

## ASHT Hand Therapy Review Course

April 12-14, 2019 • Washington University – St. Louis, MO

### Friday, April 12th 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 and a cadaver lab with rotating stations, 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 prosection using upper quarter cadaveric specimens. Prosected cadavers will be reviewed with attendees in small groups of fewer than five individuals per group. The groups will rotate between prosections. Each cadaver will have marked structures and study questions at each table to highlight relevant anatomy. Groups will spend approximately 10 minutes reviewing each prosection and answering study questions with an instructor (one instructor per prosection), for a total of one hour 40 minutes in the cadaver lab for each attendee.

##### **Day 1 Learning Objectives**

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

1. Create an individual learning plan to address three identified areas of weakness in hand therapy topics.
2. Explain interaction between bony 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.

<b>Time</b>	<b>Anatomical Sessions</b>	<b>Faculty</b>
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 8:05 AM	Introductions	Hannah Gift, OTR/L, CHT, COMT, CEAS
8:05 – 9:35 AM	Brachial Plexus and Upper Extremity Innervations	Lorna Kahn, PT, CHT
9:35 – 11:05 AM	Anatomy & Kinesiology of the Elbow and Shoulder	Hannah Gift, OTR/L, CHT, COMT, CEAS
11:05 – 11:20 AM	Coffee Break	
11:20 AM – 12:50 PM	Anatomy & Kinesiology of the Forearm and Wrist	Cindy Glaenger, PT, CHT
12:50 – 2:10 PM	Lunch	
2:10 – 3:50 PM	Anatomy & Kinesiology of the Hand (rotating)	Rose McAndrew, OTR/L, CHT
3:50 – 4:10 PM	Snack Break & Change of Lab Sections	
4:10 – 5:50 PM	Cadaver Lab (rotating)	

### Saturday, April 13th and Sunday, April 14th

#### ***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 discussion panels.

## Days 2 and 3 Learning Objectives

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

1. Design appropriate treatment plans for patients with four common upper extremity peripheral nerve diagnoses including ulnar neuropathy, median neuropathy, and radial neuropathy and upper brachial plexus injuries.
2. Create custom treatment plans for patients with three discrete levels of crush or blast injuries: Finger level, wrist level, distal forearm level injury.
3. Justify clinical application of three physical agents for patients with upper extremity diagnoses.
4. Determine how to modify hand therapy protocols for the following conditions: hand fractures (phalangeal, metacarpal), wrist fractures (carpal or distal radius), and tendon injuries (flexor or extensor injuries).
5. Discuss three discrete patterns of wrist instability using patient history, symptoms, diagnostic testing, and clinical special testing.
6. Propose an appropriate treatment plan including orthosis and safe exercise progression for 90% of patients 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, April 12<sup>th</sup>

Time	Topic	Faculty
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 8:15 AM	Introductions	Hannah Gift, OTR/L, CHT, COMT, CEAS
8:15 – 8:45 AM	Evaluation of the Upper Extremity	Susanne Higgins, MHS, OTR/L, CHT
8:45 – 9:15 AM	Principles of Tissue Healing	Rose McAndrew, OTR/L, CHT
9:15 – 9:45 AM	Ligamentous Injuries and Tendinopathies	Cindy Glaenzer, PT, CHT
9:45 – 10:00 AM	Coffee Break	
10:00 – 11:00 AM	Elbow Diagnoses and Treatment	Hannah Gift, OTR/L, CHT, COMT, CEAS
11:00 AM – 12:15 PM	Shoulder Diagnoses and Treatment	Hannah Gift, OTR/L, CHT, COMT, CEAS
12:15 – 1:30 PM	Lunch	
1:30 – 2:30 PM	Wrist Biomechanics and Instabilities	Cindy Glaenzer, PT, CHT
2:30 – 3:00 PM	Ulnar Sided Wrist Pain & Salvage Procedures	Susanne Higgins, MHS, OTR/L, CHT
3:00 – 3:15 PM	Snack Break	
3:15 – 4:00 PM	Arthritis and Joint Reconstruction Procedures	Rose McAndrew, OTR/L, CHT
4:00 – 4:30 PM	The “Other” Topics	Hannah Gift, OTR/L, CHT, COMT, CEAS
4:30 – 5:00 PM	Questions & Answers	

### Sunday, April 13<sup>th</sup>

Time	Topic	Faculty
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 9:00 AM	The Use of Physical Agents in Hand Therapy	Susanne Higgins, MHS, OTR/L, CHT
9:00 – 10:00 AM	Flexor Tendon Injuries	Hannah Gift, OTR/L, CHT, COMT, CEAS
10:00 – 10:15 AM	Coffee Break	
10:15 – 11:15 AM	Extensor Tendon Injuries	Cindy Glaenzer, PT, CHT
11:15 – 12:00 PM	Fractures	Cindy Glaenzer, PT, CHT
12:00 – 1:15 PM	Lunch	
1:15 – 2:30 PM	Peripheral Nerve Injuries	Stacy Baker, OTR/L, CHT
2:30 – 3:15 PM	Tendon Transfers	Stacy Baker, OTR/L, CHT
3:15 – 3:30 PM	Snack Break	
3:30 – 4:30 PM	Multi System Trauma	Hannah Gift, OTR/L, CHT, COMT, CEAS
4:30 – 5:00 PM	Questions & 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) \*tentative

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 20.5 contact hours (for the three-day course) and 13 contact hours (for the two-day course).

## Continuing Competence Units (Physical Therapists) \*tentative

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) will be 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](mailto: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.