



N. E. S.

Hand Therapy Training

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MANAGEMENT OF THE RHEUMATOID HAND

DAY ONE

09.00	Registration	
09.15	Welcome, Introduction & Aims of Course	
09.20	Introduction to Rheumatoid Arthritis – Pathology and Aetiology	EJ
10.00	Normal Pure and Functional Anatomy	SM
11.00	Coffee	
11.20	Assessment of the Rheumatoid Hand Principles and hand mapping Assessment for Splinting	NG
11.45	Workshops (A) Range of Movement (B) Functional Testing (C) Strength and Dexterity	EJ SM NG
13.00	Lunch	
14.00	Swan neck, boutonniere and ulnar deviation	EJ
14.45	Introduction to the Role of the Hand Therapist	SM
15.15	The rest of the multi-disciplinary team	NG
15.35	Tea	
15.50	MUD Splints – practical	All
17.00	Close	

DAY TWO

8.45	Review and examination discussion	
9.15	Thumb and wrist deformities	SM

10.00	Associated conditions – pathology and diagnosis		EJ
11.00	Coffee		
11.20	Hand Therapy (either/or dependent on experience)	Parallel sessions (A) Introduction to static splinting (B) Principles of exercise	NG EJ
11.45	Round Robin 1 (25 mins)	(A) Exercise for people with RA (B) Off the Shelf splints (C) Education and psychological support	EJ NG SM
13.00	Lunch		
14.00	Round Robin 2 (90 mins)	(A) ADL, joint protection and energy conservation (B) Practical Splinting – Night Resting Splints	NG SM/EJ
15.30	Tea		
15.45	Round Robin 2 (90 mins)	(A) ADL, joint protection and energy conservation (B) Practical Splinting – Night Resting Splints	NG SM/EJ
17.15	Finish		

DAY THREE

09.00	Review and Project discussion		
09.30	Surgical Management of the Rheumatoid Hand and Wrist		SM
11.00	Coffee		
11.15	Clinical reasoning for therapy following surgery	Exercise Activity Splinting	ALL
13.00	Lunch		
14.00	Practical Splinting – including (group dependent upon experience)	Anti swan-neck splints Thumb post splinting Dynamic Outriggers	ALL
15.45	Tea		
16.00	Examination		
17.10	End	Teaching Time 18.40 hours	