

A Systematic Approach to Examination, Diagnosis and Manual Therapy of the Hand

Diagnose Precisely. Treat Effectively.

COURSE OUTLINE



DAY 1

8:00 – 8:15 am	Introductions: Instructors and Course Participants	
8:15 – 10:00 am	Thumb: Anatomy and Kinesiology of the Thumb and Radial Column	Lecture
10:00 – 10:15 am	BREAK	
10:15 – 11:15 pm	Surface Anatomy of the Thumb and Radial Column	Lab
11:15 – 12:00 pm	Clinical Examination of the Thumb	Lecture/Lab
12:00 – 12:30 pm	Joint specific treatment for Capsular Patterns of Thumb CMC Joint	Lab
12:30 – 1:30 pm	LUNCH	
1:30 – 2:30 pm	Complete Joint Specific Treatment for Capsular Patterns	Lab
2:30 – 3:15 pm	Thumb: Joint Specific Treatment addressing Non Capsular Pattern of the Thumb; Radial Column Techniques and Orthotic Considerations	Lecture/Lab
3:15 – 3:30 pm	BREAK	
3:30 – 4:00 pm	Complete Radial Column Techniques and Orthotic Considerations	Lecture/Lab
4:00 - 5:00 pm	Thumb and Radial Column Soft Tissue Disorders	Lab
5:00 - 5:15 pm	BREAK	
5:15 - 5:45 pm	Complete Soft Tissue Disorders	Lab
5:45 - 6:30 pm	Case Studies for the Thumb: Adjourn	

DAY 2

8:00 – 9:00 am	Surface Anatomy: Bony & Soft Tissue of the Hand	Lecture/Lab
9:00 - 10:00 am	Surface Anatomy: Finger	Lecture & Lab
10:00 - 10:15 am	BREAK	
10:15 – 11:00 am	MP, PIP, DIP Anatomy and Kinesiology	Lecture
11:00 – 11:45 pm	Clinical Examination of the Finger	Lecture/Lab
11:45 – 12:30 pm	Joint specific treatment for CP of the MP, PIP & DIP Joints & Orthotic Considerations	Lecture/Lab
12:30 – 1:00 pm	LUNCH	
1:00 – 2:15 pm	Non Capsular Patterns and Soft Tissue Disorders of the MP, PIP & DIP Joints & Orthotic Considerations; Differential Diagnosis: Intrinsic vs. Extrinsic Involvement	Lecture/Lab
2:15 – 2:45 pm	Case Studies	
2:45 – 3:00 pm	Questions and Closing Remarks	



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Course Objectives

Through a combination of lecture and lab, participants will....

- Demonstrate specific manual techniques to address issues with the radial column of the wrist.
- Develop an understanding of when it is appropriate to perform joint mobilization techniques directly to the thumb CMC joint.
- Perform joint specific techniques to improve mobility of the MP, PIP and DIP joints of the fingers.
- Follow a systematic approach to addressing trauma to the hand: addressing extrinsic versus intrinsic tightness.
- Develop a plan of care to address issues specifically affecting the MP joints, PIP joints, and DIP joints.
- Student to Instructor Ratio 19:1
Ann Porretto-Loehrke, PT, DPT, CHT, COMT
Mirka Normand, OTR, MA, CHT, COMT

Target Audience: OTs, OTAs, PTs & PTAs, Hand Therapists – Advanced Learning

Reserve your seat TODAY: www.iaom-us.com 2 DAY COURSES

RECEIVE 1.50 UNITS OF CREDIT (15 Hours)