COURSE DATE: November 10, 2018

TITLE: Management of Elbow Flexion and Extension Stiffness through Joint Mobilization and Static Progressive Orthoses

DESCRIPTION: This course will focus on tackling the tough task of restoring elbow flexion and extension after injury. We will explore the union of manual therapy and traditional hand therapy to improve the outcomes of stiff elbows. Therapists will get hands-on practice with joint mobilization at the elbow as well as fabrication of static progressive orthoses to address both elbow flexion and elbow extension.

OUTCOMES:
- Demonstrate understanding of the anatomy and kinesiology at the elbow
- Demonstrate proficiency with the following techniques to address elbow stiffness:
  - Humeroulnar joint mobilizations for flexion and extension
  - Neuromuscular reeducation for elbow flexion and extension
  - Fabrication of static progressive orthosis to improve elbow flexion
  - Fabrication of static progressive orthosis to improve elbow extension
- Demonstrate understanding of other exercise considerations to address elbow stiffness

INSTRUCTOR: Theresa Parry, OTR, CHT, COMT

Theresa Parry, OTR, CHT, COMT, is a graduate from the University of Wisconsin – La Crosse with a Master of Science Degree in Occupational Therapy and a Bachelor’s degree in Psychology. Theresa became a certified orthopedic manual therapist of the upper quadrant through the International Academy of Orthopedic Medicine and is now a faculty member for the upper extremity track with IAOM. She also serves on the board for the Wisconsin Hand Therapy Association. Theresa is the therapy co-manager at the Hand to Shoulder Center of Wisconsin in Appleton, Wisconsin where she specializes in both conservative and post-operative treatment of orthopedic conditions of upper quadrant.

LEVEL: Intermediate to Advanced

AUDIENCE: OT, OTA, PT, PTA

Register Online: http://bit.ly/ce11385
AGENDA:

7:30  Registration
8:00  Introductions
8:15  Anatomy and Kinesiology of the elbow Lecture
9:15  HUJ mobilization for elbow extension Lab
10:15 Break
10:30 Principles of static progressive splinting Lecture
10:50 Static progressive orthosis fabrication to improve elbow extension Lab
12:00 Lunch (on your own)
1:00  Wrap up elbow extension and exercise considerations Lecture/Lab
1:30  HUJ mobilization for elbow flexion Lab
2:15  Static progressive orthosis fabrication for elbow flexion Lab
3:15  Break
3:30  Finish with static progressive splinting for elbow flexion Lab
4:00  Exercise considerations Lecture/Lab
4:15  Questions and wrap up
4:30  Adjourn

REQUIRED COURSE MATERIALS: Please bring a mobilization belt.

CONTENT FOCUS:
Domain of OT: Client Factors
Occupational Therapy Process: Evaluation and Intervention

COURSE # 11385

PRICE: $255, Fee After 10/10/2018 = $295

CEU’s / CLOCK HOURS: 7 CE Contact Hours (0.7 CEUs)

LOCATION:

UW-Milwaukee Continuing Education
Plankinton Building, 7th Floor
161 West Wisconsin Avenue
Milwaukee, WI  53203

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