



ASHT “*EDUCATION ON TOUR*” Traveling Course

“Simply, the Wrist: The Wrist Complex Simplified”

Agenda

- 8:00 am – 10:00 am: Anatomy Review: Review of SL, midcarpal, LT, TFCC and DRUJ anatomy, biomechanics and pathomechanics
Lab: use of 3D models
- 10:15 am – 11:15 am: Proprioception: Making “Sense” of the sensorimotor system (SMS)
Lab: Joint Position Sense (JPS) testing
- 11:15 am – 12:00 pm: Evaluation: How to perform a Basic Clinical Evaluation (BCE)
- 12:00 pm – 1:00 pm: Lunch
- 1:00 pm – 1:45 pm: Special Tests
Lab: hands-on practice learning special tests for the wrist
- 145 pm – 3:00 pm: Treatment
Lab: taping techniques, proprioception and stability training
- 3:15 pm – 3:45 pm: Patient Cases: Case studies
- 3:45 pm – 4:00 pm: Q & A: Questions and wrap-up