



**2012 ASHT Comprehensive Survey of Hand Therapy Review Course**

**April 20-22, 2012**

**Maryville University, St. Louis, Missouri**

**24 CE Hours/ 2.4 CEUs**

**Friday, April 20<sup>th</sup> 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 and cadaver lab components, this pre-course will review the anatomy and biomechanics of each joint, examine the brachial plexus and innervation patterns of the arm and hand, and allow for guided dissection using formalin-fixed cadaveric specimens.

Objectives:

1. To review the foundational science concepts which inform effective clinical decision-making and practice in upper extremity rehabilitation.
2. To examine the biomechanical aspects of normal and abnormal motion as influenced by the musculoskeletal system of the upper extremity.
3. To provide an opportunity for kinesthetic learning through cadaveric dissection and review.

Rotating AM and PM sessions:

*AM (1 hour 20 minutes each)*

#1: Anatomy and Kinesiology of the Forearm and Wrist: *Amy Turner, OTR/L, CHT*

#2: Anatomy and Kinesiology of the Elbow and Shoulder: *Kirk Turner, OTR/L, CHT*

#3: The Brachial Plexus and Innervation of the Upper Extremity: *Lorna Kahn, PT, CHT*

*PM: (2 hours each)*

#4: Anatomy and Kinesiology of the Hand: *Jane Fedorczyk, PT, PhD, CHT, ATC*

#5: Guided Cadaver Dissection and Review of Anatomy: *Rebecca von der Heyde, PhD, OTR/L, CHT*

<b>Time</b>	<b>Rotating Sessions</b>
7:00-8:00am	Registration and continental breakfast
8:00-9:20am	Session #1/2/3
9:25-10:45am	Session #1/2/3
10:45-11:00am	Coffee break
11:00am-12:20pm	Session #1/2/3
12:20-1:00pm	Lunch
1:00-3:00pm	Session #4/5
3:00-3:15pm	Snack break
3:15-5:15pm	Session #4/5

**Saturday, April 21<sup>st</sup> and Sunday, April 22<sup>nd</sup>**

***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 employ 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.

Objectives:

1. To provide a comprehensive review of hand therapy practice with particular focus on clinical reasoning, case discussion, and evidence-based practice.
2. To create an opportunity for active learning and application of hand therapy principles to facilitate retention of presented information.
3. To offer a structured approach to the study of upper extremity rehabilitation that may serve as a means to prepare for the certified hand therapist exam.

**Saturday, April 21<sup>st</sup>**

<b>Time</b>	<b>Topic</b>	<b>Faculty</b>
7:00-8:00am	Registration Continental breakfast	
8:00-8:15am	Introduction	Gary Solomon, MS, OTR/ L, CHT
8:15-8:45am	CHT Exam preparation	Jane Fedorczyk, PT, PhD, CHT, ATC
8:45-9:30am	Research, statistics, and evidence-based practice	Rebecca von der Heyde, PhD, OTR/L, CHT
9:30-9:45am	Coffee break	
9:45-10:45am	Upper extremity evaluation	Valeri Calhoun, MS, OTR/ L, CHT
10:45-12:00pm	Wrist and hand diagnoses	Amy Turner, OTR/L, CHT
12:00-1:30pm	Lunch	
1:30-2:30pm	Elbow diagnoses	Jane Fedorczyk, PT, PhD, CHT, ATC
2:30-3:30pm	Shoulder diagnoses	Kirk Turner, OTR/L, CHT
3:30-3:45pm	Snack break	
3:45-4:30pm	Fractures	Valeri Calhoun, MS, OTR/ L, CHT
4:30-5:00pm	Arthritis	Gary Solomon, MS, OTR/ L, CHT
5:00-6:00pm	Review Questions	Moderator: Rebecca von der Heyde, PhD, OTR/L, CHT

**Sunday, April 22<sup>nd</sup>**

<b>Time</b>	<b>Topic</b>	<b>Faculty</b>
7:00-8:00am	Registration Continental breakfast	
8:00-9:30am	Physical agents	Jane Fedorczyk, PT, PhD, CHT, ATC
9:30-10:15am	Orthotics and biomechanics	Gary Solomon, MS, OTR/ L, CHT
10:15-10:30am	Coffee break	
10:30-11:15am	Extensor tendon rehabilitation	Rebecca von der Heyde, PhD, OTR/L, CHT
11:15am-12:15pm	Flexor tendon rehabilitation	Rebecca von der Heyde, PhD, OTR/L, CHT
12:15-1:30pm	Lunch	
1:30-2:30pm	Peripheral nerve	Lorna Kahn, PT, CHT
2:30-3:15pm	Tendon transfers	Gary Solomon, MS, OTR/ L, CHT
3:15-3:30pm	Break	
3:30-4:30pm	Traumatic hand injuries	Gary Solomon, MS, OTR/ L, CHT
4:15-5:30pm	Case discussions and clinical reasoning	Moderator: Gary Solomon, MS, OTR/ L, CHT  Panelists: Jane Fedorczyk, PT, PhD, CHT, ATC Rebecca von der Heyde, PhD, OTR/L, CHT