



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

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| 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

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| 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 |