

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 Conditions of the carpus 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

1720 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

1230 Lunch

1315 Ulnar sided wrist pain EJ

(TFCC, DRUJ, LT, midcarpal instability)

1445 Tea

1500 Tendinopathies/ ECU FCR NG

1600 Case study ALL

1700 Close

**Day three**

0900 Review and questions All

0930 Distal radius fractures NG

1030 Coffee

1045 CRPS SM

1115 Differential diagnosis and case studies EJ

1230 Lunch

1320 Differential diagnosis and case studies continued All

1420 Comfort break/Tea

1450 Exam

1600 Close