



Education on Tour

ASHT Traveling Course: Advanced CMMS Course- Two Day Course Schedule Day 1 of 2

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



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Schedule Day 2 of 2

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

8:00 am -8:10 am	Start of Day 2 – Recap with Questions
8:10 am -8:55 am	Full MP Flexion Cast Application (demonstration)
8:55 am -10:15 am	CMMS Process
10:15 am -10:30 am	Break
10:30 am -11:00 am	CMMS Casting: MP Flexion Cast, steps to application, demonstration
11:00 am -12:00 pm	Lab 1 of 3: CMMS Casting Lab, MP flexion cast, discussion
12:00 pm -1:00 pm	Lunch
1:00 pm -2:00 pm	Lab 2 of 3: CMMS Casting Lab, MP flexion cast, discussion (clean-up)
2:00 pm -2:30 pm	Advanced CMMS Treatment: Cast Modifications and Beyond
2:30 pm -2:45 pm	Break
2:45 pm -3:15 pm	Explaining CMMS to: Physicians <ul style="list-style-type: none">○ Coworkers○ Patients
3:15 pm -3:25 pm	CMMS Reimbursement and Documentation
3:25 pm -4:40 pm	Lab 3 of 3: Demonstration of Full MP Flex Cast Removal, Cast Saw Use, Finishing Bivalved cast
4:40 pm -5:00 pm	Wrap up