

A Systematic Approach to Examination, Diagnosis and Manual Therapy of the WRIST – Part I

Diagnose Precisely. Treat Effectively.

COURSE OUTLINE



DAY 1

8:00 – 8:15 am	Introductions: Instructors and Course Participants	
8:15 – 10:45 am	Anatomy and Kinesiology of the Wrist	Lab
10:45 – 11:00 am	BREAK	
11:00 – 12:30 pm	Bony Surface Anatomy of the Wrist	Lab
12:30 – 1:30 pm	LUNCH	
1:30 – 2:15 pm	Complete Surface Anatomy	Lab
2:15 – 3:15 pm	History (Who, What, Where, When, to What Extent?)	Lecture
3:15 – 3:30 pm	BREAK	
3:30 – 5:00 pm	Complete Basic Clinical Exam (BCE) of the Wrist	Lab
5:00 – 6:30 pm	Testing and Treatment of the Radiocarpal Joint (RCJ)	Lab

DAY 2

8:00 – 9:45 am	Forearm Rotation Limitations: Testing and Treatment (DRUJ and PRUJ)	Lab
9:45 – 10:15 am	Surface Anatomy: Soft Tissue Structures of the Wrist	Lab
10:15 – 10:30 am	BREAK	
10:30 – 12:00 pm	Soft Tissue Disorders: Step-by-Step from BFE, (de Quervain's, Intersection Syndrome, Wartenberg's, ECU Tenosynovitis, ECRB/ECRL, FCU, FCR)-findings of BFE, Interpretation, Treatment Suggestions; Screen for Thoracic Outlet Syndrome	Lab
12:00 – 1:00pm	LUNCH	
1:00 – 1:45 pm	Complete Soft Tissue Disorders	Lecture/Lab
1:45 – 2:30 pm	CRPS: Using Graded Motor Imagery	Lecture
2:30 – 3:15 pm	Case Studies: Tying Together Concepts Involving Capsular Pattern Limitations and Soft Tissue Disorders	Lab
3:15 – 3:45 pm	Questions and Closing Remarks	