



N. E. S.

Hand Therapy Training
www.neshands.co.uk

Programme

Maitland Mobilisations in the Hand

An introduction to assessment and treatment with Maitland mobilisations for hand therapists

- **Theory of accessory movements**
- **Overview of joint anatomy**
- **Principles of using mobilisation techniques**
- **Indications/contraindications for using mobilisations**
- **Recording and grading of techniques**
- **Practical use of mobilising techniques**
 - **IPJ / DIPJ**
 - **MCPJ**
 - **Wrist / DRUJ**

The programme will run from 9.00 to 16.00 with breaks for coffee, lunch and tea. When the breaks are taken within the programme depends on the working speed of the therapists attending.

The course aims to teach therapists who work in hand therapy but do not currently use mobilising techniques how to safely and competently use them.

This course teaches you new information and skills. It is important to remember that you are not fully skilled to practise on patients purely by attending the course.