Comprehensive Management of the Elbow, Wrist and Hand

for Successful Functional Outcomes

Day One

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

Day Two

8:00  9:00  Epidema Management Strategies (Lecture)
          • Review of the physiology of the inflammation process
          • Current treatment for edema/case studies
          • Tendon Repair Flexor and Extensor Tendons (Lecture)
          • Anatomy
          • Evaluation
          • Treatment considerations
          • Surgical approach to tendon repairs
          • Review of splinting approaches for tendon repairs
          • Neuro Anatomy (Lecture)
          • Review of nerve structure
          • Classification of nerve injuries
          • Conservative and surgical intervention
          • Lunch (on your own)
          • Evaluation Lab for Nerve Injuries
          • Provocative nerve compression test
          • Lab median nerve compression sites
          • Ulnar nerve compression sites
          • Radial nerve compression sites
          • Review of Evaluation Techniques
          • Practical evaluation techniques
          • Common pitfalls with exams
          • Break
          • Clinical Pearls and Recommended Resources
          • Upper extremity literature review
          • Case Study/Setting Your Clinical Treatment Plans
          • Review/Questions

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BOC provider #P2047 | AOTA Provider #4487
This course is applicable for PT, PTA, OT, OTA, AT. This course meets the continuing education requirements for physical therapists in the States of AK, AL, CO, CT, DE, DC, ID, IN, MA, MD, MT, NH, NC, OR, RI, SC, UT, VT, VA, WA, WI and WY. IL PT provider #161001074. This course meets the Colorado Physical Therapy Board of Examiners criteria for 15 hours, 1 Category-1 PDA points. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. This course meets the continuing education requirements set in the Utah Physical Therapy Practice Act Rule. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This activity is provided by the Texas Board of Physical Therapy Examiners Accredited Provider # 1907038TX and meets continuing competence requirements for physical therapist and physical therapists assistant license renewal in Texas for 15 CEU's. North American Seminars, Inc. is an AOTA provider for continuing education, provider #4487. AOTA approval hours are 15. The AOTA does not endorse specific course content, products or clinical procedures. The AK, AR, DE, DC, IL, IN, KY, LA, MD, MN, MS, MO, MT, OH, OR, OK, PA, RI, SC, TN, TX, VT and VA occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. Additionally, this course meets the CEU requirements for OT’s licensed in AL, AZ, CA, CO, CT, FL, GA, HI, ID, KS, ME, MA, MI, NE, NJ, ND, UT, WA, WV, Wi and WY. Meets the NBCOT requirements. BOC provider # P2047, 15 hrs, category A, call for evidence-based approval status. Meets the NBCOT requirements. Call 800-300-5512 for specific state approval numbers as they are continually updated.

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PT, OT, PTA, AT-Continuing Education Course
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.
- Describe the correlation between the functional anatomy of the upper body and current surgical procedures to develop comprehensive therapeutic rehabilitation programs.
- Describe carpal and phalanx fractures and understand treatment of both conservative and surgical intervention.
- Identify 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.