

Hand and UE **Elbow** study guide:

1. Make sure you know the Basic Clinical Exam of the Elbow inside and out (from memory!)
2. Know the path of the peripheral nerves about the elbow, including all of the gates in which the nerves pass
3. The MLPP (max loose packed position) for all the joints about the elbow: HUU, HRJ, PRUJ
4. Key ligamentous support to the elbow
5. The 5 types of tennis elbow
6. Biomechanics of the HUU, HRJ, PRUJ—including contact surfaces
7. Understand what apophysitis, chondropathy of the radial head, osteochondritis dissecans, PLRI is.
8. Know the mobilization techniques as well as neuromuscular re-education to improve elbow flexion, extension as well as forearm rotation.

Hand and UE Track **Shoulder** study guide:

1. Make sure you know the Basic Clinical Exam of the Shoulder inside and out (from memory!)
2. Orientation of the GHJ at 0 and 180 degrees of elevation.
3. Arthrokinematics of the GHJ, ACJ, SCJ
4. Understand the difference between external and internal impingement
5. How to preposition to address different portions of the capsule when treating a capsular pattern for limitations below 90 degrees
6. Mobilization techniques to address end-range elevation
7. Manipulation techniques for ACJ and SCJ.
8. TFM techniques to address tendinopathy
9. Progression for strengthening with anterior instability versus impingement
10. Understand humeral retroversion and clinical consequences
11. Understand the “diabolo” effect



Hand and UE Track **TOS/Cervicothoracic** study guide:

1. Make sure you know the Basic Clinical Exam of the TOS/CTJ inside and out (from memory!)
2. Know the specific TOS tests and which gates they address
3. Which segments of the thoracic spine rotate most, which extend/flex most
4. Know the different types of TOS
5. Location of the sympathetic chain ganglion
6. Mobilization direction for ribs