

Joint and Soft Tissue Mobilisation of the Hand Advanced Course

Denmark

Day 1

- 2.30 Discussion of previous experience of mobs
- 3.00 Review theory and skills of accessory mobs
- 4.00 *Tea/Coffee*
- 4.20 Biomechanics of digital joint movement
- 5.20 Cases for discussion and ideas for mobs
- PIPJ FFD chronic
- MCPJ hyperextension injury
- 6.00 Close

Day 2

- 9.00 Cases for discussion and ideas for mobs
- thumb CMCJ stiffness and reduced span
- 9.45 Soft tissue massage, mobilisation, frictions -part 1
- 10.30 *Tea/coffee*
- 10.50 Soft tissue management – part 2
- 11.30 Anatomy and Biomechanics of wrist movement
- 12.30 *Lunch*
- 1.15 Carpal surface anatomy and 10 point carpal

assessment

- 2.15 Cases for discussion and ideas for treatment
- Wrist DRUJ following DR #
- 3.00 *Tea /coffee*
- 3.20 Case for discussion and ideas for treatment
- Wrist RCJ following DR #
- 4.00 Cases for discussion and ideas for treatment
- SLJ reconstruction with reduced deviation
- 4.30 Where to go from here – gaining skills and experience
- 5.00 Close

Cases for discussion to include:

- Case history
- Joint quality and feel
- What considerations for this case
- What mobs for assessment
- What mobs for treatment
- What other modalities to compliment mobs
- How to upgrade mobs for this case