

ASHT Hand Therapy Review Course
February 8-10, 2019 • University of California, Irvine

Friday, February 8th Pre-course

Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review

Course Description:

A working knowledge of the anatomy and kinesiology of the upper extremity provides a solid foundation for therapeutic evaluation and intervention. Using classroom-lecture style, this pre-course will review the anatomy and biomechanics of each joint and examine the brachial plexus and innervation patterns of the arm and hand.

Day 1 Learning Objectives

At the conclusion of this activity, participants will be able to:

1. Identify three areas of personal weakness in the practice of hand therapy, in order to create a personal learning plan to remediate areas of the clinician's own limited understanding.
2. Explain interaction between boney anatomy, static and dynamic stabilizers, and proprioceptive reflexes necessary to allow pain free range of motion and force transmission across the following joints: digits, thumb, wrist, elbow, and shoulder.

Time	Anatomical Sessions	Faculty
11:00 – 11:30 am	Registration	
11:30 – 11:35 am	Introductions	
11:35 am – 12:35 pm	Anatomy and Kinesiology of the Elbow and Shoulder	Tambra Marik, OTD, OTR/L, CHT
12:35 – 1:35 pm	Anatomy and Kinesiology of the Forearm and Wrist	Diane Coker, DPT, CHT
1:35 – 2:00 pm	Snack break	
2:00 – 3:45 pm	Anatomy and Kinesiology of the Hand	Diane Coker, DPT, CHT
3:45 – 5:15 pm	Brachial Plexus and Innervation of the Upper Extremity	Nora Barrett, OTR/L, CHT
5:15 – 5:30 pm	Questions and Answers	

Saturday, February 9th and Sunday, Sunday 10th

Comprehensive Survey of Hand Therapy Review Course

Course Description:

This course is designed to provide a comprehensive review of the evaluation and intervention processes pursued for typical diagnoses in upper extremity rehabilitation. Advanced clinicians will describe fundamental concepts, clinical reasoning, and evidence to provide a multi-faceted approach to the hand therapy process. Adjunctive methods for intervention will be analyzed as a means to facilitate outcomes and expert panels will be offered throughout the weekend to allow a high level of attendee-faculty interaction via case discussion.

Day 2 and 3 Learning Objectives:

At the end of this activity, participants will be able to:

1. Design and implement a treatment plan for patients with common upper extremity diagnoses, including: cubital tunnel syndrome; carpal tunnel syndrome; adhesions or tightness (e.g. musculotendinitis, capsular); digit amputations; hand arthritis and rheumatic diseases; crush injuries/multilating trauma of the hand); dislocations and subluxations of the shoulder and elbow; Dupuytren's disease; upper extremity fractures of the finger, hand, wrist, forearm and upper arm; wrist, elbow or shoulder ligamentous injury and instability.
2. Describe three priorities to consider when formulating a treatment plan for a patient with a digital level replant at the proximal phalanx.
3. Justify clinical application of three separate physical agents given a patient with edema, pain and sensory disturbance.

4. Determine how to modify hand therapy protocols according to patient-specific variables for patients with the following conditions: hand fractures (phalangeal, metacarpal) and wrist fractures (carpal or distal radius); tendon injuries (flexor or extensor injuries) for patients who have complications due to flexor or extensor tendon adherence.
5. Discuss three discrete patterns of wrist instability given a patient history, symptoms and results of diagnostic testing and clinical special testing.
6. Propose a treatment plan including orthosis and safe exercise progression given a patient with triangular fibrocartilage complex injuries and ulnar wrist pain.
7. Design a custom program considering post-operative limitations for each patient after arthroplasties, including one each of the following procedures: shoulder reverse or traditional arthroplasty, elbow total arthroplasty, wrist total arthroplasty, thumb carpometacarpophalangeal interposition arthroplasty and index, middle, ring, and small digits metacarpophalangeal and proximal interphalangeal arthroplasty.
8. Identify two appropriate rehabilitation goals and three interventions to promote post-operative healing and recovery of function in the spectrum of three conditions of rotator cuff injury (tendinitis, tendinosis, and rotator cuff tear), and two instability conditions of the shoulder (traumatic unidirectional and atraumatic multidirectional).

Saturday, February 9th

Time	Topic	Faculty
7:30 – 8:00 am	Registration and Continental Breakfast	
8:00 – 8:05 am	Introductions	
8:05 – 9:05 am	Evaluation of the Upper Extremity	Janelle Freshman, PT, DPT, OCS, CHT
9:05 – 9:35 am	Principles of Soft Tissue Healing	Janelle Freshman, PT, DPT, OCS, CHT
9:35 – 9:50 am	Coffee Break	
9:50 – 10:50 am	Shoulder Diagnoses and Treatment	Tambra Marik, OTD, OTR/L, CHT
10:50 – 11:50 am	Elbow Diagnosis and Treatment	Tambra Marik, OTD, OTR/L, CHT
11:50 am – 12:00 pm	Questions & Answers	
12:00 – 1:00 pm	Lunch	
1:00 – 2:00 pm	Management of Traumatic Hand Injuries	Nora Barrett, OTR/L, CHT
2:00 – 3:00 pm	Peripheral Nerve Injuries	Nora Barrett, OTR/L, CHT
3:00 – 3:30 pm	Snack Break	
3:30 – 5:00 pm	Flexor Tendon Rehabilitation	Joanne Mimm, MPT, CHT
5:00 – 5:30 pm	Questions and Answers	

Sunday, February 10th

Time	Topic	Faculty
7:30 – 8:00 am	Registration and Continental Breakfast	
8:00 – 9:00 am	Upper Extremity Fractures	Linda de Haas, PT, DPT, OCS, CHT
9:00 – 10:00 am	The Use of Physical Agents in Hand Therapy	Alessia DiGennaro Kerner, OTR/L, CHT
10:00 – 10:15 am	Coffee Break	
10:15 – 11:15 am	Extensor Tendon Rehabilitation	Stephanie Djang, PT, MPT, CHT
11:15 am – 12:15 pm	Tendon Transfers	Joanne Mimm, MPT, CHT
12:15 – 1:15pm	Lunch	
1:15 – 2:15 pm	Wrist Biomechanics and Instabilities	Elizabeth Byrne, DPT, OCS, CHT
2:15 – 3:00 pm	Ulnar Sided Wrist Pain and Salvage Procedures	Elizabeth Byrne, DPT, OCS, CHT
3:00 – 3:30pm	Snack Break	
3:30 – 4:30 pm	Arthritis and Joint Reconstruction Procedures	Vicky Adams, OTR/L, CHT
4:30 – 5:15 pm	Ligamentous Injuries of the Hand and Tendinopathies	Stephanie Djang, PT, MPT, CHT
5:15 – 5:30pm	Questions and Answers	

Disclosure Statement

All contributors who can affect American Society of Hand Therapists CE content (including leadership, program committee, faculty, moderators and staff), in their respective roles, are required to disclose all relevant financial relationships with any commercial interest that could be viewed as a real or perceived conflict of interest. This policy is in effect to maintain adherence with the conflict of interest guidelines set by American Occupational Therapy Association Approved Provider Program, the Board of Certification for the Athletic Trainer, and the Federation of State Boards of Physical Therapy.

Attendees will be made aware of any affiliation or relevant financial interest that may affect the development, management, presentation or evaluation of the CE activity and will be printed in the final program and projected in slide format before each presentation. Individuals who refuse to disclose relevant financial relationships will be disqualified from being a contributor, and cannot have control of, or responsibility for, the development, management, presentation or evaluation of the CE activity.

Continuing Education Units (Occupational Therapists)

ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 21 contact hours (for the three-day course) and 15.5 contact hours (for the two-day course).

Continuing Competence Units (Physical Therapists)

The **New York** State Education Department Board of Physical Therapy recognizes ASHT as an approved provider of PT and PTA continuing education.

An application for continuing competence units (CCUs) has been filed with the Federation of State Boards of Physical Therapy (FSBPT). Determination of credit is pending. Activities certified by FSBPT are accepted in the following jurisdictions:

Alaska	Georgia	Michigan	North Dakota	Tennessee
Arizona	Hawaii	Minnesota	Oregon	Utah
Arkansas	Idaho	Mississippi	Pennsylvania	Vermont
California	Illinois	Missouri	Puerto Rico	Virginia
Colorado	Indiana	Montana	Rhode Island	Wisconsin
Delaware	Kansas	Nebraska	South Carolina	Wyoming
District of Columbia	Kentucky	North Carolina	South Dakota	

The following state PT boards accept continuing education courses provided by other state PT boards*:

Alabama	Maine	Ohio
Connecticut	Massachusetts	Oklahoma
Iowa	New Hampshire	Washington

Helpful link - FSBPT Licensing Authorities Contact Information

<https://www.fsbpt.org/FreeResources/LicensingAuthoritiesContactInformation.aspx>

Should you use the ASHT Hand Therapy Review Course in your state physical therapy recertification process (and your state is not listed on our approved list), ASHT will reimburse up to \$100 of the cost of the application process. Please send ASHT a copy of your state physical therapy continuing education application to receive the reimbursement. Please contact ASHT at asht@asht.org or call 856-380-6862 for more information. This reimbursement applies only to the first person to apply within each state. Subsequent applicants will not be charged by their state for the filing.

Athletic Trainers

The American Society of Hand Therapists is recognized by the Board of Certification, Inc. to offer continuing education for certified athletic trainers.