

Reading List



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

BAHT LEVEL II – THE WRIST

It is recommended that prior to the course some background reading is undertaken. We would recommend that the most useful study you can undertake is reviewing the basic hand assessment techniques and anatomy including – muscle, bone, tendon and nerve

Use any of these key texts OR from any appropriate text:

1. Tubiana, R., Thomine, J-M., Mackin, E. (1996) Examination of the Hand and Wrist (2nd edn) London: Martin Dunitz

Chapter 1.1: Skeleton of the hand	pgs: 4-28
Chapter 1.3: Movements of the hand and wrist	pgs: 40-128
Chapter 2.2: Examination of bones and joints	pgs: 185-205
Chapter 2.3: Examination of musculotendinous apparatus	pgs: 205-225
Chapter 4.3: Sensibility evaluation	pgs: 328-355

2. Skirven TM, Osterman AL, Fedorczyk, JM, Amadio PC (Eds) (2011) Rehabilitation of the Hand and Upper Extremity (6th Ed) CV Mosby

Chapter 1: Anatomy and kinesiology of the Hand	pgs: 3-17
Chapter 2: Anatomy and Kinesiology of the Wrist	pgs: 18-27
Chapter 6: Clinical Examination of the Hand	pgs: 55-71
Chapter 7: Clinical Examination of the Wrist	pgs: 72-83
Chapter 11: Sensibility Testing: History, Instrumentation and Clinical Procedures	pgs: 132-151
Chapter 12: Functional Tests	pgs: 152-162

3. **Prosser R., Conolly W.B., (2003) Rehabilitation of the hand and Upper Limb. Butterworth Heinemann**

Chapter 2A: Functional Anatomy and Assessment

pgs: 16 – 28

4. **Yu H-L, Chase RA, Strauch B) Atlas of Hand Anatomy and Clinical Implications. CV Mosby, St Louis (2004)**

Chapter 9: Overview of the Bones and Joints of the hand pgs:157-167

Chapter 14: Overview of Musculo-tendinous system of the Hand pgs: 263-283

Chapter 24: Outline of the Nervous System of the Upper limb pgs: 366-490
