COURSE DATE: November 3, 2018

TITLE: Thumb Biomechanics and Manual Therapy Techniques

DESCRIPTION: This 1-day course is designed for hand therapists wanting to further improve their skills in the evaluation and treatment of the thumb! Providing updated research regarding the anatomy and biomechanics to perform a concise clinical examination, apply joint-specific techniques to address patient impairments to achieve optimal outcomes!

OUTCOMES:

1. Become familiarized with the latest research with regard to the primary stabilizers of the thumb carpometacarpal (CMC) joint as well as muscular support to provide stability.
2. Utilize a systematic approach to determine impairments at the thumb to develop an appropriate treatment plan.
3. Perform joint-specific treatment techniques to address a capsular pattern at the thumb CMC joint.
4. Demonstrate specific manual techniques to address issues at the radial column of the wrist, which can be involved with hypermobility at the thumb CMC joint.
5. Develop an understanding of when it is appropriate to perform joint mobilization techniques directly to the thumb CMC joint.

INSTRUCTOR: Ann Porretto-Loehrke, PT, DPT, CHT, COMT, CMTPT

Ann Porretto-Loehrke is a skilled clinician with a passion for teaching and clinical treatment of upper extremity disorders. She has been practicing for over 20 years and teaching continuing education courses for the past 12. She is the therapy co-manager of a large department at the Hand to Shoulder Center in Appleton, Wisconsin. Ann is a Certified Hand Therapist (CHT) and a Certified Orthopedic Manual Therapist (COMT) for treatment of the upper quadrant through the International Academy of Orthopedic Medicine (IAOM). She has extensive training in the evaluation and treatment of the upper quadrant. Ann received a bachelor’s degree in physical therapy from Marquette University and completed a post-professional Doctorate in Physical Therapy (DPT) degree from Drexel University with a specialty in hand and upper quarter rehabilitation. She is also certified in dry needling through Myopain Seminars, as a Certified Myofascial Trigger Point Therapist (CMTPT). Ann previously served as an item writer for the CHT examination and served as the Vice-Chair of the Examination committee for the Hand Therapy Certification Commission (HTCC). She is a lead instructor who co-developed the Hand & Upper Extremity Track through IAOM, a set of 6 manual therapy courses designed specifically for hand and upper extremity specialists. She co-authored a chapter in Rehabilitation of the Hand & Upper Extremity on nerve compression syndromes of the elbow and forearm, as well as published two peer-reviewed articles entitled “Clinical Manual Assessment of the Wrist” and “Taping Techniques for the Wrist” in the 2016 Journal of Hand Therapy’s special edition of the wrist. Ann serves as the planning committee chair for the Wisconsin Hand Experience conference and has presented at American Society of Hand Therapists (ASHT) annual conferences, Canadian Society of Hand Therapist Annual Conference, Philadelphia meeting, and Teton Hand Conferences. She also teaches online courses for MedBridge education.

Register Online: http://bit.ly/ce10880
LEVEL: Intermediate

AUDIENCE: OTs, COTAs, PTs, PTAs

AGENDA:

7:30-8:00 Registration
8:00-10:00 am Thumb: anatomy and kinesiology of the thumb and radial column
10:00-10:15 am BREAK
10:15 -11:15 am Surface anatomy of the thumb and radial column
11:15-12:00 pm Clinical examination of the thumb
12:00-1:00 pm LUNCH
1:00-2:30 pm Joint specific treatment for capsular pattern of the thumb CMC
2:30-3:15 pm Thumb: joint specific treatment: addressing non-capsular pattern of the thumb: radial column techniques & orthotic considerations
3:15-3:30 pm BREAK
3:30-4:30 pm Case Studies with clinical problem-solving
4:30 pm Adjourn

REQUIRED COURSE MATERIALS: Printed manual with slides

CONTENT FOCUS:
Domain of OT: Areas of Occupation
Occupational Therapy Process: Evaluation, Intervention, and Outcomes

Course # - 10880
Pricing - $255 before 10/3/2018 $295 after
CEUs – 0.7 CEU’s (7 Clock Hours)

Location –
UWM School of Continuing Education
161 W Wisconsin Ave; 7th Floor
Milwaukee, WI 53203

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