



Education  
on Tour

**ASHT Traveling Course: One Day Course Schedule:**

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

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