



ASHT Traveling Course: One Day Course Schedule:

Casting Motion to Mobilize Stiffness (CMMS) for the Treatment of the Stiff Hand

8:00-8:15	Welcome: Course objectives, Case presentation
8:15-9:00	Full MP Block Cast Application (demonstration)
9:00-9:10	CMMS: What is it? How does it work?
9:10-9:20	CMMS: Scientific Rationale
9:20 -10:10	Clinical Reasoning
10:10-10:25	BREAK
10:25-10:30	CMMS: Casting Equipment/Supplies
10:30- 11:00	CMMS Casting: Steps to Application, Demonstration of MP blocking cast to prepare for lab
11:00-12:00	LAB 1 of 3: MP Blocking Cast Application with partner – Group 1, discussion
12:00-1:00	LUNCH
1:00-1:15	Analyzing Movement: Name that pattern
1:15-2:30	LAB 2 of 3: MP Blocking Cast Application with partner – Group 2, discussion (clean up from casting)
2:30-3:00	CMMS: Case Examples
3:00-3:15	BREAK
3:15-3:45	CMMS Casting: Modifications/Additions/Exercise
3:45-4:00	CMMS Casting: Bivalving Process
4:00-5:15	Lab 3 of 3: Demonstration of Full Cast Removal, Cast Saw Use, Finishing Bivalved cast
5:15-5:25	CMMS: The Weaning Process
5:25-5:30	CMMS: Wrap up