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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
14. Therapist's Management of Shoulder Instability: Conservative Management and Post-Operative Considerations
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

FACULTY:

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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 #: 13652 **STANDARD PRICE:** \$445

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

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