



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

## Introduction to Hand Therapy Course

### Provisional programme

#### DAY ONE

- 8.30            *Registration*
- 8.45            Anatomy and functional anatomy of the hand and forearm
- 9.45            Introduction to Hand Assessment
- 10.15          *Coffee*
- 10.30          Assessment Workshops. Round robin 1
- 1. Range of movement and dexterity
  - 2. Dynometrics, oedema and function
- 11.30          Intro to Hand Therapy – including introduction of case studies
- 12.00          Introduction to splinting – including practical demonstration
- 13.00          *Lunch*
- 13.45          Fractures – healing, fixation, digital, metacarpal, carpal and forearm
- 15.00          *Tea*
- 15.15          Extensor tendons
- 16.15          Treatment Workshops. Round Robin 1 and 2
- 1. Wound Healing, scar development and management
  - 2. Activity Therapy
- 17.15          End

## DAY TWO

- 8.30 Flexor Tendons
- 9.30 Acquired conditions including carpal tunnel syndrome, trigger finger, ganglions and De Quervains
- 10.30 *Coffee*
- 10.45 Treatment Workshops. Round Robin 3 and 4
- 3. Oedema
  - 4. Pain
- 11.45 Dupuytren's Disease
- 12.45 *Lunch*
- 13.30 OA / RA (including surgery)
- 14.30 Complications workshops 1 and 2
- 1. Management of the Stiff Hand
  - 2. Complex Regional Pain Syndrome
- 15.30 Tea
- 15.45 Revisit case studies
- 17.00 END

### *30 delegates – mixed OTs and PTs*

Splinting session can have demo if you are able to get heat pan, paper towels, thermoplastic materials, heat gun, scissors, Stanley knife, blue contour foam, self adhesive hook Velcro and loop Velcro, extension lead, towel