

Joint and Soft Tissue Mobilisation of the Hand Basic Course

Denmark

Day 1

08.30	Hand Anatomy
9.30	Movement and exercises for OT's
10.00	Coffee/ Tea
10.20	Theory of accessory movements <ul style="list-style-type: none">- Principles of using mobilisation techniques- Indications/contraindications for using mobilisations- Recording and grading of techniques
11.20	Differential diagnosis - using mobs as part of assessment
12.00	PIPJ – mobs for assessment and treatment
12.45	Lunch
1.30	MCPJ - mobs for assessment and treatment
2.15	Thumb CMCJ - mobs for assessment and treatment
2.45	Tea / Coffee
3.00	Theory of Trigger points / soft tissue mobilisation for OT's Practical soft tissue mobilisation
4.30	Discussion of cases and ideas
5.00	Close

Day 2

- 08.30 Wrist Anatomy – theory
- 09.00 Surface anatomy and palpation
- 10.00 Tea / Coffee
- 10.20 Joint mobilisation of the wrist - theory
- 10.50 DRUJ - mobs for assessment and treatment
- 11.20 Comfort Break
- 11.40 Radiocarpal and midcarpal joint - mobs for assessment and treatment
- 12.20 Discussion and where to go from here
- 12.45 Close