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TITLE: Upper Extremity Instability Methods and Management: Digital Encore Presentation of WI Hand Experience

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.

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

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• 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
• 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  OT  Process: Evaluation, Intervention, and Outcomes

COURSE #: 12707  STANDARD PRICE: $445

CEU's / CLOCK HOURS: 10 Clock Hours (1.0 CEU’s)

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