



# N. E. S.

Hand Therapy Training  
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## Management of the Thumb

BAHT level II

Wrightington Hospital, Wigan

### DAY ONE

08.30	Registration (in Physiotherapy Department)	
09.00	Intro	
09.10	Pure and surface anatomy of the Thumb	SM
10.00	Move rooms	
10.15	Assessment of the thumb workshops (45mins)	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
11.00	Coffee	
11.30	Assessment of the thumb workshops (45mins) x2	
	1. dexterity/ function	SM
	2. goniometry and dynamometry	EJ
	3. Sensory assessment	NG
13.00	Lunch	
13.45	Functional anatomy/ normal and altered biomechanics and grip	SM
15.15	Tea	
15.45	Modalities workshops (45 mins)	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
17.15	Close	

## **DAY TWO**

08.30	Review	
09.00	Modalities workshops (45 mins)	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
09.45	Tendon injuries Part I	NG
10.15	Tea/coffee	
10.35	Tendon injuries Part II	
11.05	Tendinopathies	EJ
12.05	Ligament injuries	EJ
12.35	Lunch	
13.20	Nerve injuries – theory, desensitisation, sensory re-education	SM
14.20	Nerve compressions	EJ
15.35	Tea/coffee	
16.00	Rheumatoid Arthritis of the thumb	NG
	- pathophysiology, assessment, surgery and overview of therapy	
16.30	Osteoarthritis of the thumb	NG
	- pathophysiology, assessment, surgery and overview of therapy	
17.15	Close	

### **DAY THREE**

08.30	Review	
9.00	Fractures of the thumb	SM
10.00	Challenges of splinting the thumb theory and off the shelf splints reasoning	NG
10.45	Tea/coffee	
11.05	Splinting – clinical reasoning for thermoplastic splinting with pattern making and practical demonstration	All
12.20	Differential diagnosis	EJ
13.05	Lunch	
13.50	Case Studies	All
14.50	Tea / coffee	
15.20	Exam	
16.30	Close	