review of the physiology of the inflammation process<br>• Current treatment for edema/case studies  |
| 9:00  | 10:00 | <b>Tendon Repair Flexor and Extensor Tendons (Lecture)</b><br>• Anatomy<br>• Evaluation<br>• Treatment considerations<br>• Surgical approach to tendon repairs<br>• Review of splinting approaches for tendon repairs |
| 10:00 | 10:15 | Break   |
| 10:15 | 11:00 | <b>Neuro Anatomy (Lecture)</b><br>• Review of nerve structure<br>• Classification of nerve Injuries<br>• Conservative and surgical intervention   |
| 11:00 | 11:30 | Lunch (On your Own)   |
| 11:30 | 12:15 | <b>Evaluation Lab for Nerve Injuries</b><br>• Provocative nerve compression test<br>• Lab median nerve compression sites<br>• Ulnar nerve compression sites<br>• Radial nerve compression sites                       |
| 12:15 | 12:45 | <b>Review of Evaluation Techniques</b><br>• Practical evaluation techniques<br>• Common pitfalls with exams   |
| 12:45 | 1:00  | Break   |
| 1:00  | 2:15  | <b>Clinical Pearls and Recommended Resources</b><br>• Upper extremity literature review   |
| 2:15  | 3:15  | <b>Case Study/Setting Your Clinical Treatment Plans</b>   |
| 3:15  | 3:30  | <b>Review/Questions</b>   |

## About the Educator

**Edward Fiore, OTR/L, CHT, M.Ed, CET,** is a Certified Hand Therapist with over 20 years of experience in all areas of rehabilitation, with specialization in orthopedic management. Treatment specialization includes overuse syndromes, nerve compression, splint fabrication, tendon repairs and fractures of the upper extremity. The instructor also has specialized training with ergonomic job-site analysis. Mr. Fiore currently works for a private corporation and resides outside Charlotte, NC. He holds a Masters Degree in Education, with specialization in education technology. Mr. Fiore has lectured on management of common hand injuries, nerve compression and overuse syndromes. Over the past several years, he has instructed therapists on upper extremity evaluation and treatment. Mr. Fiore has had the distinct privilege of presenting at the Joint Session for American Society of Hand Therapists and the American Society for Surgery of the Hand. He has also presented to the Florida Hand Society at several annual meetings.

## Why You Should Attend This Course

This unique intermediate level course has been designed by an instructor that has worked closely with fellowship trained hand surgeons. This course will provide the medical professional with information needed to effectively evaluate and treat conditions of the elbow, hand and wrist through advanced clinical algorithmic solving. This course offers an in-depth look into the fascinating anatomy of the upper extremity. Specific complex case studies were selected to review treatment options of the elbow, wrist and hand and will be followed by in-depth discussion of the various rehabilitation approaches. This course will also provide information that will improve outcomes by providing information on how to build a cutting-edge upper extremity therapy program. Topics that will be discussed include: soft tissue injuries, flexor and extensor tendon repair and rehabilitation, edema management, scar remodeling, the stiff hand, fractures, splinting concepts and arthritis. Surgical considerations and techniques will be presented to assist the clinician with the development of a thorough treatment program. Special attention is provided to "clinical pearls," tips for the clinician in managing complex wrist and hand disorders. This course has been designed for the therapist to immediately apply the information in the clinical setting. This course is applicable for PT, PTA, OT, ATC.

## Course Objectives

Upon completion of this course, participants will be able to:

- Describe detailed aspects of the anatomy and biomechanics of the elbow, wrist and hand.
- Have a working knowledge of anatomy and current surgical procedures to develop comprehensive therapeutic rehabilitation programs.
- Describe carpal and phalanx fractures and understand treatment of both conservative and surgical intervention.
- Utilize the 3 phases of healing tissue and describe how clinical protocols are predicated on the stages of tissue healing.
- Perform a thorough examination of the distal upper extremity, integrating biomechanical assessment with clinical problem solving.
- Develop assessment techniques and treatment strategies of the elbow, wrist and hand to include soft tissue injuries, fractures, flexor and extensor tendon injuries, nerve compression and common arthritic problems.

Certificates of completion will be provided upon successful completion of the course.

This course is 15.0 contact hours, 1.50 ceus/15 ccu's

This course is 18 contact hours, 1.8 ceu's for therapists licensed in Illinois, New York or the District of Columbia

**Registration Form**

Figure 15

**Registration Fee:**

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Register Online  
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All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds or transfers will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.