



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

Fractures of the Wrist and Hand

Day One

- 9.00 Introduction to Fractures
- Overview of therapy including complications, fracture mechanisms, history, secondary procedures
- 10.00 Early Mobilisation theory and evidence
- 10.30 *Tea Break*
- 10.45 Early mobilisation with clinical reasoning using cases / imaging
- 11.45 Imaging – MRI/CT/US/ X-rays
- 12.15 Overview of surgery
- 12.45 *Lunch*
- 1.30 Radial and ulna fractures with clinical reasoning with cases
- 2.30 Carpal fractures – scaphoid #
- 3.00 *Tea*
- 3.15 Wrist splinting practical
- volar wrist designs
- dorsal post through splint
- TAP rotation forearm splint with neoprene strap
- 5.00 Finish

Day Two

- 9.00 Management of Stiffness including splinting
- 9.30 Metacarpal fractures with clinical reasoning with cases
- 10.15 *Tea*
- 10.30 Metacarpal splinting practical
- ulnar and radial gutters
- hand clamp and buddy strapping
- thumb post for MC base #
- 11.45 Proximal Phalanx fractures with clinical reasoning with cases
- 12.30 Proximal Phalanx # splinting practical
- Full clamp long
- Short clamp with buddy strapping
- Hand Based POSI – done before????
- 1.00 *Lunch*
- 1.45 Proximal Phalanx # splinting practical - continued
- 2.30 Middle Phalanx and distal phalanx fractures with clinical reasoning with cases
- 3.15 *Tea*
- 3.30 MP and DP splinting practical
- long and short gutters circumferential for EAM
- mallet splint ideas
- 4.15 Discussion and cases – North Tees therapists to bring problem or interesting cases
- 5.00 Finish