



**N. E. S.**  
Hand Therapy Training  
[www.neshands.co.uk](http://www.neshands.co.uk)

## Level II – Fractures of the Wrist and Hand

24<sup>th</sup> – 26<sup>th</sup> February 2021

### Day One

8.45	Registration	
9.00	Introduction and Aims of Course	
9.15	Anatomy of the forearm, wrist and hand	(SM)
10.30	<b>Coffee</b>	
11.00	Bone Healing	(NG)
11.20	Types of fracture, mechanism and forces including case studies	(EJ)
12.00	Initial assessment following acute fracture incl. history and palpation	(EJ)
12.35	LUNCH	
1.35	Overview of therapy including complications	(NG)
2.20	Imaging – MRI/CT/US	(SM)
3.00	<b>Tea</b>	
3.15	Imaging- X-rays with clinical reasoning and interpretation	(SM)
4.15	Overview of surgery	(NG)
5.15	Finish	

## Day Two

8.30	Review of day one, explanation of exam and project	
9.00	Treatment workshop 1,2,3	
	Round Robin: Oedema and scar management	(NG)
	Round Robin: Activity rehabilitation	(SM)
	Round Robin: Exercise progression and Kinesio-taping	(EJ)
11.15	<b>Coffee</b>	
11.45	Stiffness	(NG)
12.15	Radial and ulna fractures	(NG)
1.00	<b>LUNCH</b>	
2.00	Carpal fractures	(EJ)
3.00	<b>Tea</b>	
3.30	Metacarpal fractures	(SM)
4.15	Case study discussion – Distal radius #	
5.00	Finish	

## Day Three

8.30	Review of day two	
9.00	Digital fractures	(SM)
10.15	Coffee	
10.45	CRPS and motor imagery	(EJ)
11.45	Secondary procedures	(SM)
12.15	Pattern making for splinting	(NG lead plus all)
1.00	<b>LUNCH</b>	
2.00	Clinical reasoning using further case - digital #	
3.00	<b>Tea</b>	
3.30	<b>EXAM</b>	
4.40	Finish	