

# Programme



**N. E. S.**  
Hand Therapy Training  
[www.neshands.co.uk](http://www.neshands.co.uk)

## Management of Peripheral Nerve Pathology in the Upper Limb (Compression and Injury)

### Day 1

08.30	Registration	
09.00	Nerve Anatomy	SM
10.15	Introduction to WRULD and ergonomics	EJ
10.45	<i>Tea / Coffee</i>	
11.15	Screening the neck and ULTT	EJ
11.45	Assessment - including MMT	SM
12.15	Sensory Assessment -Workshop 1 1. Early recovery assessment 2. Late recovery assessment	SM EJ
12.45	Sensory Assessment – Workshop 2	
13.15	<i>Lunch</i>	
14.00	Median Nerve compressions -introduction and assessment	SM
14.40	Ulnar Nerve compressions -introduction and assessment	EJ
15.20	<i>Tea / Coffee</i>	
15.45	Radial Nerve compressions -introduction and assessment	SM
16.25	Differential Diagnosis of peripheral nerves	EJ
17.00	Close	

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## Peripheral Nerves – Day Two

09.00	Nerve Compression Conditions Treatment	
10.30	<i>Tea /coffee</i>	
11.00	Treatment Workshops -1	
	1. Desk and non-desk based treatments	EJ
	2. Work place management	SM
11.45	Treatment Workshop - 2	
12.30	<i>Lunch</i>	
13.15	Nerve injury and repair	EJ
13.45	Nerve injury treatments –median, ulnar and radial nerves	SM
14.45	<i>Tea / coffee</i>	
15.10	Treatment Workshops -1	
	1. Desensitisation	EJ
	2. Sensory Re-education	SM
15.30	Treatment Workshop - 2	
15.50	Case Study – discussion	
16.30	Close	