**COURSE DATE:** September 21, 2019

**Title:** Evaluation and Treatment of Wrist Instability

**Description:** This course will provide an in-depth look at the challenging task of effectively evaluating and treating wrist instability both conservatively and postoperatively. We will review the bony and ligamentous anatomy that stabilize the wrist and how injury to these structures lead to wrist instability. We will delve into a systematic approach to evaluating the wrist including the special tests needed to establish the pattern of instability. We will then explore the clinical problem solving involved in treating these patients most effectively utilizing manual techniques, proprioception, targeted strengthening, and orthoses. Patient cases will be discussed to bring all the pieces together!

**Outcomes:**
At the end of the presentation, participants will:

- Understand the pathoanatomy of the DRUJ, RCJ, and Midcarpal joint that leads to instability at the wrist
- Be able to complete a systematic evaluation for the wrist, including the special tests needed to determine the pattern of instability
- Understand treatment techniques that are appropriate for scapholunate, lunotriquetral, midcarpal, and DRUJ instability both conservatively and post op.
- Understand why proprioception is a key component of wrist instability rehabilitation and how to implement it into your treatment sessions
- Understand the use of custom and pre-fabricated orthoses for instability at the DRUJ, proximal carpal row, and midcarpal joint

**Instructor:** Theresa Parry, OTR, CHT, COMT
Theresa Parry 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 in 2015 and is now a faculty member 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

**Audience:** OT, OTA, PT, PTA

Register Online: http://bit.ly/ce12375
AGENDA:

8:00-8:15      Introductions
8:15-9:30      Lecture: Boney and Ligamentous Anatomy and Wrist Kinematics
9:30-10:30     Lecture: Pathoanatomy of carpal and DRUJ instability
10:30-10:45    BREAK
10:45-10:00    Lecture and Lab:
                • Systematic Evaluation of the wrist
                • Special Tests for Instability
12:00-1:00     Lunch (on your own)
1:00-1:45      Surgical management and post op considerations
1:45-3:15      Conservative management of wrist instability; manual therapy techniques
3:15-3:30      BREAK
3:30-4:30      Lecture and Lab: Proprioception
4:30-5:00      Recap and Case Studies: Putting it all together, questions, and wrap-up

REQUIRED COURSE MATERIALS: Kaltenborn wedge or similar, 1-2lb cuff weight

FOCUS:
Domain of OT: Client Factors  Occupational Therapy Process: Intervention & Outcomes

Course #: 12375

Pricing: $255 before 8/21/2019 $295 after

CEUs and Clock Hours: 0.75 CEU’s (7.5 Clock Hours)

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

Register Online: http://bit.ly/ce12375