

# Programme



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

## Management of the Wrist

### Day 1

0845	Registration	
0855	Introduction to the course	
0900	Anatomy overview	SM
1000	Coffee	
1015	Surface anatomy	EJ
1115	Imaging	SM
1200	Lunch	
1300	Wrist in Function	EJ
1345	Workshops	
	Rehabilitation I – Sensorimotor and neuromuscular rehab	SM
	Rehabilitation II – Other Rehab	EJ
1515	Tea	
1530	Workshops	
	Rehabilitation I Sensorimotor and neuromuscular rehab	SM
	Rehabilitation II Other Rehab	EJ
1700	Close	

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## THE WRIST – Day Two

0900	TFCC (including ECU)	EJ
1030	Coffee	
1045	Ulnar sided case studies	ALL
1115	Carpal kinematics and instabilities	SM
1230	Lunch	
1315	Carpal kinematics and instabilities cont.	SM
1415	Conditions affecting the carpus and case study	EJ
1530	Tea	
1545	Radio-ulna joint, distal radius and ulna fractures and case study	SM
1700	Close	