May 4-5, 2018

PRESENTS

10th Annual Upper Extremity Symposium

Picking the right tools; a Master Clinician’s Approach to Integrating Evidence and Experience in Hand Therapy

Select Medical is proud to present its 10th Annual Hand Therapy Symposium – Picking the right tools; a Master Clinician’s Approach to Integrating Evidence and Experience in Hand Therapy. One of the key foundations of evidence-based practice is the appropriate incorporation of clinical experience and expertise into the decision making process. But how do ‘expert clinicians’ select the right tool for the job from the myriad techniques at their disposal? This program showcases some of the leaders in the hand therapy community, allowing them to share not only new and emerging trends in hand therapy, but also clinical pearls, tips and tricks that they find support patient outcome and experience. Designed to expose participants to multiple conditions across the entire spectrum of care, from conservative and pre-operative, to immediate post-operative management and beyond, this program offers something for everyone working in the outpatient environment.

Outpatient Education Department

TARGET AUDIENCE: CHT, OT, COTA, PT, PTA
LEVEL: Multiple
CONTACT HOURS: 12.75

The Westin Tampa Waterside Hotel
725 S. Harbour Island Blvd.
Tampa, FL 33602

Course Description

Upon completion of this course, the participant will be able to:
• Describe the impact of common comorbidities on the post-operative recovery and management of individuals recovering from surgery involving the upper limb.
• Recognize common complications that can arise following surgery involving the upper limb.
• Describe emerging trends and best practice in the prescription of exercise to facilitate tissue repair in the postoperative patient.
• Describe the principles of normal wound healing and the relationship between wound healing and scar formation.
• Describe current best practice in wound care and identify signs of abnormal healing and wound infection.
• Describe the basic anatomy & physiology of the lymphatic system, and the proposed mechanism supporting the utilization of manual drainage of edema.
• Demonstrate basic strokes used in manual edema drainage.
• Describe the proposed mechanisms of action behind Negative Pressure Soft Tissue Mobilization (‘NPSTM’), kinesiology taping and Instrument Assisted Soft Tissue Mobilization.
• Describe current evidence pertaining to Soft Tissue Mobilization and Kinesiology Taping, potential indications and contraindications to treatment and how these techniques can be incorporated into a comprehensive intervention plan.
• Demonstrate basic kinesiology taping and soft tissue mobilization techniques.
• Describe the pathophysiology and etiology of entrapment neuropathy in the upper limb.
• Identify common sites for, and the signs and symptoms of, entrapment neuropathy in the upper limb.
• Describe current best practice in management of upper limb entrapment neuropathy, including the application of exercise, orthoses and manual therapy.
• Describe basic neuroscience behind pain and sensory changes in specific pain conditions.
• Discuss different techniques that may assist in driving outcomes in cases of allodynia and nociplastic pain conditions.
• Demonstrate how to set a baseline prescription and how to progress according to Graded Activity concepts.
• Describe the anatomy, function and vulnerability to injury of the S-L joint.
• Describe current conservative therapeutic management of S-L tears.
• Describe the principles of decision making and progression of proprioceptive rehabilitation.
• Demonstrate graded proprioceptive rehabilitation modalities appropriate to upper extremity dysfunction.
**Keynote Speakers**

**Kristin Valdes, OTD, OT, CHT**
Kristin Valdes, president-elect of the American Society of Hand Therapists (ASHT), has been in private practice for over twenty years and specializes in the treatment and rehabilitation of the upper extremity. Her clinical expertise includes treatment of the hand, wrist, and elbow, shoulder, splinting, and arthritis. Dr. Valdes has published articles in the Journal of Hand Therapy, Hand Magazine, Journal of Manipulative and Physiological Therapeutics, and The Journal of Physical Therapy Science.

**Francisco Alberto Schwartz-Fernandes, MD**
Dr. Francisco Schwartz-Fernandes, MD is an orthopedic hand surgery specialist in Tampa, FL. He graduated from Faculdade De Medicina De Marilla in 1995 and specializes in orthopedic hand surgery, and pediatric hand surgery. Some of the hand ailments that Dr. Schwartz-Fernandes can treat with hand surgery include Carpal Tunnel Syndrome, fractures, nerve damage, arthritis, sport related injuries affecting the upper extremity, wrist arthroscopy and ligament injuries. Dr. Francisco Schwartz-Fernandes commitment to continuing education and excellence in the field has helped make him a leading hand

**Faculty**
- Lynn Agnew OTL, CHT, COMT UL
- Ruthanne Alarcon OTL, CHT
- Susan Blackmore, M.S., OTR/L, CHT, COMT UL
- Laura Conway OTR/L, CHT, COMT UL
- Chemaine Crane, DPT, MOTR/L, CHT, COMT UL
- Roseann Finigan, OTR/L, CHT, CLT, COMT UL
- Hannah Gift, OTR/L, CHT, COMT UL, CEAS
- Emily Lucius, MHS, OT, CHT, COMT UL
- Katie McBee, P.T., DPT, OCS, M.S.
- Karen Pettengill, M.S., OTR/L, CHT
- Deane Spivak OTR/L CHT, CEAS
- Michael Staino, OT, CHT, COMT UL
- Doreen Torres-Gray, M.A., OTR, CHT
- Amy Von Edwins, MOT, OTR/L, COMT UL
- Cornelia von Lersner Benson, O.T., CHT, COMT UL

**Friday, May 4, 2018**

7:00 AM  Registration and Vendor Showcase
7:50 AM  Opening Remarks
8:00 AM  Guest Speaker – ASHT President

**Session 1: The Wrist – Current Concepts in Pathology and Management**

8:15 AM  Scapholunate Injury - Surgical Management - **Dr. Schwartz-Fernandes**
9:35 AM  Scapholunate Injury - Conservative and Post-Surgical Management - **Conway**
10:05 AM  Break

**Session 2: Principles of Early Management in Postoperative Care**

10:20 AM  Principles of Wound Care in the Postoperative Population – **Pettengill**
10:55 AM  Complications and Comorbidities - **Spivak**
11:30 AM  Principles of Exercise Dosing in the Postoperative Population - **Von Edwins**
12:00 PM  Lunch

**Session 3: Lab Breakouts**

1:00 – 2:15; 2:20 – 3:35; 3:40 – 5:00

- Manual Drainage for Edema - **Finigan & Alarcon**
- Practical Treatment Options to Address Proprioceptive Deficits Following SL and other UE injuries. - **Conway & Crane**
- Scrape, Tape, Cup and Move! - **Staino, von Lersner Benson & Agnew**

**Saturday, May 5, 2018**

7:15 AM  Vendor showcase
8:00 AM  Welcome Back!

**Session 4: Fundamentals of Pain Science**

8:05 AM  Special Guest
8:30 AM  Retraining the Nervous System: Pain Science/Desensitization - **McBee**
9:05 AM  Graded Activity Approaches to Exercise and Function - **McBee**
9:40 AM  Break

**Session 5: Entrapment Neuropathy**

10:00 AM  Predisposing Factors to Entrapment Neuropathy in the Upper Limb - **Gift**
10:50 AM  Current Trends in Conservative Management of Entrapment Neuropathy - **Gift**
11:20 AM  Panel Discussion – Barriers to Adoption of Best Practice

12:00 PM  Lunch

**Session 6: Cadaver Dissection**

12:45 PM  Anatomy and Pathology of the Proximal Row - **Dr. Schwartz-Fernandes**

2:40 PM  End

*Agenda subject to change*
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Please check:  □ ATC  □ PT  □ PTA  □ OT  □ OTA  □ Other_______

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Program Accreditation:
Select Medical is an approved provider with the American Occupational Therapy Association. This
course has been approved by the Florida Board of Occupational Therapy. This course is pending
approval with the Florida Board of Physical Therapy.

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