

ASHT Hand Therapy Review Course
November 3-5, 2023 • Curtis National Hand Center
Baltimore, MD

*** Preliminary Schedule – Subject to Change**

Friday, November 3rd

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

Session 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.

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:05 am	Introductions	
8:05 – 9:35 am	Brachial Plexus and Innervation of the Upper Extremity	
9:35 – 10:35 am	Peripheral Nerve Injuries	
10:35 – 10:50 am	Break	
10:50 – 11:20 am	Principles of Soft Tissue Healing	
11:20 am -12:20 pm	Evaluation of the Upper Extremity	
12:20 – 1:00 pm	Lunch (on your own)	
1:00 – 2:30 pm	Anatomy and Kinesiology of the Hand	
2:30 - 3:00 pm	Dupuytren's, Infections and Other Common Conditions Treated by the Hand Therapist	
3:00 – 3:15 pm	Break	
3:15 – 5:15 pm	Guided Cadaver Dissection and Review of Anatomy	

Saturday, November 4th and Sunday, November 5th

Comprehensive Survey of Hand Therapy Review Course

Session 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. Each attendee will have a total of 30 minutes in the cadaver lab either Saturday or Sunday. Each lab will have 10 attendees in each lab and 5 attendees to each cadaver. Groups will spend time reviewing each prosection and answering study questions with an instructor (one instructor per prosection).

Saturday, November 4th

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	
8:15 – 9:45 am	Anatomy and Kinesiology of the Forearm and Wrist	
9:45 – 10:45 am	The Use of Physical Agent Modalities in Hand Therapy	

10:45 – 11:00 am	Break	
11:00 am – 12:00 pm	Wrist Biomechanics and Instabilities	
12:00 – 1:30 pm	Lunch / Rotating Cadaver Lab*	
1:30 – 2:00 pm	Ulnar Sided Wrist Pain and Salvage Procedures	
2:00 – 3:00 pm	Upper Extremity Fractures	
3:00 – 3:15 pm	Break	
3:15 – 4:15 pm	Arthritis and Joint Reconstruction Procedures	
4:15 – 5:15 pm	Extensor Tendon Rehabilitation	
5:15 – 5:45 pm	Questions and Answers	

*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

Sunday, November 5th

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:30 am	Anatomy and Kinesiology of the Elbow and Shoulder	
9:30 – 10:30 am	Elbow Diagnosis and Treatment	
10:30 – 10:45 am	Break	
10:45 – 11:45 am	Flexor Tendon Rehabilitation	
11:45 am – 1:15pm	Lunch / Rotating Cadaver Lab*	
1:15 – 1:45 pm	Ligamentous Injuries of the Hand and Tendinopathies	
1:45 – 3:15 pm	Shoulder Diagnosis and Treatment	
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	Tendon Transfers	
4:30 – 5:30 pm	Management of Traumatic Hand Injuries	

*Each attendee will have a total of 30 minutes in the cadaver lab either on Saturday or Sunday

Behavioral Objectives

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

- Create a personal learning plan to address at least three areas of personal weakness in their own practice of hand therapy.
- Explain the three key factors of the relationship between bony anatomy and joint stability for a patient with a “terrible triad” injury to the elbow.
- Explain at least one diagnosis and its biomechanical contributors that could lead to swan neck deformity of a finger.
- Discuss the potential risk of SLAC, given two case scenarios of specific non-healing scaphoid fractures.
- Explain the relationship of capsuloligamentous integrity of the glenohumeral joint to shoulder stability.
- Design a treatment plan for a patient with a mutilating trauma of the hand.
- Compare the effects of three modes of heat transmission on upper extremity tissue extensibility.
- Identify the effects of continuous ultrasound on tendon adherence in a patient with a flexor tendon repair.
- Design a desensitization program for a patient with hypersensitivity after digit tip amputation.
- Revise a protocol for a patient with a metacarpal fracture with a complication of a concurrent extensor tendon adhesion.
- Design an appropriate post-operative plan of care for a patient post thumb CMC arthroplasty.
- Interpret the results of three special tests for subacromial impingement.

Disclosure Statement

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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 23.5 contact hours, or 2.35 CEUs.

Athletic Trainers

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