COURSE DATE: October 1 – 31, 2018 - Earn CEUs at your personal computer on your schedule.

TITLE: Webcast Encore Presentation Wisconsin Hand Experience: Upper Extremity Instability Methods and Management

DESCRIPTION:
This encore webcast provides evidence based state-of-the-art scientific sessions outlining the latest advances in the diagnoses and treatment of upper extremity instability.

Webcast Lectures:
Part 1:
1. Evaluation and Treatment of Thumb Instability
2. Therapist’s Management of Thumb Instability
3. Understanding Wrist Instability Patterns: Scapholunate (SL), Lunotriquetral (LT), Midcarpal Instability, and Distal Radioulnar Joint (DRUJ)
4. Clinical Testing for Stability of the Wrist: SL, LT, Midcarpal Joint (MCJ) and DRUJ
5. Current Research on Improving our Understanding of SL Issues and the Dart-Thrower’s Motion
6. Panel Discussion and Questions

Part 2:
7. Surgeon’s Management of SL and DRUJ Instability
8. Cadaveric Dissection: Soft Tissue Reconstruction for SL and DRUJ
9. Post-Operative Considerations with Therapy
10. Conservative Management of SL Issues with Proprioceptive Training
11. Anatomy of the Elbow: Understanding the Key Ligamentous Structures of the Elbow
12. Therapist’s Management of Medial and Lateral Elbow Instability
13. Physician’s Management of Shoulder Instability
15. Panel Discussion and Questions

LEARNING OUTCOMES:
- Describe the relevant anatomy around thumb stability
- Summarize traumatic collateral ligament injuries of the thumb MP joint and their treatments
- Describe the diagnosis of and treatment algorithm for thumb CMC joint arthritis
- Identify the anatomical structures of the thumb MP and CMC joints commonly injured
- Describe an analysis of pathomechanics
- Describe common mechanisms of injury of the MP and CMC joints
- Outline how to manage conservative RCL and UCL ligament injuries of the MP joint
- Outline how to manage conservative instability issues of the CMC joint
- Select the appropriate orthoses for thumb instability
- Describe surgical reconstruction and therapeutic interventions for thumb instability
- Define basic patterns of wrist instability
- Explain normal carpal biomechanics
- Explain the pathomechanics underlying common wrist instability patterns
- Identify contributions to wrist stability and instability
- Perform clinical testing for SL interval: scaphoid shift / Watson’s test and SL Ballottement test
- Perform clinical testing for LT interval: Derby Test and LT Ballottement test
- Perform clinical testing for MP joint: Midcarpal Shift Test
- Perform clinical testing for DRUJ: DRUJ Ballottement Test
- Identify biomechanical studies that are clinically relevant to treatment of SL issues

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Describe the current evidence on kinematics of wrist motion during functional activity
Discuss how relevant findings form the basis for current wrist rehabilitation
Describe and discuss the latest surgical interventions for SL and DRUJ instability
Describe common surgical procedures for primary and chronic instability related to the SL and DRUJ joints
Identify specific orthotic options for post-operative wrist reconstruction
Describe a proprioceptive training program for injured / repaired wrist ligaments
Describe the progression of treatment of a neuromuscular rehabilitation program post wrist surgery
Define aspects of sensorimotor control of the wrist including basic neurophysiology of wrist proprioception
Identify indications for proprioceptive training in the wrist
Describe various rehabilitation strategies designed to improve wrist proprioception
Explain the mechanics of the lateral collateral ligament complex of the elbow
Describe the most common fracture pattern that results in posterolateral rotatory instability
Identify all of the ligamentous structures of the elbow
Explain the concept of the “Varus Imperative”
Evaluate, treat and progress the next terrible triad patient
Describe why the term rotatory instability is used
Describe evaluation and management of shoulder instability
Explain the mechanism of dislocation, injured structures and treatment options related to the shoulder
Define shoulder instability and the classifications
Describe the classic therapeutic progression in shoulder rehabilitation

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LEVEL: Introductory - Advanced

AUDIENCE: OTs, PTs, OTAs, PTAs, and Certified Hand Therapists

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

Course # 11421

Standard Price $445

CEU’s / Clock Hours: 1.0 CEU’s (10 Clock Hours)

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