College of Health Sciences
Continuing Education Course Syllabus

COURSE DATE: April 19, 2019

TITLE: Extrinsic vs. Intrinsic Tightness

DESCRIPTION: This introductory course will describe clinical presentation of extrinsic vs intrinsic tightness and will facilitate the clinician to determine appropriate treatment plan and intervention techniques to optimize patient outcomes.

OUTCOMES:
1. Correctly differentiate extrinsic vs intrinsic anatomy
2. Independently identify 4 common upper extremity diagnosis that present with extrinsic or intrinsic tightness
3. Be able to identify appropriate treatment plan for extrinsic and intrinsic tightness
4. Be able to identify orthosis options to facilitate treatment

INSTRUCTOR: Lindsey Angst, MS, OTR/L, CLVT

Lindsey Angst, MS, OTR/L, CLVT is a practicing Occupational Therapist with a Master's Degree in Occupational Therapy from the University of Wisconsin Milwaukee. In 2012, she became a Certified Low Vision Therapist (CLVT) and developed a Low Vision Program at HSHS Prevea where she treats age-related eye conditions, along with concussion patients. Lindsey has been practicing for 9+ years as a hand therapist with her focus areas including custom orthosis fabrication, creating individualized treatment plans, application of evidence based treatment techniques and giving annual community educational presentations. Lindsey is a guest lecturer at UW-Milwaukee Occupational Therapy graduate program. Outside of her practice, Lindsey enjoys running, practicing yoga and spending time with her husband and two sons.

LEVEL: Introductory
AUDIENCE: OT's, OTA's, PT's, PTA's

TIME ORDERED AGENDA:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>Registration Opens</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Extrinsic vs Intrinsic anatomy</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>Common upper extremity diagnosis</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch (on your own)</td>
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<tr>
<td>1:00 PM</td>
<td>Treatment plans for extrinsic and intrinsic tightness</td>
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<tr>
<td>2:30 PM</td>
<td>Extrinsic and Intrinsic orthosis options</td>
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<tr>
<td>4:00 PM</td>
<td>Question and Answer; Adjourn</td>
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</tbody>
</table>

*Agenda reflects 6 credit hours; awarded credit hours for course does not include breaks and lunch period.

COURSE #: 11010    CEU's / CLOCK HOURS: Agenda reflects 0.6 CEU’s (6 Clock hours)


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