

Programme



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

Musculo-skeletal problems of the Hand and Wrist

DAY ONE

- 0900 Pure Anatomy
- 0945 Surface anatomy
- 1030 *Coffee*
- 1100 Introduction to assessment for differential diagnosis (observation and palpation, theory of differential diagnosis assessment)
- 1130 WRULD/ ergonomics introduction – including theory and treatment concepts
- 1245 *Lunch*
- 1330 Tendon related Conditions including theory and applied management using case studies
- 1530 *Tea*
- 1600 Nerve related conditions including case studies (Median nerve)
- 1700 End

DAY TWO

- 08.30 Nerve related conditions including case studies – part 2
(Ulnar nerve and radial nerve)
- 9.30 Joint related conditions including case studies
(Hypermobility, ganglions, OA thumb)
- 10.00 *Coffee*
- 1030 Workshops for OA thumb
1. Splinting – critical appraisal and discussion
2. Exercises and grip retraining
- 11.15 Wrist biomechanics and specific applied anatomy
- 11.45 Theory of sensorimotor/neuromuscular rehab for wrist instability
- 12.15 *Lunch*
- 1300 Wrist rehabilitation – theory of all, practical with clinical reasoning cases
- 14.00 Scapholunate ligament injury
– anatomy, imaging, assessment and treatment with case study discussion
- 15.15 *Tea*
- 16.00 Ulnar sided wrist pain (DRUJ, TFCC, TFC, Mid-carpal)
- anatomy, imaging, assessment and treatment with case study discussion
- 1700 Close