Wisconsin Hand Experience℠
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Brain to Hand: Progressive Approaches to Pain, Impairment, and Function

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DESCRIPTION

This intermediate to advanced level course focused on "Brain to Hand: Progressive approaches to pain, impairment, and function" and offers participants the opportunity to explore the following topics:

- Hand, brain, and surgery
- Exploiting neuroplasticity to enhance prehensile skill
- Cadaveric dissection, wrist ligaments, and nerve injury/transfer
- The brain and the wrist: evidence for practice
- Assessing the wrist: what about proprioception?
- Mirror therapy and graded motor imagery: training the brain
- Proprioceptive re-education of non-surgical and post-surgical wrist instability
- The use of tape to enhance proprioception in the upper extremity
- Pain is in the brain - the neurophysiology of understanding and treating pain based on the mechanisms of pain
- Coping with chronic pain
- Rehabilitative strategies for treating persisting pain including complex regional pain syndrome
- Strengthening the efficacy of neuro-rehabilitation intervention
- The hand and brain connection

CONTENT FOCUS

Domain of OT: Client Factors and Performance Skills
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

FACULTY

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LEARNING OUTCOMES *At the end of the course, participants will be able to:*

- Describe the features of neuroplasticity and motor learning that form the basis of innovative intervention strategies
- Describe joint mechanoreceptors and proprioceptive reflexes and pathways
- Identify the basis for therapeutic applications as it relates to proprioceptive sense at the wrist
- Describe mirror therapy and graded motor imagery for retraining the brain
- Explain neuroplasticity and the changes that occur in the brain
- Identify the information presented on rewiring the brain into clinical practice
- Describe the specifics of proprioceptive retraining pertaining to different types of wrist instability
- Select and progress patients through an optimal rehabilitation program as it relates to their type of instability
- Explain the recommended modalities and exercises for wrist instability
- Explain the current research supporting the use of tape in a hand and upper extremity practice
- Identify various uses of tape to improve proprioception for the wrist, elbow, shoulder, and scapula
- Describe the definition and mechanisms of the phenomenon of pain
- Compare the process of transduction, transmission, modulation, perception, and reaction of pain
- Contrast the pharmacological, physical rehabilitation, and psychological treatment approaches used in individuals with pain
- Identify cognitive behavioral strategies for coping with pain
- Explain decatastrophizing strategies to assist patients in coping with pain
- Compare various theoretical models for chronic pain
- Describe the central mechanisms involved with persistent pain
- Explain the biopsychosocial approach to persistent pain
- Identify treatment strategies in designing a clinical program
- Compare intervention studies that have demonstrated sufficient efficacy
- Identify prior and present obstacles to the achievement of significant outcomes and translation into clinical practice

COURSE #	TARGET AUDIENCE	CEUS	PRICE	FORMAT	LEVEL
9391	OTs, OTAs, PTs, PTAs, and certified hand therapists	1.05 (10.5 clock hours)	$475	Flash Drive or DVD	Intermediate to Advanced