



N. E. S.
Hand Therapy Training
www.neshands.co.uk

The PIP Joint

Programme

DAY ONE

8.30	Registration		
8.50	Introduction		
9.00	Anatomy of the PIPJ		SM
10.20	Coffee		
10.45	Assessment workshops (3 x 45 mins round robin)		
	Goniometry / Dynamometry		NG
	Accessory Movements / Oedema		EJ
	Provocative Testing / Pain		SM
1.00	Lunch		
2.00	Biomechanics of the PIPJ		SM
3.00	Tea		
3.30	Interactive Lectures to half the group (repeated twice)		
	Pathophysiology of stiffness and treatment		NG
	Treatment of Oedema and Pain		EJ
5.30	Close		
		Teaching Time:	6 Hours 45 minutes

DAY TWO

8.30	Review and Assessment Process explanation		
9.00	Instability and altered mechanics, including dislocations		SM
10.15	Fractures involving the PIPJ		EJ
11.00	Coffee		

11.15	Fractures of the PIPJ	EJ
12.15	Lunch	
1.15	Splinting the PIPJ (x3 workshops)	NG/SM/EJ
2.45	Tea	
3.15	Flexor Tendon injuries involving the PIPJ	SM
4.15	Extensor Tendon injuries involving the PIPJ	NG
5.15	Close	
	Teaching Time:	7 Hours 30 minutes

DAY THREE

8.30	Review	
9.00	OA / RA involving the PIPJ	NG
10.00	Dupuytren's Disease	SM
10.40	Coffee	
11.00	Trigger Finger	SM
11.30	Differential Diagnosis	EJ
12.30	Lunch	
1.30	Case studies	SM/NG/EJ
2.30	Tea	
3.00	Exam	
4.10	CLOSE	
	Teaching Time:	4 Hours 30 minutes
	Total teaching Time	18 Hours 45 minutes