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Current Topics in Upper Extremity Orthopedics: State of the Art in Research and Practice

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DESCRIPTION

Experts in upper extremity treatment provide a comprehensive exploration of critical elements of upper extremity orthopedics.

Topics include:

- Stability and mobility following digital fractures
- Prehension and expectations for thumb injuries
- Complexities and complications of distal radius fractures
- Therapy and rehabilitation following wrist, elbow and shoulder fractures
- Evaluation and treatment strategies for the cervical spine.
- A cadaveric presentation demonstrates anatomy and the techniques used for managing orthopedic injuries with unparalleled clarity.

CONTENT FOCUS

Domain of OT: Client Factors and Performance Skills

Occupational Therapy Process: Evaluation, Intervention, and Outcomes

FACULTY

- Mark Baratz, MD
- Steven I. Grindel, MD
- Tony Hornung, PT
- P. Andrew Nelson, MD
- Mirka Normand, OTR, MA, CHT, COMT
- Matthew Plach, OTR
- Mike Szekeres, PhD(c), OT, CHT
- Kristin Valdes, OTD, OTR/L, CHT
- Rebecca von der Heyde, PhD, OTR/L, CHT
- Greg P. Watchmaker, MD
- Stefan V. Zachary, DO, MS

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

- Identify when a fracture of the distal radius is more likely to lead to long-term complications
- Define the tridimensional nature of carpal motion
- Explain the relationship between carpal kinematic and kinetic dysfunction and common diagnoses
- Identify carpal motion deficits and consider integration of joint specific techniques as part of the treatment plan
- Differentiate between dart throwers plane of motion and anatomical wrist flexion and extension
- Explain carpal kinematics present in wrist flexion and extension and dart throwers motion
- Select the appropriate form of exercise to regain wrist stability and wrist balance
- Choose from a variety of sensorimotor activities to enhance wrist stability
- Define the terrible triad injury as well as other significant elbow fracture dislocations
- Identify factors that may delay elbow postoperative mobilization
- Identify elbow injuries within a "stability spectrum"
- Explain early assessment and therapy management for common elbow instability patterns
- Identify the important anatomical structures that contribute to elbow stability
- Identify the causes of "over-stability" or stiffness
- Provide treatment methods, orthoses, and appropriate dosages to optimize motion and functional upper extremity use
- Define typical approaches for wrist and elbow surgery while considering nerve pathways
- Define the concept of total available motion and identify glenohumeral (GH) rotational imbalances
- Identify recommendations for the treatment of GH internal rotation deficit
- Identify the best strengthening exercises for rotator cuff and scapular musculature based on EMG studies
- Explain the role of posture as it pertains to shoulder health
- Explain the "squeeze your shoulder blades" concept and if this is the right advice to give your clients
- Explain the pertinent anatomy of the cervical spine
- Define the signs and symptoms of cervical radiculopathy and how to differentiate it from peripheral entrapment neuropathies of the upper extremity
- Explain how electro diagnostic testing can aid in the diagnosis and differentiation of cervical radiculopathy and neuropathies of the upper extremity
- Describe normal and abnormal osteokinematics and arthrokinematics of the cervical spine and scapulae thoracic complex
- Identify evidenced based treatment techniques to address pathology of the cervical spine and scapulae thoracic complex
- Define terminology used to identify the scapulae thoracic complex

COURSE #	TARGET AUDIENCE	CEUS	PRICE	FORMAT	LEVEL
9390	OTs, OTAs, PTs, PTAs, and certified hand therapists	1.15 (11.5 clock hours)	\$495	Flash Drive or DVD	Intermediate to Advanced