Current Concepts in Wrist Rehabilitation

This 1.5 day course is designed to build on novice hand therapists’ scientific research and clinical practice across numerous patient populations regarding wrist injury and rehabilitation. The concepts and principles presented are anatomically based with an emphasis on current evidence, treatment approaches and innovated approaches to facilitate wrist rehabilitation beyond basic range of motion and traditional strengthening principles. Teaching will include 50% lecture and 50% lab. The lecture will introduce, enhance, and explain current concepts in wrist kinematics and implications on rehabilitation. Lab will follow each concept to focus on clinical exam, palpation, joint mobilizations, sensorimotor implications and therapeutic exercise/activity experience. The focus of the program is on immediate clinical application of the evidenced-based practice that can be applied to the athletic teenager/adult, work-compensation population, and geriatric practice settings.

Learning Objectives:
At the completion of this program the participant will be able to:

1. Explain and integrate the functional anatomy of the scapholunate and lunotriquetral ligaments, triangular fibrocartilage complex and distal radioulnar joint into a safe treatment plan and aware of precautions into patient plan of care.
2. Explain the functional and stabilizing function of ligament, muscles, and proprioceptive fibers of wrist joint for functional treatment.
3. Define normal and abnormal wrist kinematics as it relates to function.
4. Understand the sensorimotor implications of wrist injury and impact on post op rehabilitation.
5. Understand the demands placed upon the wrist by athletes and other subpopulations.
6. Perform a thorough clinical wrist exam based on diagnoses.
7. Understand the specificity, sensitivity and likelihood ratios for common special tests for the wrist joint.
8. Name common signs and patterns of injury related to the wrist joint for operative and non-operative wrist pathologies.
10. Develop case specific exercise programs to target functional goals.
11. Construct and implement a functional rehabilitation program with reasonable dosage for wrist rehabilitation.
12. Apply learned concepts during case study scenarios