

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

1. Know the arthrokinematics and osteokinematics of the thumb CMC joint
2. Mobilization techniques to address a capsular pattern at the thumb CMC joint
3. 2 different types of deformities that can occur with CMC degeneration
4. Know the types of ligaments that support the finger and the deformities that can occur
5. Protected position for a PIP dorsal dislocation and volar dislocation
6. Know the difference between a pseudo-boutonniere and a true boutonniere
7. What different things can lead to a swan neck deformity?
8. Understand the function of the intrinsics with regard to finger motion

Hand and UE Track **Wrist--Level I:**

1. Make sure you know the Basic Clinical Exam of the Wrist inside and out (from memory!)
2. Know the capsular pattern for the wrist, DRUJ, and PRUJ
3. Understand the scaphoid position and role with the arthrokinematics of the wrist
4. Arthrokinematics of the DRUJ & PRUJ
5. Understand the function of the volar & dorsal radioulnar ligaments at the DRUJ and how to test their integrity
6. Mobilization and pre-positions to address a capsular pattern at the radiocarpal joint
7. Soft tissue tests for the wrist pain
8. What is a carpal boss?
9. Know the function of the interosseous membrane and how ulnar variance changes with forearm rotation
10. Testing for the TFCC and ulnar wrist
11. The problem-solving process with determining a forearm rotation limitation



Hand and UE Track **Wrist--Level II:**

1. Know the clinical presentation of a patient with a DISI and VISI. Which type/severity of instability is best treated conservatively?
2. Understand the scaphoid position and its role with the arthrokinematics of the wrist. In a patient with scapholunate issues, in which situation would strengthening of the FCR be indicated and why?
3. When is a Wrist Restore indicated? What does it do?
4. Type II lunate: benefits and disadvantages
5. Best position for the wrist in a patient with carpal tunnel syndrome
6. Which type of scaphoid fracture results in a DISI?
7. In which situations are the scaphoid-on-radius and trapezoid-on-radius manipulations indicated?
8. Which type of surgical procedures address an ulnar positive variance?
9. Range of motion expectations following various wrist surgical procedures
10. Neural flossing for ulnar tunnel & carpal tunnel
11. What is the "dart throwing motion" and which joint(s) does it protect/utilize?