



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

Management of the Thumb

BAHT level II

DAY ONE

08.30	Registration	
09.00	Intro	
09.10	Pure and surface anatomy of the Thumb	SM
10.15	Assessment of the thumb workshops (45mins) x1	
	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) x2	
	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) x1	
	1. Exercises	EJ
	2. Grip retraining and joint protection	SM
	3. Oedema, scar and k-tape	NG
09.45	Tendon injuries	NG
10.45	Tea/coffee	
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	All
12.20	Differential diagnosis	EJ
13.05	Lunch	
13.50	Case Studies	All
14.50	Tea / coffee	
15.10/20	Exam <i>(may need to start at 15.10 if have anyone needing extra time)</i>	
16.30	Close	