ASHT Hand Therapy Review Course
June 21 –23, 2024, Western University of Health Sciences
Pomona, CA

Friday, June 21, 2024
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.

Friday, June 21

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 8:15 am	Introductions	
8:15 – 9:45 am	Brachial Plexus and Innervation of the Upper Extremity	Aimee Aguillon, OTD, OTR/L, CHT
9:45 – 10:45 am	Peripheral Nerve Injuries	Alyssa Phillips, CScD, MOT, OTR/L
10:45 – 11:00 am	Break	
11:00 am – 12:30 pm	Anatomy and Kinesiology of the Hand	Aimee Aguillon, OTD, OTR/L, CHT
12:30 – 1:30 pm	Lunch	
1:30 – 3:00 pm	Anatomy and Kinesiology of the Forearm and Wrist	Aimee Aguillon, OTD, OTR/L, CHT
3:00 -- 3:30 pm	Principles of Soft Tissue Healing	Christina Schmidt, OTR/L, CHT
3:30 – 3:45 pm	Break	
3:45 – 5:00 pm	Anatomy and Kinesiology of the Elbow and Shoulder	Rachel Thomson, PT, DPT, CHT

Saturday, June 22, 2024 and Sunday, June 23, 2024
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.

Saturday, June 22

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 9:00 am	Elbow Diagnosis and Treatment	Elizabeth Souza, DPT, CHT
9:00 – 10:00 am	Shoulder Diagnosis and Treatment	Elizabeth Souza, DPT, CHT
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Wrist Biomechanics and Instabilities	Adrienne Tesarek, OTR/L, CHT
11:15 am – 12:15 pm	Ulnar Sided Wrist Pain and Salvage Procedures	Adrienne Tesarek, OTR/L, CHT
12:15 – 1:15 pm	Lunch	
1:15 – 2:15 pm	Upper Extremity Fractures	Alyssa Phillips, CScD, MOT, OTR/L
2:15 – 2:30 pm	Break	
2:30 - 3:30 pm	The Use of Physical Agent Modalities in Hand Therapy	Adrienne Tesarek, OTR/L, CHT
3:30 – 4:30 pm	Evaluation of the Upper Extremity	Elizabeth Souza, DPT, CHT
4:30 – 5:00 pm	Dupuytren's, Infections and other Common Conditions Treated by the Hand Therapist	Elizabeth Souza, DPT, CHT
5:00 – 5:30 pm	Questions and Answers	

Sunday, June 23

Time	Topic	Faculty
7:30 – 8:00 am	Registration	
8:00 – 10:00 am	Cadaver Dissection	Dr. Steve Snyder, PT, DPT, EdD, CSCS
10:00 – 10:15 am	Break	
10:15 – 11:15 am	Flexor Tendon Rehabilitation	Joanne Mimm, PT, MPT, CHT
11:15 am – 12:15 pm	Extensor Tendon Rehabilitation	Christina Schmidt, OTR/L, CHT
12:15 -1:15 pm	Lunch	
1:15 – 2:15 pm	Tendon Transfer	Joanne Mimm, PT, MPT, CHT
2:15 -- 3:15 pm	Ligamentous Injuries of the Hand and Tendinopathies	Melissa Magdangal, OTD, OTR/L, CHT
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	Arthritis and Joint Reconstructive Procedures	Alyssa Phillips, CScD, MOT, OTR/L
4:30 -- 5:30 pm	Management of Traumatic Hand Injuries	Adreinne Tesarek, OTR/L, CHT

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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Continuing Education Units (Physical Therapists)
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The American Society of Hand Therapists is recognized by the Board of Certification for the Athletic Trainer (BOC-ATC) to offer continuing education for certified athletic trainers. This continuing education activity offers a maximum of 23.5 contact hours, or 2.35 CEUs.