

Programme

BAHT LEVEL II – THE WRIST

**Day One**

0845 Registration

0855 Introduction to the course

0900 Anatomy overview SM

1000 Coffee

1015 Surface anatomy EJ

1115 Workshop – goniometry (half group) NG/EJ

Lecture – Imaging (half group) SM

1200 Workshop – goniometry (half group) NG/EJ

Lecture – Imaging (half group) SM

1245 Lunch

1345 Wrist in Function NG

1430 TFCC EJ

1530 Tea

1550 Workshop - Rehabilitation (half group) 90 mins SM

Workshop – mobilisations & taping (quarter group) 45 mins EJ

Workshop – Splinting the wrist – problem solving (quarter gp) 45 NG

1650 Close

**Day two**

0830 Review and questions All

Explanation exam and project

0900 Workshop - Rehabilitation (half group) 90 mins SM

Workshop – mobilisations & taping (quarter group) 45 mins EJ

Workshop – Splinting the wrist – problem solving (quarter gp) 45 NG

1030 Coffee

1045 Carpal kinematics and instabilities SM

1300 Lunch

1400 Conditions affecting the carpus EJ

1500 Tea

1515 Conditions affecting the ECU SM

1545 Distal radius fractures and CRPS NG

1715 Close

**Day three**

0900 Review and questions All

0930 Overview of examination and assessment All

1030 Coffee

1045 Overview of examination and assessment continued All

Case studies

1230 Lunch

1330 Case studies continued All

1420 Comfort break/Tea

1450 Exam

1600 Close