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TITLE: Encore Digital Presentation: Wisconsin Hand Experience: Current Topics in Upper Extremity Orthopedics: State of the Art in Research and Practice - Flash Drive

DESCRIPTION: Experts in upper extremity treatment provide a comprehensive exploration of critical elements of upper extremity orthopedics. Topics include stability and mobility following digital fractures, prehension and expectations for thumb injuries, complexities and complications of distal radius fractures, therapy and rehabilitation following wrist, elbow and shoulder fractures, and evaluation and treatment strategies for the cervical spine. A cadaveric presentation demonstrates anatomy and the techniques used for managing orthopedic injuries with unparalleled clarity.

WEBCAST LECTURES:

1. Is it a Fracture or is it Just Broken?: Is it a fracture or just broken? It seems like I get this question daily. In myth-buster style, let us debunk some of the myths associated with the treatment of phalangeal fractures and dislocations. What is the evidence?
2. Stability and Mobility: When, Why, and How for Digital Fractures: How can I avoid the pesky tendon adhesions and flexion contractures following digital fractures? When and how should I progress motion of the digits to optimize results? Is there evidence that supports which joints to include and which joint positions to use in orthoses post-surgery? This lecture aims to provide answers to these and other questions that can complicate the rehabilitation of digital fractures.
3. Cadaveric Dissection: Hand and Thumb: Anatomic structures of the hand and thumb will be dissected. Common pathologic conditions and treatment of these structures will be presented.
4. Apprehension to Prehension: This session will present evaluation, treatment options, and outcome expectations for thumb injuries, degeneration, and surgeries.
5. Thumb CMC OA: Stability Exercises and Conservative Management: The carpometacarpal (CMC) joint of the thumb is one of the most common joints in the body affected by osteoarthritis. The effects of associated degenerative changes include pain and loss of pinch and grip function. A number of thenar muscles have been identified as dynamic stabilizers of the joint. Evidence suggests that specific exercise aimed at restoring dynamic stability will offer an effective form of conservative management for early osteoarthritis of the CMC joint, having the potential to delay or reduce the need for surgical intervention.
6. PANEL DISCUSSION AND QUESTIONS: Panel discussion and audience questions
7. Fractures of the Distal Radius: Dealing with Complexities and Complications: This presentation will review situations which add complexity to the management of radius fractures. Instances where distal radius fractures are more likely to lead to long term complications will be presented. Strategies to identify these complications in the early stage of postoperative treatment will be identified to enhance therapeutic outcomes.
8. Carpal Kinematics and Kinetics: How They Relate to Common Wrist Diagnoses: This session will provide an overview of the tridimensional nature of carpal motion as well as load transfer and how this dysfunction can influence the surrounding wrist soft-tissue structures. Examples of specific wrist diagnoses will be discussed along with treatment recommendations.

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9. **Wrist Therapy and Rehabilitation: Evidence-Based Strategies:** Successful rehabilitation of wrist therapy requires advanced understanding of carpal kinematics and the controlled application of a variety of exercise techniques including isometric, isotonic, and eccentric. Dynamic wrist stability and strength is also dependent upon normal wrist sensorimotor function. This presentation will discuss evidence based treatment strategies to assess wrist sensorimotor deficits and a variety of intervention techniques that can be used to regain wrist strength and balance.
 10. **Cadaveric Dissection Wrist and Elbow:** Surgically relevant anatomic structures of the elbow and wrist will be dissected. Common pathologic conditions and treatment for these conditions will be presented.
 11. **The Terrible Triad and Other Heinous Elbow Injuries:** This presentation will identify the elements of the terrible triad injury along with significant elbow fracture dislocations. Factors that may delay postoperative mobilization will be presented. Evaluation and treatment options will be considered along with postoperative therapy.
 12. **Elbow Rehabilitation after Trauma: A Spectrum of Stiffness:** This presentation will review elbow anatomy, the important stabilizers of the elbow, and instability patterns that occur when elbow stabilizers are compromised. Clinical assessments for instability will be reviewed, along with a treatment algorithm for the management of the unstable elbow. Assessment of elbow stiffness and potential strategies for treatment of elbow stiffness will also be discussed.
 13. **Current Trends in Managing Challenging Rotator Cuff Pathology:** This presentation will describe complex primary and revision rotator cuff issues with an emphasis on identifying the problem and choosing appropriate treatment options. It will address the decision for a non-operative approach and discuss various treatment options available based on the patients issue and needs.
 14. **Recent Advances in Rehabilitation of Rotator Cuff Dysfunction:** Shoulder pain is one of the leading indications for therapy. The shoulder is the most dynamic joint in the body and stability is often sacrificed for mobility. This places a great deal of importance on maintaining strength and flexibility of the dynamic stabilizers of the shoulder. This presentation will identify atypical movement patterns and postural imbalances related to shoulder health. Recent advances regarding treatment techniques to address underlying areas of weakness and joint restriction will be discussed.
 15. **Cervical Spine, Radiculopathy, and the Role of Electrodiagnostic Testing:** This presentation will review cervical spine anatomy and common clinical syndromes with an emphasis on cervical radiculopathy. The basics of electrodiagnostic testing (EMG/NCS) will be discussed and its role in evaluating cervical radiculopathy and peripheral neuropathies of the upper limb.
 16. **Movement Impairment Diagnoses of the C-spine and Scapula/Thoracic Complex: Evaluation and Treatment Strategies:** This session will review normal and abnormal osteokinematics and arthrokinematics of the cervical spine and scapulae thoracic complex. Evidence based evaluation and treatment techniques will address the cervical spine and scapulae thoracic complex.

LEARNING OUTCOMES:

- Describe the anatomy of the digits that influence return of function after fracture.
- Explain the effects of positioning and motion in regaining digital function.
- Identify the best evidence available for treating digital fractures and assess its impact on clinical decision making.
- Identify treatment options and outcome expectations for thumb injuries and surgeries.
- Describe the importance of various moment arms of the muscles that control thumb movement.
- Identify deforming forces that act on the CMC joint.

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- Compile appropriate treatment strategies that have evidence based support for thumb CMC osteoarthritis.
 - Identify when a fracture of the distal radius is more likely to lead to long-term complications
 - Define the tridimensional nature of carpal motion
 - Explain the relationship between carpal kinematic and kinetic dysfunction and common diagnoses
 - Identify carpal motion deficits and consider integration of joint specific techniques as part of the treatment plan
 - Differentiate between dart throwers plane of motion and anatomical wrist flexion and extension
 - Explain carpal kinematics present in wrist flexion and extension and dart throwers motion
 - Select the appropriate form of exercise to regain wrist stability and wrist balance
 - Choose from a variety of sensorimotor activities to enhance wrist stability
 - Define the terrible triad injury as well as other significant elbow fracture dislocations
 - Identify factors that may delay elbow postoperative mobilization
 - Identify elbow injuries within a “stability spectrum”
 - Explain early assessment and therapy management for common elbow instability patterns
 - Identify the important anatomical structures that contribute to elbow stability
 - Identify the causes of “over-stability” or stiffness
 - Provide treatment methods, orthoses, and appropriate dosages to optimize motion and functional upper extremity use
 - Define typical approaches for wrist and elbow surgery while considering nerve pathways
 - Define the concept of total available motion and identify glenohumeral (GH) rotational imbalances
 - Identify recommendations for the treatment of GH internal rotation deficit
 - Identify the best strengthening exercises for rotator cuff and scapular musculature based on EMG studies
 - Explain the role of posture as it pertains to shoulder health
 - Explain the “squeeze your shoulder blades” concept and if this is the right advice to give your clients
 - Explain the pertinent anatomy of the cervical spine
 - Define the signs and symptoms of cervical radiculopathy and how to differentiate it from peripheral entrapment neuropathies of the upper extremity
 - Explain how electro diagnostic testing can aid in the diagnosis and differentiation of cervical radiculopathy and neuropathies of the upper extremity
 - Describe normal and abnormal osteokinematics and arthrokinematics of the cervical spine and scapulae thoracic complex
 - Identify evidenced based treatment techniques to address pathology of the cervical spine and scapulae thoracic complex
 - Define terminology used to identify the scapulae thoracic complex

FACULTY:

- Mark Baratz, MD
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- Kristin Valdes, OTD, OTR/L, CHT
- Rebecca von der Heyde, PhD, OTR/L, CHT
- Greg P. Watchmaker, MD
- Stefan V. Zachary, DO, MS

LEVEL: Introductory - Advanced

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

CONTENT FOCUS:

Domain of OT: Client Factors and Performance Skills

Occupational Therapy Process: Evaluation, Intervention, and Outcomes

COURSE #: 12440

STANDARD PRICE: \$495

CEU's / CLOCK HOURS: 1.15 CEU's (11.5 Clock Hours)

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