



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

BAHT Level II

Management of Tendon and Ligament Injuries
Programme

DAY ONE

09.00	Registration	
09.15	Anatomy. Pure and functional including workbooks	SM
10.30	Coffee	
11.00	Assessment of soft tissue trauma including history taking and provocative testing	EJ
12.00	Wound, tendon and ligament healing including scar, contracture and stiffness development	NG
13.00	Lunch	
14.00	Workshop One	
14.40	Workshop Two	
15.10	Tea	
15.40	Workshop Three	
	<u>Workshop 1 – Treatment of scar – specific to soft tissue trauma</u>	SM
	<u>Workshop 2 = Treatment of oedema</u>	EJ
	<u>Workshop 3 = Treatment of stiffness</u>	NG
16.20	Flexor tendons – incidence, surgical management, introduction to therapeutic treatment	SM
17.00	End	

DAY TWO

08.30	Review of Day One, Q&A, explanation of exam and project	
09.00	Treatment regimes workshops using case studies (Duran, Kleinert, EAM and Thumbs)	All
10.00	Evidence for each treatment regime/ outcome measures	SM
10.45	Coffee	
11.15	Secondary procedures including tenolysis and two stage tendon reconstruction	EJ
11.45	Workshop 4	
12.25	Workshop 5	
13.05	Lunch	
14.05	Workshop 6	
	<u>Workshop 4 – soft tissue techniques</u>	EJ
	<u>Workshop 5 – splinting</u>	SM
	<u>Workshop 6 – activity</u>	NG
14.45	Extensor tendons – incidence, surgical management, introduction to therapeutic treatment regimes by zones	NG
15.15	Tea	
15.45	Zone I/II & III injuries – theory, clinical reasoning and secondary procedures for Zone I-III	NG
16.15	Treatment regimes workshops (Zones IV-VIII and Thumbs)	
16.45	Extensor tendon evidence for treatment, clinical reasoning and secondary procedures Zone IV-VIII	NG
17.30	END	

DAY THREE

09.00	Review of day two with Q&A	
09.30	Ligament injuries and dislocations including grading of injuries, indications and methods of surgery	EJ
10.15	PIPJ soft tissue trauma – part one Theory and clinical reasoning for treatment	EJ
10.45	Coffee	
11.15	PIPJ soft tissue trauma – part two Case Studies	
11.45	MCPJ soft tissue trauma Theory and clinical reasoning for treatment and Case Studies	EJ
13.00	Lunch	
14.00	Case Study	
15.20	Tea	
15.50	Exam	
17.00	END	

Total teaching time 17hours 45mins