Course Description & Objectives

This course will provide an in depth look at the wrist complex including: anatomy, biomechanics and pathologies linked to diagnosis, evaluation and intervention. Upon completion of this course, attendees will demonstrate a detailed differential examination of the wrist. Additionally, they will be able to demonstrate surface palpation of structures, detailed examination of conditions and their treatments as supported by current research and literature will be performed. The intervention portion of this course will include a discussion of applicable manual techniques, exercise concepts, orthosis options and motor re-education. Overall, this course will highlight the challenges and expected course of recovery associated with the most mechanically complex joint in the body.

Upon completion the participant will be able to:

• Describe the functional anatomy and biomechanics of the wrist as they relate normal function, injury and the rehabilitative process.
• Demonstrate accurate palpation of surface anatomy.
• Demonstrate accurate wrist provocative testing, as supported by the literature, to examine and support differential findings.
• Describe the biomechanics of the DRUJ and the carpus during normal and with injury.
• Understand the relationship between injury/pathology and abnormal neuromuscular function following an orthopedic injury.
• Adapt treatment timeframes and types of interventions for combined fracture/ligamentus injury to the wrist.
• Advance problem solving when implementing orthosis use for wrist dysfunction.
• Demonstrate the practice of relevant manual techniques as they relate to different diagnosis and precautions.
• Apply learned principles to improve decision making when developing treatment strategies for patients with injuries to multiple structures, complicated pathologies, and restricted timeframes.
• Relate the demonstrated and described techniques to current research and treatment standards.

Agenda

Saturday
7:45 AM Registration
8:00 AM Anatomy and biomechanics
10:00 AM Break
10:15 AM Surface anatomy lab
11:15 AM Fractures of the radius and ulna
12:00 PM Lunch
1:00 PM Salvage procedures for radius and Ulna fractures
2:30 PM Case Presentation
3:00 PM Break
3:30 PM Proprioception and Kinesthesia
4:00 PM Manual Techniques Lab
5:00 PM End

Sunday
8:00 AM Carpal Fractures
9:00 AM Instability of the wrist
10:15 AM Break
10:30 AM Case presentation & provocative test Lab
12:00 AM Lunch
1:00 PM Carpal salvage procedures
2:00 PM Triangular Fibrocartilage Complex
2:30 PM Complex Multi system case presentations
3:00 PM End
Laura Conway OTR/L, CHT
Laura received her Bachelors and Masters Degrees from Misericordia University and her CHT in 2005. She is a local and national speaker and his experience treating Respiratory, Developmental issues.

Due to the manual techniques that will be practiced during the course, each participant will need to complete a release and waiver of liability form which will be forwarded with course confirmation.

Program Accreditation:
Select Medical is an approved provider with the American Occupational Therapy Association.

Non-Discrimination Statement:
Select Medical does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. Select Medical is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

QUESTIONS:
If you have questions, please contact course Coordinator, Erin Melton: emelton@selectmedical.com or 804-290-0107.