

# Programme



**N. E. S.**  
Hand Therapy Training  
[www.neshands.co.uk](http://www.neshands.co.uk)

*The aim for this training day is to provide the theoretical background, some clinical reasoning and knowledge about some common hand conditions*

## Introduction to Management of the Hand

08.30	Registration Preparation of space and set up
09.00	Anatomy of the Hand and Wrist
10.00	Coffee
10.15	Assessment of the hand Lecture then workshops in two groups
11.30	Workshops – scar and oedema management (half group round robin)
12.30	Lunch
13.30	Nerve Compressions
14.00	Tendinopathies
14.30	OA thumb
15.15	Tea
15.30	Distal Radial fractures
16.30	Close

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