

Programme



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

BAHT LEVEL II – THE WRIST

Day One

0845	Registration	
0855	Introduction to the course	
0900	Anatomy overview	SM
1000	Coffee	
1015	Surface anatomy	EJ
1115	Workshop – goniometry (half group)	NG/EJ
	Lecture – Imaging (half group)	SM
1200	Workshop – goniometry (half group)	NG/EJ
	Lecture – Imaging (half group)	SM
1245	Lunch	
1345	Wrist in Function	NG
1430	TFCC	EJ
1530	Tea	
1550	Workshop - Rehabilitation (half group) 90 mins	SM
	Workshop – mobilisations & taping (quarter group) 45 mins	EJ
	Workshop – Splinting the wrist – problem solving (quarter gp) 45	NG
1650	Close	

Day two

0830	Review and questions Explanation exam and project	All
0900	Workshop - Rehabilitation (half group) 90 mins	SM
	Workshop – mobilisations & taping (quarter group) 45 mins	EJ
	Workshop – Splinting the wrist – problem solving (quarter gp) 45	NG
1030	Coffee	
1045	Carpal kinematics and instabilities	SM
1300	Lunch	
1400	Conditions affecting the carpus	EJ
1500	Tea	
1515	Conditions affecting the ECU	SM
1545	Radio-ulna joint, distal radius and ulna fractures	NG
1715	Close	

Day three

0900	Review and questions	All
0930	Overview of examination and assessment	All
1030	Coffee	
1045	Overview of examination and assessment continued Case studies	All
1230	Lunch	
1330	Case studies continued	All
1420	Comfort break/Tea	
1450	Exam	
1600	Close	
