



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

**BAHT LEVEL I COURSE**  
**21<sup>st</sup> – 23<sup>rd</sup> June 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	<b>Coffee</b>	
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	<b>Lunch</b>	
1.45	Assessment Workshop 2	ALL
2.45	Assessment Workshop 3	ALL
3.45	<b>Tea</b>	
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	<b>Coffee</b>	
10.20	Flexor Tendons	EJ

11.20	Extensor Tendons	NG
12.20	<b>Lunch</b>	
1.20	Nerves Anatomy and Injury	SM
1.55	Nerve Compressions	EJ
2.30	Sensory Assessment	SM
2.45	<b>Tea</b>	
3.15	Treatment Workshops – (45 minutes each)	
	1. Wound Healing and Scar Development	NG
	2. Activity Rehabilitation, Desensitisation	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	<b>Coffee</b>	
10.45	Rheumatoid Arthritis	NG
11.15	OA	EJ
11.45	Joint Protection	EJ
12.00	Dupuytren's Disease	SM
12.45	<b>Lunch</b>	
1.45	Entrapment Syndromes	EJ
2.15	Ligament Injuries	SM
2.45	<b>Tea</b>	
3.15	Case Studies	All
4.30	Close	