



# N. E. S.

Hand Therapy Training  
[www.neshands.co.uk](http://www.neshands.co.uk)

## Management of the Thumb

BAHT level II  
Virtual Course

Lecturer + Facilitator (in brackets)

### DAY ONE

08.30	Registration and testing IT	
09.00	Intro	
09.10	Pure and surface anatomy of the Thumb	SM (EJ)
10.00	<b>Comfort Break</b>	
10.10	Assessment of the thumb workshops (45mins) Break out rooms	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
10.55	<b>Coffee</b>	
11.10	Assessment of the thumb workshops (45mins) Break out rooms	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
11.55	<b>Comfort break</b>	
12.05	Assessment of the thumb workshops (45mins) Break out rooms	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
12.50	<b>Lunch</b>	

13.20	Functional anatomy/ normal and altered biomechanics and grip	
		SM (NG)
14.50	<b>Tea</b>	
15.05	Modalities workshops (45 mins) Break out rooms	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
15.50	<b>Comfort break</b>	
16.00	Modalities workshops (45 mins) Break out rooms	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
16.45	Practice exam question	
17.00	Close	

## **DAY TWO**

08.30	Review	
09.00	Modalities workshops (45 mins) Break out rooms	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
09.45	<b>Comfort break</b>	
09.55	Tendon injuries	NG (SM)
10.55	<b>Coffee</b>	
11.10	Tendinopathies	EJ (SM)
12.10	<b>Comfort break</b>	
12.20	Ligament injuries	EJ (NG)
12.50	<b>Lunch</b>	
13.20	Nerve injuries – theory, desensitisation, sensory re-education	

		SM (NG)
14.20	<b>Comfort break</b>	
14.30	Nerve compressions	EJ (SM)
15.45	<b>Tea</b>	
16.00	Rheumatoid Arthritis of the thumb - pathophysiology, assessment, surgery and overview of therapy	NG (SM)
16.30	Osteoarthritis of the thumb - pathophysiology, assessment, surgery and overview of therapy	NG (EJ)
17.15	<b>Close</b>	

### **DAY THREE**

08.30	Review	
9.00	Fractures of the thumb	SM (EJ)
10.00	<b>Comfort break</b>	
10.10	Challenges of splinting the thumb theory and off the shelf splints Reasoning – breakout rooms	NG (All)
10.55	<b>Coffee</b>	
11.10	Splinting – clinical reasoning for thermoplastic splinting with pattern making and practical demonstration (pre-recorded)	All
12.25	<b>Comfort break</b>	
12.35	Differential diagnosis	EJ (NG)
13.20	<b>Lunch</b>	
13.50	Case Studies using breakout rooms	All
14.50	<b>Tea</b>	

15.20 Exam – online using NES portal

16.30 **Close**