



Essentials of Hand and Upper Extremity Rehabilitation for the General Practitioner

**August 29-30, 2026
Leesburg, Virginia**

Course Agenda

Saturday, August 29, 2026

Time	Topic
7:30 am – 8:00 am	Registration
8:00 am – 10:00 am	Anatomy of the Hand, Wrist, Forearm, and Elbow
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	Evaluation of the Upper Extremity
11:15 am – 12:15 pm	Fractures of the Wrist and Hand
12:15 pm – 1:15 pm	Lunch
1:15 pm – 2:00 pm	Ligamentous Injuries of the Hand
2:00 pm – 2:45 pm	Tendinopathies of the Elbow, Wrist, and Hand
2:45 pm – 3:00 pm	Break
3:00 pm – 4:00 pm	Peripheral Nerve Injuries
4:00 pm – 4:45 pm	Arthritis and Joint Reconstruction
4:45 pm – 5:00 pm	Questions

Sunday, August 30, 2026

Time	Topic
7:30 am – 8:00 am	Registration
8:00 am – 9:00 am	Orthotic Fabrication Concepts
9:00 am – 10:00 am	Forearm Based Thumb Spica Orthosis
10:00 am – 10:15 am	Break
10:15 am – 11:15 am	Forearm Based Ulnar Gutter Orthosis
11:15 am – 12:15 pm	Posterior Long Arm Orthosis
12:15 pm – 1:15 pm	Lunch
1:15 pm – 2:30 pm	Static Progressive PIP Flexion Orthosis
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Radial Nerve Palsy Orthosis
4:00 pm – 4:45 pm	Finger Orthoses: Relative Motion, Gutter, Mallet
4:45 pm – 5:00 pm	Questions