COURSE DATE: April 3, 2020

Register Online: http://bit.ly/ce12711

TITLE: Cumulative Trauma: Evidence-Based Evaluation and Treatment of Upper Extremity

DESCRIPTION: This workshop will provide therapists with a thorough understanding of several specific upper extremity disorders often referred to collectively as cumulative trauma disorders. This workshop will explain the individual conditions in detail, cover assessment (including differential diagnosis), and provide step by step conservative management techniques (self-management, orthosis selection, exercise programs, modalities, kinesio taping, etc.). Surgical interventions will also be reviewed. Emphasis throughout the course will be on evidence-based evaluation and treatment techniques, with a review and citation of current literature.

OUTCOMES:

- Describe the pathophysiology of each of the covered conditions
- Differentiate among various upper extremity soft tissue disorders when a patient presents with “hand/wrist/elbow pain” including the use of likelihood ratios.
- Teach patients self-management techniques for each of these conditions.
- Develop effective treatment plans and home programs for these conditions.

INSTRUCTOR: Michael Borst, OTD, OTR, CHT, is an associate professor of Occupational Therapy at Concordia University Wisconsin. Previously he was the Clinical Specialist in hand therapy at Meriter Hospital in Madison, WI, where he has worked in clinical care for over 20 years. He earned his bachelor’s degree in Psychology at Calvin College in Grand Rapids, MI, his master’s degree in Occupational Therapy at Western Michigan University in Kalamazoo, and his post-professional OTD at Rocky Mountain University of Health Professions. Mike has taught continuing education courses in hand therapy and physical agents throughout Wisconsin and at the AOTA and ASHT national conferences

LEVEL: Intermediate AUDIENCE: OTs, PTs, OTAs, PTAs, and ATs

FOCUS: Domain of OT: Areas of Occupation OT Process: Evaluation & Intervention

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AGENDA:

7:30 AM Registration Opens
8:00 AM Cumulative trauma: what's it really mean?
8:15 AM Carpal tunnel syndrome
10:00 AM Break
10:15 AM Lateral/medial epicondylitis
12:00 PM Lunch (on your own)
1:00 PM De Quervain’s tendonitis and intersection syndrome
2:00 PM Other wrist tendinitis
1:45 PM Trigger finger/thumb
2:30 PM Thumb carpometacarpal joint osteoarthritis
3:00 PM Break
3:15 PM Cubital tunnel syndrome
4:15 PM Question and answer
4:30 PM Adjourn

*Agenda reflects 7 credit hours; awarded credit hours for course does not include breaks and lunch period.

COURSE # 12711


CEU's / Clock Hours: 7 Clock Hours (0.7 CEU’s)

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

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