

ASHT Hand Therapy Review Course

April 3-5, 2020 • Washington University – St. Louis, MO

Friday, April 3rd Pre-course

Foundational Science of the Upper Extremity: An Anatomy and Kinesiology Review

Course 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 and a cadaver lab with rotating stations, this pre course will review the anatomy and biomechanics of each joint, examine the brachial plexus and innervation patterns of the arm and hand, and allow for guided prosection using upper quarter cadaveric specimens. Prosected cadavers will be reviewed with attendees in small groups of fewer than five individuals per group. The groups will rotate between prosections. Each cadaver will have marked structures and study questions at each table to highlight relevant anatomy. Groups will spend approximately 10 minutes reviewing each prosection and answering study questions with an instructor (one instructor per prosection), for a total of one hour 40 minutes in the cadaver lab for each attendee.

Day 1 Learning Objectives

At the conclusion of this activity, participants will be able to:

1. Create an individual learning plan to address three identified areas of weakness in hand therapy topics.
2. Explain interaction between bony anatomy, static and dynamic stabilizers, and proprioceptive reflexes necessary to allow pain free range of motion and force transmission across the following joints: digits, thumb, wrist, elbow, and shoulder.

Friday, April 3

Time	Anatomical Sessions	Faculty
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 8:05 AM	Introductions	Hannah Gift, OTR/L, CHT, COMT, CEAS
8:05 – 9:35 AM	Brachial Plexus and Upper Extremity Innervations	Lorna Kahn, PT, CHT
9:35 – 11:05 AM	Anatomy & Kinesiology of the Elbow and Shoulder	Hannah Gift, OTR/L, CHT, COMT, CEAS
11:05 – 11:20 AM	Coffee Break	
11:20 AM – 12:50 PM	Anatomy & Kinesiology of the Forearm and Wrist	Cindy Glaenzer, PT, CHT
12:50 – 2:10 PM	Lunch	
2:10 – 3:50 PM	Anatomy & Kinesiology of the Hand (rotating)	Rose McAndrew, OTR/L, CHT
3:50 – 4:10 PM	Snack Break & Change of Lab Sections	
4:10 – 5:50 PM	Cadaver Lab (rotating)	

Saturday, April 4 and Sunday, April 5

Comprehensive Survey of Hand Therapy Review Course

Course 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 discussion panels.

Days 2 and 3 Learning Objectives

At the end of this activity, participants will be able to:

1. Design appropriate treatment plans for patients with four common upper extremity peripheral nerve diagnoses including ulnar neuropathy, median neuropathy, and radial neuropathy and upper brachial plexus injuries.

2. Create custom treatment plans for patients with three discrete levels of crush or blast injuries: Finger level, wrist level, distal forearm level injury.
3. Justify clinical application of three physical agents for patients with upper extremity diagnoses.
4. Determine how to modify hand therapy protocols for the following conditions: hand fractures (phalangeal, metacarpal), wrist fractures (carpal or distal radius), and tendon injuries (flexor or extensor injuries).
5. Discuss three discrete patterns of wrist instability using patient history, symptoms, diagnostic testing, and clinical special testing.
6. Propose an appropriate treatment plan including orthosis and safe exercise progression for 90% of patients with Triangular Fibrocartilage Complex injuries and ulnar wrist pain.
7. Design a custom program considering post-operative limitations for each patient after arthroplasties, including one each of the following procedures: shoulder reverse or traditional arthroplasty, elbow total arthroplasty, wrist total arthroplasty, thumb carpometacarpophalangeal interposition arthroplasty and index, middle, ring, and small digits metacarpophalangeal and proximal interphalangeal arthroplasty.
8. Identify two appropriate rehabilitation goals and three interventions to promote post-operative healing and recovery of function in the spectrum of three conditions of rotator cuff injury (tendinitis, tendinosis, and rotator cuff tear), and two instability conditions of the shoulder (traumatic unidirectional and atraumatic multidirectional).

Saturday, April 4

Time	Topic	Faculty
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 8:05 AM	Introductions	Hannah Gift, OTR/L, CHT, COMT, CEAS
8:05 – 8:35 AM	Evaluation of the Upper Extremity	Chantell Unnerstall, OTR/L, CHT
8:35 – 9:05 AM	Principles of Tissue Healing	Rose McAndrew, OTR/L, CHT
9:05 – 9:50 AM	Fractures	Cindy Glaenzer, PT, CHT
9:50 – 10:00 AM	Coffee Break	
10:00 – 11:00 AM	Elbow Diagnoses and Treatment	Hannah Gift, OTR/L, CHT, COMT, CEAS
11:00 AM – 12:00 PM	Wrist Biomechanics and Instabilities	Cindy Glaenzer, PT, CHT
12:00 – 1:15 PM	Lunch	
1:15 – 1:45 PM	Ulnar Sided Wrist Pain & Salvage Procedures	Chantell Unnerstall, OTR/L, CHT
1:45 – 3:00 PM	Shoulder Diagnoses and Treatment	Hannah Gift, OTR/L, CHT, COMT, CEAS
3:00 – 3:15 PM	Snack Break	
3:15 – 4:00 PM	Arthritis and Joint Reconstruction Procedures	Rose McAndrew, OTR/L, CHT
4:00 – 5:00 PM	The Use of Physical Agents in Hand Therapy	Chantell Unnerstall, OTR/L, CHT
5:00 – 5:15 PM	Questions & Answers	Hannah Gift, OTR/L, CHT, COMT, CEAS

Sunday, April 5

Time	Topic	Faculty
7:30 – 8:00 AM	Registration and Continental Breakfast	
8:00 – 9:00 AM	Extensor Tendon Injuries	Cindy Glaenzer, PT, CHT
9:00 – 10:00 AM	Flexor Tendon Injuries	Hannah Gift, OTR/L, CHT, COMT, CEAS
10:00 – 10:15 AM	Coffee Break	
10:15 – 10:45 AM	Dupuytren's, Infections, and Other topics	Hannah Gift, OTR/L, CHT, COMT, CEAS
10:45 AM – 12:00 PM	Peripheral Nerve Injuries	Stacy Baker, OTR/L, CHT
12:00 – 1:15 PM	Lunch	
1:15 – 2:00 PM	Tendon and Nerve Transfers	Stacy Baker, OTR/L, CHT
2:00 – 2:45 PM	Ligamentous Injuries and Tendinopathies	Cindy Glaenzer, PT, CHT
2:45 – 3:45 PM	Multi System Trauma	Hannah Gift, OTR/L, CHT, COMT, CEAS
3:45 – 4:00PM	Questions & Answers	Hannah Gift, OTR/L, CHT, COMT, CEAS

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ASHT is an approved provider of continuing education by the American Occupational Therapy Association (AOTA). The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by the AOTA. This continuing education activity offers a maximum of 22 contact hours (for the three-day course) and 14 contact hours (for the two-day course).

Athletic Trainers

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