

# Programme



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

## BAHT LEVEL II – THE WRIST

### Day One

|      |  |       |
|------|--|-------|
| 0845 | Registration   |       |
| 0855 | Introduction to the course                                       |       |
| 0900 | Anatomy overview   | SM    |
| 1000 | Coffee   |       |
| 1015 | Surface anatomy  | EJ    |
| 1115 | Workshop – goniometry (half group)                               | NG/EJ |
|      | Lecture – Imaging (half group)                                   | SM    |
| 1200 | Workshop – goniometry (half group)                               | NG/EJ |
|      | Lecture – Imaging (half group)                                   | SM    |
| 1245 | Lunch  |       |
| 1345 | Wrist in Function  | NG    |
| 1430 | TFCC   | EJ    |
| 1530 | Tea  |       |
| 1550 | Workshop - Rehabilitation (half group) 90 mins                   | SM    |
|      | Workshop – mobilisations & taping (quarter group) 45 mins        | EJ    |
|      | Workshop – Splinting the wrist – problem solving (quarter gp) 45 | NG    |
| 1650 | Close  |       |

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## **Day two**

|      |  |     |
|------|--|-----|
| 0830 | Review and questions<br>Explanation exam and project             | All |
| 0900 | Workshop - Rehabilitation (half group) 90 mins                   | SM  |
|      | Workshop – mobilisations & taping (quarter group) 45 mins        | EJ  |
|      | Workshop – Splinting the wrist – problem solving (quarter gp) 45 | NG  |
| 1030 | Coffee   |     |
| 1045 | Carpal kinematics and instabilities                              | SM  |
| 1300 | Lunch  |     |
| 1400 | Conditions affecting the carpus                                  | EJ  |
| 1500 | Tea  |     |
| 1515 | Conditions affecting the ECU                                     | SM  |
| 1545 | Radio-ulna joint, distal radius and ulna fractures               | NG  |
| 1715 | Close  |     |

## **Day three**

|      |  |     |
|------|--|-----|
| 0900 | Review and questions   | All |
| 0930 | Overview of examination and assessment                           | All |
| 1030 | Coffee   |     |
| 1045 | Overview of examination and assessment continued<br>Case studies | All |
| 1230 | Lunch  |     |
| 1330 | Case studies continued   | All |
| 1420 | Comfort break/Tea  |     |
| 1450 | Exam   |     |
| 1600 | Close  |     |

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