



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

**BAHT LEVEL I COURSE
2022
North London**

Programme

DAY ONE

| | | |
|-------|--|-----|
| 9.00 | Registration | |
| 9.20 | Introduction / Aims and Objectives | All |
| 9.30 | Anatomy of the hand and forearm | SM |
| 11.00 | Coffee | |
| 11.30 | Introduction to Hand Assessment | NG |
| 12.00 | Assessment Workshop 1 | |
| | 1. Range of Movement and Manual Muscle Testing | EJ |
| | 2. Dynametrics, Oedema and Pain | NG |
| | 3. Dexterity, Function and Threshold testing | SM |
| 13.00 | Lunch | |
| 1.45 | Assessment Workshop 2 | ALL |
| 2.45 | Assessment Workshop 3 | ALL |
| 3.45 | Tea | |
| 4.00 | Intro to Hand Therapy | SM |
| 4.15 | Intro to Exercises | EJ |
| 4.40 | Introduction to Splinting | NG |
| 5.15 | Close | |

DAY TWO

| | | |
|-------|--------------------------------|----|
| 8.30 | Review and explanation of exam | |
| 9.00 | Fractures | SM |
| 10.00 | Coffee | |
| 10.20 | Flexor Tendons | EJ |

| | | |
|-------|---|-----|
| 11.20 | Comfort break | |
| 11.30 | Extensor Tendons | NG |
| 12.30 | Lunch | |
| 1.20 | Nerves – Compressions and Injury | SM |
| 2.30 | Sensory Assessment | All |
| 2.55 | Tea | |
| 3.15 | Treatment Workshops – (45 minutes each) | |
| | 1. Wound Healing and Scar Development | NG |
| | 2. Activity Rehabilitation, Desensitization | SM |
| | 3. Oedema and Pain | EJ |
| 5.30 | Close | |

DAY THREE

| | | |
|-------|--------------------------------|-----|
| 8.30 | Review | |
| 9.00 | Management of the Stiff Hand | NG |
| 9.45 | Complex Regional Pain Syndrome | SM |
| 10.30 | Coffee | |
| 10.45 | Rheumatoid Arthritis | NG |
| 11.15 | OA | EJ |
| 11.45 | Joint Protection | EJ |
| 12.10 | Comfort break | |
| 12.20 | Dupuytren's Disease | SM |
| 1.00 | Lunch | |
| 1.50 | Tendinopathies | EJ |
| 2.20 | Ligament Injuries | SM |
| 3.00 | Tea | |
| 3.20 | Case Studies | All |
| 4.30 | Close | |