



N. E. S.
Hand Therapy Training
www.neshands.co.uk

BAHT LEVEL I COURSE
22nd to 24th March 2023
North London

Programme

DAY ONE

9.00	Registration	
9.20	Introduction / Aims and Objectives	All
9.30	Anatomy of the hand and forearm	SM
11.00	Coffee	
11.30	Introduction to Hand Assessment	NG
12.00	Assessment Workshop 1	
	1. Range of Movement and Manual Muscle Testing	EJ
	2. Dynometrics, Oedema and Pain	NG
	3. Dexterity, Function and Threshold testing	SM
13.00	Lunch	
1.45	Assessment Workshop 2	ALL
2.45	Assessment Workshop 3	ALL
3.45	Tea	
4.00	Intro to Hand Therapy	SM
4.15	Intro to Exercises	EJ
4.40	Introduction to Splinting	NG
5.15	Close	

DAY TWO

8.30	Review and explanation of exam	
9.00	Fractures	SM
10.00	Coffee	
10.20	Flexor Tendons	EJ

11.20	Extensor Tendons	NG
12.20	Lunch	
1.20	Nerves – Compressions and Injury	SM
2.20	Sensory Assessment	All
2.45	Tea	
3.15	Treatment Workshops – (45 minutes each)	
	1. Wound Healing and Scar Development	NG
	2. Activity Rehabilitation, Desensitization	SM
	3. Oedema and Pain	EJ
5.30	Close	

DAY THREE

8.30	Review	
9.00	Management of the Stiff Hand	NG
9.45	Complex Regional Pain Syndrome	SM
10.30	Coffee	
10.45	Rheumatoid Arthritis	NG
11.15	OA	EJ
11.45	Joint Protection	EJ
12.00	Dupuytren's Disease	SM
12.45	Lunch	
1.45	Tendinopathies	EJ
2.15	Ligament Injuries	SM
2.45	Tea	
3.15	Case Studies	All
4.30	Close	