



N. E. S.

Hand Therapy Training
www.neshands.co.uk

MANAGEMENT OF THE RHEUMATOID HAND

DAY ONE

08.30	Registration	
08:45	Welcome, Introduction & Aims of Course	
08:50	Introduction to Rheumatoid Arthritis – Pathology and Aetiology	EJ
09:30	Surface Anatomy (Anatomy: Pre Course reading)	EJ
10.00	Assessment of the Rheumatoid Hand Principles and hand mapping Assessment for Splinting	SM
10.25	Coffee	
10.45	Workshops (A) Assessment of Range of Movement and Strength (B) Functional Testing and Dexterity	EJ SM
11.50	Swan neck, boutonniere and MCPJ ulnar deviation Development and treatment	EJ
12.30	Lunch	
13:15	Thumb and wrist deformities (incl OA 1 st CMC joint) Development and treatment	SM
14:15	ADL, joint protection and energy conservation	SM
14:45	Tendon and other associated related conditions Tendon based: trigger fingers, De Quervain's, Lateral Epicondylitis	EJ
15.45	Tea	
16:00	Differential diagnosis by zone including specific testing	SM
17.00	Close	

DAY TWO

- 8.45 Round Robin (30 mins) (A) Principles of exercise for people with RA (B) Off the Shelf splints EJ SM
- 9.45 Surgical and post-operative therapy for RA hand and Wrist (part 1)
- 11.00 Coffee
- 11.20 Surgical and post-operative therapy for RA hand and Wrist (part 2)
- 12.00 Case Study discussion
One non-operative and one post operative
- 13.00 Lunch
- 13.30 Overview / discussion of splints used in management of the rheumatoid hand.
Demo and discussion: MUD splints, Boutonniere, Anti swan-neck splints, thumb MCP swan neck
- 14.30 Splint Practical (Part 1)
(A) Experienced splinters: Clinical reasoning for splints and patterns (OA CMCJ)
(B) Inexperienced splinters: Intro to splinting and pattern making
- 15.00 Tea
- 15.15 Splint Practical: Night Resting Splints / Splinting the OA CMCJ (Part 2)
(A) Experienced splinters: Single sheet X-lite resting splint, OA CMCJ splints
(B) Inexperienced splinters: Wrist extension splint or forearm/hand resting Splint
- 17:00 Finish