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

Management of the Thumb

BAHT level II
Virtual Course

DAY ONE

08.30	Registration	
09.00	Intro	
09.10	Pure and surface anatomy of the Thumb	SM
10.00	Comfort Break	
10.10	Assessment of the thumb workshops (45mins)	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
10.55	Coffee	
11.10	Assessment of the thumb workshops (45mins)	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
11.55	Comfort break	
12.05	Assessment of the thumb workshops (45mins)	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
12.50	Lunch	
13.20	Functional anatomy/ normal and altered biomechanics and grip	SM

14.50	Tea	
15.05	Modalities workshops (45 mins)	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
15.50	Comfort break	
16.00	Modalities workshops (45 mins)	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
16.45	Close	

DAY TWO

08.30	Review	
09.00	Modalities workshops (45 mins)	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
09.45	Comfort break	
09.55	Tendon injuries	NG
10.55	Tea/coffee	
11.10	Tendinopathies	EJ
12.10	Comfort break	
12.20	Ligament injuries	EJ
12.50	Lunch	
13.20	Nerve injuries – theory, desensitisation, sensory re-education	SM
14.20	Comfort break	
14.30	Nerve compressions	EJ
15.45	Tea/coffee	

16.00	Rheumatoid Arthritis of the thumb - pathophysiology, assessment, surgery and overview of therapy	NG
16.30	Osteoarthritis of the thumb - pathophysiology, assessment, surgery and overview of therapy	NG
17.15	Close	

DAY THREE

08.30	Review	
9.00	Fractures of the thumb	SM
10.00	Comfort break	
10.10	Challenges of splinting the thumb theory and off the shelf splints reasoning	NG
10.55	Tea/coffee	
11.10	Splinting – clinical reasoning for thermoplastic splinting with pattern making and practical demonstration	All
12.25	Comfort break	
12.35	Differential diagnosis	EJ
13.20	Lunch	
13.50	Case Studies	All
14.50	Tea / coffee	
15.20	Exam	
16.30	Close	